

Craft workshop

Spending time in San Gabriel's craft workshop is just about the most fun thing Dayana can imagine. "If I could, I'd stay here all the time," she says.

There are boxes and bags here full of old plastic bottles, CDs, pipe cleaners, scraps of material, empty toilet rolls, glue guns, modelling clay and plaster. Today Dayana is making a doll out of a soft plastic material that can be shaped with your fingers. The material comes in different colours and can also be rolled out. It's made from recycled plastic. Dayana makes legs and arms that she attaches to the body. Then she rolls out a skirt and puts a head on top. Last of all come the hair and a broom.



A day with



5:30 a.m. All the girls are woken up.



6:30 a.m. Every day apart from on weekends, she must comb her hair and put it up in a special way.



7:00 a.m. Queue for breakfast in the refectory. There's always hot chocolate



Meditation to combat stress

Dayana meditates every day. All the children and young people at Hogares Claret's various centres meditate. Each session begins with yoga. Dayana has fetched a mat and placed it next to her friends on the ground in the sports field. A teacher puts on some relaxing Indian music. He gives instructions which Dayana and the other girls repeat. It's important to breathe in the right way. Deep, calm breaths. When they've finished with yoga, Dayana lies down. She closes her eyes and breathes calmly. The meditation lasts for 20 minutes. Many of the girls fall asleep. At Hogares Claret, yoga and meditation are a way of coping with and processing stress, anxiety, drug abuse and violence.



8:00 a.m. Morning meeting. The girls gather in the hall in scout patrols. Every day a patrol has a task to present. Each one of them must also talk about what their expectations are of the day.



9:00 a.m. Dayana has an appointment with her psychologist today. They talk about how Dayana is feeling and whether there's anything she needs help with.



10:30 a.m. The snack is served outdoors: a yoghurt and a biscuit.



Dayana



11:00 a.m. Every day they have yoga and meditation. The girls carry mats to the sports field. First they do a couple of yoga exercises and then they meditate. Sometimes Dayana falls asleep.



12:30 p.m. Lunch. The food is served at the table by the staff. There are always vegetables, fruit juice and sometimes some fruit for afters.



2:00 p.m. Today, Dayana's favourite sport is on the schedule. The girls are practising acrobatic exercises and a cheerleading number for a family day.



4:00 p.m. San Gabriel has a craft workshop. Dayana can spend time here making things with her hands. All the material is recycled. Sometimes they make little figures. Today Dayana is making a doll.



5:30 At dinnertime, each scout patrol goes to the refectory separately. The staff are thanked enthusiastically in song, so it echoes between the walls.



3:30 p.m. When it's time for the afternoon snack, Dayana and the others walk down to the refectory to fetch fruit.



9.00 p.m. Good night! Between dinner and bedtime they sometimes watch a film or just talk. Dayana often reads.

