

## Session 18: Setbacks into success

## Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	<b>Ice Breaker</b>	Singapore Shuffle- Split the group into 2 teams and line them up parallel to each other with about 5m between them. The spots or chairs should form a semi-circle from the start of one line, all the way to the other. First member of each team must hop from one spot or chair (if chairs, their bum must touch each seat) until they meet in the middle. They play paper, scissors, rock. The loser goes to the back of their line and the winner carries on towards the start of the other team's line. When 1 team reaches the start of the other teams line they win!	Chairs Or floor spots ('lily pads')- around 10-15
15	<b>Connect</b>	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. <b>Frontload:</b> How do you turn a setback into a failure? What is a mosaic?	Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)
10	<b>Loosener/deinhibitiser</b>	Bang!- Group goes into a circle, one person calls out someone's name. That person ducks, and the people on either side must try to be the first one to point and yell "BANG!" at the other. Whoever is slowest becomes next to call out the name.	
20	<b>Main activity</b>	Clay pots, moulding and holding! Use what you've got! Putting the pieces of something broken back together into something beautiful!  *Facilitators focus*- There is ALWAYS hope for restoration. Always a chance to be put back together, always hope to be something beautiful.	<ul style="list-style-type: none"> <li>- Glue</li> <li>- Wooden board/photo frame to stick mosaic on to</li> <li>- Towel/cloth to clean up.</li> </ul>
15	<b>Discussion activity/debrief</b>	Reflect, Analyse, Apply What happened? What did you do in this activity? What was it like to make something beautiful out of the broken pots? What do you think this activity can relate to? When in our lives do we have to 'put the pieces back together?' What is that like? Now what can we do differently next time/in our lives? How can we see the beauty in restoration?	Workbook: Mosaic

**Purpose:**

**Activity briefs:**

**Singapore Shuffle:**

Split the group into 2 teams and line them up parallel to each other with about 5m between them. The spots or chairs should form a semi-circle from the start of one line, all the way to the other. First member of each team must hop from one spot or chair (if chairs, their bum must touch each seat) until they meet in the middle. They play paper, scissors, rock. The loser goes to the back of their line and the winner carries on towards the start of the other team's line. When 1 team reaches the start of the other teams line they win!

**Equipment:** Chairs, or floor spots (Lily pads) x10-15

**Bang!:**

Group goes into a circle, one person calls out someone's name. That person ducks, and the people on either side must try to be the first one to point and yell "BANG!" at the other. Whoever is slowest becomes next to call out the name.  
Can continue to recycle the name caller, or go into elimination.

**MAIN ACTIVITY DEBRIEF CYCLE: Workbook- Mosaic**

*Sit down in a circle with the group*

***Reflect***

*-What happened?*

What happened in this activity? What did you have to do? What was the end result?

**Analyse**

- So what?

**Relate/Apply**

- Now What?