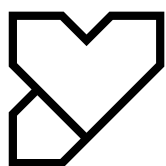


my life.

Navigating Society

Session Guides



YOUTH
FOR CHRIST

Getting Started | Connect

==== Shows the flow of the key parts of the session
 Indicates optional activities in shaded boxes

A DISCUSS

Order of importance

Hand out GS:3 and ask participants to rank the characteristics in what they think is the order of importance. Ask participants to put a case forward to the rest of the group stating that one of the characteristics is the most important. Discuss and use as an opportunity to encourage listening to different perspectives and considering what we think.

B CREATE

Character profile

Ask participants to think about a game that they enjoy playing where they have to design a character profile. Hand out GS:4 and ask them to fill this out, imagining that they are creating their own profile in a new game. The profile must reflect what they think is true about themselves and highlight their strengths and what makes them unique! Ask them to add a couple of the characteristics from the Core activity and rank themselves on them.

DEMONSTRATE

My growth aspirations

Hand out GS:5 and ask participants to think about different areas they want to grow in under two categories: practical life skills and character development.

C ACTIVATE

Character charades



Split participants into pairs or groups and either let them choose or give them a characteristic. Ask them to create a drama/role play that shows this characteristic in action. Present to the rest of the group who must guess which characteristic they are portraying!

INVIGORATE

Yes and no game

Pick a category that your participants can relate to, and secretly tell one participant something from that category (a food, film, sport etc). The rest of the group have to guess what the thing is by asking questions that can only be answered with yes or no.

Navigating Society | Connect

 Shows the flow of the key parts of the session
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A DISCUSS

Life without community

- Q.** If there were no communities and society was a group of individuals just looking out for themselves would this be a good thing or a bad thing?
- Q.** Do you prefer to work alone or in a group?

B CREATE

Memory box

Ask participants to imagine that they have been asked to create a box of memories that represent life today. If the box was opened in 500 years by humans it would show them what life is like today. Ask them to draw a box and then draw or write five things inside. These could be events, song lyrics, fashion trends etc. Encourage them to think about memories which affect the majority of society.

DEMONSTRATE

Circles of support

Hand out NS:3 and ask participants to fill this in, thinking about where they go to get support. They write their names in the central circle and write people in the circles depending on how close they are to them.

C ACTIVATE

Connections

Ask participants to imagine that they are meeting someone new and trying to make a connection with them. Hand out the items from NS:2 and ask them to place them in order of importance. You can make this as active as you need to!

INVIGORATE

Paper towers

Give participants paper and sticky tape and ask them to create a tower. They then have to say how many pens they think that their tower will hold (or another similar item that's available to you). Test this out!

Navigating Society | Apply

===== Shows the flow of the key parts of the session
 Indicates optional activities in shaded boxes

A CHALLENGE

Looking for faults

"When you look for fault in someone you will always find it."

- Q.** Do you agree or disagree?
- Q.** Can you always trust someone again when they have let you down?

B WILD CARD

Just like me

- Q.** What would the world look like if everyone was the same as you?

ACHIEVE

Encouraging each other

- Q.** How could you encourage someone in your community this week?

PROVE IT

We're all human

Communities are made up of lots of different people with different opinions and life experiences.

- Q.** When is a time that you have felt hurt by someone in your community?
- Q.** When is a time that you have felt encouraged by someone in your community?

REFLECT

Participants to complete and discuss the following three statements about the session, following examples from the tutor if required:

1. Today I enjoyed...
2. Today I learnt...
3. A question I still have is...

These allow the participants to reflect on what they have learnt in the session, what they enjoyed the most and what they might like to do more of next time. This will help you to assess understanding and inform future preparation.

SAMPLE



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