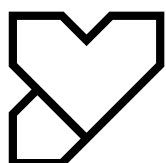


my life.

Relating To Others

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.

Relating To Others | Connect

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

Reputation vs. character debate

Read out this quote to participants:

"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are." – John Wooden.

Split the group according to who thinks character is most important, and who thinks reputation is most important. Then ask participants to argue the opposite of what they actually think.

B CREATE

What do others see?

Ask participants to imagine how their friends see them, which of the eight character traits discussed do they think their friends see the most? Then which one would they like their friends to see? Note, this may be the same answer. You could use RO:3 to help them consider and respond to this activity, getting participants to write the traits on the hoodies.

DEMONSTRATE

Why keep trying?

Have participants think through some of the situations which they feel like giving up on. They may wish to write them down. Then have them process through, what would happen if they gave up, or what about if they persevered. Discuss some of the participants answers as a group. Here are some supplementary questions you may use to provoke further discussion.

- Q. What would have happened if Martin Luther King simply gave up?
- Q. What sort of world would we live in today?

C ACTIVATE

Act it out

Give a participant a character trait. Place a chair in the middle of the room. They should approach the chair in the style of the trait. The rest of the group then have to guess the character trait.

INVIGORATE

Bing, bong, name

Participants stand in a circle. One person starts by saying 'bing.' The next person says 'bong.' The next person (or the person who started if in a mentoring situation) says his or her name. The pattern repeats around the group, gradually getting faster. Participants are 'out' if they hesitate or break the pattern.

Relating To Others | Apply

==== Shows the flow of the key parts of the session
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A CHALLENGE

Character crossword

Participants to design their own crossword; this can be done alongside the tutor or in pairs if helpful.

Consider giving them a list of words or picture cues to choose from.

Note – do not swap crosswords yet! There should be eight clues – each describing a different character trait, e.g. Clue: Putting other people first (Answer in crossword: Humility).

B WILD CARD

Respect

Have participants share around the group about a person they respect because of their endurance. This could be a friend, family member, or a celebrity.

ACHIEVE

Know your goal

Participants complete resource sheet RO:5 'Know your goal.'

Share with the group if comfortable.

PROVE IT

What is the answer?

Participants complete a character crossword either by swapping their own from the Challenge activity, or using sheet RO:4 'Character Crossword'.

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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