



# Singing to the Lions

*A Guide to Overcoming Fear and Violence in Our Lives*  
By Jonathan Brakarsh with Lucy Steinitz.  
Catholic Relief Services, 2016 ([www.crs.org](http://www.crs.org))

***Singing to the Lions***<sup>1</sup> is a free training package (facilitator's guide, supplement and video) by CRS, that was

developed in Zimbabwe and is designed to help children and youth lessen the impact of violence and abuse in their lives. The main component is a three-day workshop where participants learn skills that can help them transform their lives and no longer feel dominated by fear. The workshop activities draw on cognitive psychology, narrative therapy, mindfulness and the use of metaphors to combat isolation and promote self-efficacy and resilience. Although the workshop is

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<sup>1</sup> Singing to the Lions CRS: <https://www.crs.org/our-work-overseas/research-publications/singing-lions>

aimed at young people and includes games, artwork and songs, it can also be used to help adults take action on aspects of their lives that cause fear and, in so doing, become better parents and caregivers.

***Singing to the Lions*** is currently available in English, French Spanish, Arabic and Hindi. It can be easily adapted to different cultures, with different pictures and metaphors (e.g., “Singing to the Wolves” in Arabic; “Charming the Snakes” in Hindi.) It comes with a background supplement and data entry sheets with indicators (for monitoring and evaluation), along with this 20-minute [training video](#)<sup>2</sup>. Wherever data has been collected (sporadically, but in 8 countries), children improved their skills and knowledge (3 time-measures) from 30 to 67%.



***Resilient Roots***<sup>3</sup> is a one-day trauma-resilience workshop for adults that draws on ***Singing to the Lions***. It uses selected exercises that help participants who face adverse stresses achieve a more positive balance in their lives, in order to gain a sense of personal direction and increased hope for the future. It is available in English and French and is currently being used in various post-conflict settings, primarily in West Africa.

For more information, contact Lucy Steinitz at [singingtothelions@crs.org](mailto:singingtothelions@crs.org)

<sup>2</sup> English only: <https://www.youtube.com/watch?v=QalVH3aYD-c&feature=youtu.be&rel=0>

<sup>3</sup> <https://www.crs.org/our-work-overseas/research-publications/resilient-roots>