

## Session 19: Ko Wai Au (Who am I?) – Identity #1- Conformity

## ASPIRE PROGRAMME

TIME	WHAT	DETAILS	EQUIPMENT NEEDED
10	<b>Ice breaker</b>	Head butt tag!- Participants choose ‘head’s or ‘butt’s, defining their team. Facilitator chooses the team with least members to be in. Hand’s must remain in their teams position. If someone is tagged, they swap teams, round continues until everyone is on the same team. (Do choices define us?)	
15	<b>Connect</b>	Hot and not from holidays! Reconnect- clarity and try to identify connection within young people’s personal lives. Frontload: Identity? What do you think defines you?	
10	<b>Loosener</b>	Bear, Salmon, Mosquito- Group split into 2 teams. They each have 30 seconds to choose an action- (Bear, salmon or mosquito). They then face off, act out their teams action on the count of 3. Winners chase the losers, and tag them to get them on their team.	
5	<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?	-
15	<b>Main Activity</b>	Playdoh sculptures- Split group into small groups (3-4) and give them each a pot (medium sized amount) of playdoh. Ask them to – as a team- create a sculpture that reps them! Reveal, acknowledge and then ask them to make the same sculpture without speaking. Reveal, and repeat until either completed or time goes on too long.	Play-doh x4 pots
15	<b>Group discussion/debrief</b>	<ul style="list-style-type: none"> <li>- What was the challenge? What were you asked to do? How did it go? What was going on in your head/how did you feel?</li> <li>- What made it a challenge? Why did it go that way? Why did you think/feel what you did? How does this relate to identity?</li> <li>- So what do you think identity means to us now? What makes our identity? Who do you think you are? What influence do you think our choices have on who we are?</li> </ul>	Workbook: The fork in the road.

**Purpose:** Purpose: To foster an understanding that there are physical, social, environmental and relational factors that impact and shape our beginning understandings of identity!

Formative identity! What shapes our identity? – What do you think? Culture? Gender?

### **Activity Briefs:**

Bear, Salmon, Mosquito:

*Split the team in half, and establish group boundaries.* Explain 3 actions – could be bear salmon mosquito, Paper scissors rock, Kamehameha destructo disk and special beam cannon – any 3 actions where each one wins against one and loses against the other (e.g. paper beats rock, rock beats scissors and scissors beats paper). Explain the action with a noise that they must make (the higher the energy the better). Once the actions are explained give them 15 seconds to huddle up and choose an action. Once 15 seconds is up, line each team up facing off against each other in the middle of the boundary area. On the count of 3, both teams must do their action simultaneously. If one action beats the other, losing team must run to the back wall to escape, while the winning team chases! If the winning team tags any of the losing team before they reach the back wall, the tagged participants must switch teams, joining the winning team. Continue with new rounds until either only 1 team remains, or if it carries on too long.

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?"