

## Session 1: Group Formation- Introduction and expectations

## ASPIRE PROGRAMME

TIME	WHAT	DETAILS	EQUIPMENT NEEDED
5 min	<b>Introduction</b>	My name is ___ from The Salvation Army, and I'm here because _____ (I'm passionate about seeing young people thrive? Your own reason here). Explain who you are and what you're expecting from ASPIRE- to have fun? To build relationships? "Can I ask that we do three things here? Listen, Respect, Participate?"	-
10 min	<b>Ice breaker</b>	Everyone's in- Tag game, gets everyone running. Add in variations, nobody gets 'out'.	-
10 min	<b>Name game</b>	'Name and shame'- When you get the chicken say your name, age and _____ (quirky question) LEARN THE YOUNG PEOPLES NAMES	Rubber chicken/Random object. Could use Boffer
10 min	<b>Name game (lock in names)</b>	Zombies- 'zombie' in the middle, walks around attempting to whack other team members who are standing in a circle. Saying another team members name diverts the zombie. Add in 2 <sup>nd</sup> zombie after a few minutes	2 Boffers (Pool noodles)
10 min	<b>Loosener</b>	The blob- two people start off being in as 'the blob'. They must tag everyone else to get them to join the blob. Once everyone is in, reset with the two last people as 'the blob'	2 Boffers (Pool noodles)
5 min	<b>Debrief</b>	Thumbometer (thumbs up for good, thumbs down for bad, anywhere in the middle is okay too)- How has the first part been for you? Why? How are you feeling with everyone in the group? Are you comfortable enough as a group for a little challenge?	-
15min	<b>Main Activity</b>	Rope Lean- levels 1,2,3,4,5. Progress as ready, make sure all are holding rope properly	Climbing rope (at least 15m)
10min	<b>Group discussion/debrief</b>	Reflect on the activity, and relate the rope to the group- "Why do you think we did this activity? The rope connects us, and we all need to hold it together to stay strong. We all need to do our part! What do you think will connect us this year?"	-

### **Purpose: Formation**

Formation is essential for a successful group. The first impressions aren't everything, but are important. This session should focus on building quality connections with young people, connect on at least one area of life: e.g- connect over sport, or culture, or music- anything to connect with them as a person. Build from this. Also, communication of expectations is important.

### **Activity Briefs:**

Everyone's in: *Establish group's borders for the session.* Everyone's in is a game, where EVERYONE IS IN! On 'Go', the game starts, and everyone must attempt to tag everyone else! Simple, right? When tagged, a participant must 'bob down' or crouch on the spot. Round 1 play elimination *Facilitator should not win.* After Round 1 ask- "Who got out?" "How did that feel?. Okay, let's change the rules, this time..." Round 2 add in new rule- when someone gets tagged they crouch on the spot, holding both hands up. A double hi-5 (hi-10?) from another participant frees them. After 1-2 minutes if nobody has won, stop the round. Ask "What was that like, being able to get back in? Better?" Talk about how in ASPIRE, nobody gets 'out'- there's always a second chance, everyone is IN (no exclusion). Play another round if desired, feel free to add in

*Variations:*

- Walking only/Knees
- T Rex arms (hilarious)
- On the moon (slow motion)
- Backwards

Name and Shame: *Gather group to stand in a circle.* Throwing a rubber chicken, or small item around, whoever holds the item says their name, age and a quirky question, designed to connect with another part of life: "Favourite hobby, Favourite Ice cream flavour, Favourite holiday spot, Ideal dream job?" (choose any 1-2 of these or ask your own). Toss the toy until everyone in the group has answered. Check to see if everyone knows each other's names.

**Equipment:** Rubber chicken/small object

### Zombies:

*Gather group to stand in a circle.* One participant starts off in the middle of the circle with a boffer, as the 'zombie'. To rejoin the circle, they must walk towards another participant in the circle and attempt to whack their legs (knee down) with the boffer. If they succeed then they take the participants place, and the whacked participant replaces them as the zombie. When the zombie is walking towards another participant, the participant can divert the zombie by saying the name of another participant in the circle. E.g

If Tina is the zombie, and walking towards Terrance, with Jack standing on the opposite side of the circle to Terrance. If Terrance says "Jack!" Then Tina must turn and attempt to strike Jack. Participants can say anyone's name in the circle except the zombie's. Once group gets familiar with the game, add in a second zombie.

**Equipment:** Boffer x2 (Pool noodles cut in half are ideal)

#### The blob:

*Establish Group boundaries.* Two people start off being in as 'the blob' with linked arms, and boffers on their outside hands. They must attempt to tag everyone else, whacking from the knee down, to get them to join the blob. If someone is tagged, they link arms onto the end person who tagged them, JOINING THE BLOB ("One of us, one of us, one of us..."). Participants on the outside hold the boffers and attempt to whack anyone who is left, to get them to join the blob. Once everyone is in, reset with the two last people as 'the blob'

**Equipment:** Boffers x2

#### Debrief:

Thumbometer- (thumbs up for good, thumbs down for bad, anywhere in the middle is okay too)- How has the first part been for you? Why? How are you feeling with everyone in the group? Are you comfortable enough as a group for a little challenge?

#### Rope Lean:

*Gather group into a standing circle.* Pass the rope through everyone's hands, so that the whole rope unravels. Everyone should be holding the rope with both hands in front of them. Keep tightening the rope until there's no slack between any two points. 'Firm, but not too tight'. Once the group is all holding and listening, ask one of the participants to gently pull the rope to the left or right (not backwards or forwards), and explain that we are all connected by the rope, and that what happens on one side of the rope affects the other side. Once group trusts each other to get into the challenge, tell them that there are levels to this activity, and progress through them as the group achieves each level:

Level 1: Group all holds on and leans back together.

Level 2: Group all leans back and sits down together, still holding the rope.

Level 3 (from sitting): Using the rope to pull on, the group all pulls each other back to stand. (Everyone must keep both hands on the rope)

Level 4: Blindfold willing members of the group- Group all leans back and sits down together, still holding the rope.

Level 5 (from sitting with blindfolds): Using the rope to pull on, the group all pulls each other back to stand. (Everyone must keep both hands on the rope)

**Equipment:** Climbing rope (at least 15m), Blindfolds- enough for everyone in group (tea towels work great!)

Debrief: Workbook: Write your expectations and first impressions down. Also, write what you think the rope could represent.

Debrief model:

**Reflect**

- *What happened?* What happened in that activity? What happened for you? What was the end result?

**Analyse**

- *So what?* How did you feel about what happened? What did you think was going on? What was the group doing? Why did you get this result? What worked well/what were the challenges? What did this require of you (skills, knowledge)? What are some values/skills that you used in this activity that helped you?

**Relate/Apply**

- *Now What?* If you had to do this activity again, what would you do differently? How can we use the skills/values from this activity as a group in the future?

- Reflect on the activity- what happened just now, what was it like? (Get young people to describe their experience)
- Analyse the experience- Why do you think things happened the way they did? Was there trust? What worked, what didn't? Why do you think we did this activity?
- Apply to life relate the rope to the group- "How do you think the rope applies here? How is what we did relevant?"  
"The rope connects us, and we all need to hold it together to stay strong. We all need to do our part! What do you think will connect us this year?"