

Session 4: Respect

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Toilet tag- Stuck in the mud rules- pick 2 taggers to tag everyone else. If someone is tagged, they must bend their knees and stick up a hand in front of them- becoming a toilet. Team must free them by 'flushing' them.	Boffers x2 (optional)
10	Loosener/deinhibitizer	Biggest Fan- Loud! Paper scissors rock, loser becomes the winners biggest fan, cheer super loud!!	
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. Encourage that 'everyone has something to share' If you notice a young person say anything strange/concerning (e.g. "I ran away from home") make a mental note and bring it up with the young person after the session.	
15	Main activity	Magic carpet- Team must all fit onto the 'magic carpet', and then flip the magic carpet over so that the whole team stands on the other side of it (the underside) without touching the ground. Focus on respecting each other in our personal space	Blanket/sheet/Tarpaulin
15	Debrief	Reflect, Analyse, relate/apply: <ul style="list-style-type: none"> - What happened? - So What? - Now what? 	
10	End game if there's time!	Human Knot- Make a tight circle with everyone- shoulder to shoulder, and ask everyone to use their right hand to grab the hand of someone across the circle, and then use their left hand to grab the hand of a different person	

Purpose: Respect is essential in a group. Respect for each other, and respect for themselves is essential for genuine growth and positive youth development. This session should aim to build a foundation of respect: establish an awareness of what the group IS (a journey together- a team), and also example positive respect- honouring others.

Activity Briefs:

Toilet tag:

Stuck in the mud rules.. Establish group boundaries. Pick 2 taggers to tag everyone else, and equip them with boffers (optional). If someone is tagged, they must bend their knees and stick up a hand in front of them- becoming a toilet. Team must free them by squatting near their knee and 'flushing' them.

Equipment: Boffers x2 (optional)

Biggest fan:

Establish group boundaries. Get group to mingle, and challenge those nearest to them to play 'Paper, rock, scissors'. The winner moves on to the next challenger, and the unsuccessful challenger (avoid saying loser?) becomes their 'biggest fan'! They must cheer, shout and chant for their person, they must act as if the person that beat them is the best thing ever! When the winner (with a fan) challenges another winner with a fan and lose, they must join in the chain of the winners fans. All of the unsuccessful challengers' fans go with them and join in the new winner's fans. Go until there is one clear winner! It is the facilitators' job to example the energy- go crazy when explaining this game.

Hot and not:

Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Encourage that 'everyone has something to share' If you notice a young person say anything strange/concerning (e.g. "I ran away from home") make a mental note and bring it up with the young person after the session.

Frontload: Respect- What are your first thoughts of respect? What do you think it is?

Magic carpet:

Lay the magic carpet (blanket, etc.) on the ground before explaining. Carpet should be large enough for everyone to fit on, but small enough so that it's a slight squeeze. 1.2m x 1.8m is a good challenge.

Team must all fit onto the 'magic carpet', without any feet touching the floor, and then flip the magic carpet over so that the whole team stands on the other side of it (the underside) without touching the ground. Sell it that they are flying on the magic carpet and it's flipped upside down! They must, AS A TEAM, flip it back over without stepping off it. Focus on respecting each other in our personal space. Notice if people get annoyed/disrespectful towards each other.

Equipment: Magic carpet (Blanket/Tarpaulin/sheet large enough to fit everyone on at a squeeze)

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? Where did respect fit into this activity? What do you think we can learn about respect from this activity? Is respect important? Why?
- So how can we show respect? Where in life do you feel respected/ disrespected? Who do you respect/ disrespect?