

Session 21: Awareness

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Peg tag- hand out 3-4 pegs to everyone. Within the boundaries, challenge everyone to try to get the most pegs! After a few minutes, reset and equalize peg numbers. For a variation, challenge people to choose a colour of peg and only go for that one.	Clothes pegs (different colours) x40-50
10	Connect	“Hot and Not”- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Awareness- what is awareness and why is it important?	
10	Loosener/ deinhibitizer	Pulse relay- split the group into two teams. Line up the teams single file, and parallel to each other and holding hands. Facilitator stands at the back of the lines and holds the hand of the furthest back member of each team. When facilitator squeezes their hands, the teams must race to spread the ‘pulse’ down the line to the front person to break and get to the goal first.	
15	Main activity	Team construction- Split the team into three groups, each with a different task- architect, engineer, or builder. Each group must complete their task, and working together the whole team must put together the desired structure.	- A structure example (can be drawn or pre-built) to show the architects. - Building materials- Toothpicks and winegums
15	Debrief/Workbook time	<ul style="list-style-type: none"> - What happened? - What does this mean? What can I learn? How does awareness relate to the activity? - Knowing this, or considering this, how can I act differently? What can I be more aware of? 	
10	Hang out	Connect with group, get to know everyone, take some time to just hang out.	

Purpose: To establish a sense of self-awareness, acknowledging how our actions affect the world and other people around us. Reflect on how we'd like to impact our world, for the benefit of ourselves or the benefit of everyone.

Activity Briefs:

Peg tag:

Establish group boundaries. Hand out 3-4 pegs to everyone in the group (same to everyone, colours at random.) Ask everyone to put the peg somewhere on their clothes, and nowhere inappropriate unless they want things to get awkward... -pegging on to the side of their shirts works pretty well! The aim of the game is to acquire the most pegs by stealing them from others and pegging them onto yourself. Let each round go for a few minutes before stopping it and counting everyone's pegs. Variation: Instruct the group to choose one colour of peg, and attempt to get as many of that colour as possible.

Equipment: Pegs (different colours) x40-50

Pulse relay:

Split the group into two teams. Line up the teams single file, and parallel to each other and holding hands. Facilitator stands at the back of the lines and holds the hand of the furthest back member of each team. When facilitator squeezes their hands, the teams must race to spread the 'pulse' down the line to the front person to break and get to the goal first.

Team construction:

Split the team into three groups, each with a different task- architect, engineer, or builder. Each group must complete their task, and working together the whole team must put together the desired structure.

Debrief:

- What did I ask you to do? What happened?
- So why did that happen? What was successful/unsuccessful? Why? What did this activity require of you? What do you think this has to do with awareness?
- So why is it important to be aware of others? How do you want to affect others? Do you want to help or hurt? What are some situations where we need to/could be more aware of our actions?