

Making Connections With Others

Session Plan

A collection of short activities that can be delivered individually or as a whole session to explore the resilience focus area of Emotions and Behaviours.

Learning outcomes:

- To think about who we have in our personal circle/network, and how we make connections with others.
- To think about the skills and qualities we have.
- To get the group working together.
- To give the group a space and time to talk about any worries or concerns.

Within the plan there are suggestion on how you can deliver a range of activities, such as timings, methods and resources needed. These can be delivered / tailored in a way that suits your organisation and/or group of young people.

For further resources, activities, ideas, and a wide range of other session plans please visit [Kent Resilience Hub](#), you can also find a range of resources and activities that young people may find useful to manager their own wellbeing at [MoodSpark](#).



Time	Activity	Method	Resources
10 minutes	Welcome, introductions, housekeeping, ground rules and learning objectives	<ul style="list-style-type: none"> • Ask young people to sign the sign-in sheet as they arrive. • Introduce yourself and your role, and any co-facilitators / guest speakers. • Invite each young person to introduce themselves. • Go over key housekeeping points i.e. break times, location of toilets, emergency exits etc. • Share key ground rules to ensure a safe and inclusive space: <ul style="list-style-type: none"> ○ Respect others' views and experiences ○ Listen when others are speaking ○ What's shared in the session stays in the session (unless there are safeguarding concerns). • Ask the group if they'd like to add any other ground rules and note them visibly e.g. on a flipchart. • Ask the group to rate how they're feeling on a scale 1-10. • Invite anyone who feels comfortable to share why. • Clearly explain the expected outcomes / learning objectives for the session. Let the group know what they'll be doing and what they can expect to take away. 	<p>Sign-in sheet</p> <p>Prepared ground rules</p> <p>Pens/pencils</p> <p>Flipchart paper and pens</p>

5 minutes	Icebreaker: One minute masterpiece	<ul style="list-style-type: none"> • Ask participants to pair up and sit facing each other. Make sure everyone has a partner. • Handout paper and pens/pencils to each participant. • Explain the task: <i>“You’re going to draw your partner’s portrait- but there’s a twist! You’ll have 60 seconds to draw them without looking at your paper.”</i> • Start the timer and encourage everyone to have fun. Reassure them that the goal isn’t to create a perfect drawing. • Once time is up, ask everyone to show their drawings to their partners and the group. • Ask the group: <ul style="list-style-type: none"> ○ Why do you think we did this activity? ○ How did it feel to draw without looking? ○ What did you notice about your partner while drawing? • Explain to the group this activity was simply to laugh and have fun. It’s a reminder that not everything has to be perfect, and sometimes the best way to connect is through share silliness. 	Paper Pen/pencils Stopwatch/timer
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10 minutes	Activity: How to we connect with others?	<ul style="list-style-type: none"> • Ask the group to think about: <ul style="list-style-type: none"> ○ Who is in their personal circle or network (friends, family, mentors, teachers etc.) ○ How they made those connections (share interests, school, hobbies, online etc.) ○ Why those connections are important to them. • Invite participants to share some of their reflections. Prompt with questions like: <ul style="list-style-type: none"> ○ Did anyone notice a pattern in how they made connections? ○ What do you think helps people connect with each other? <p>Highlight common themes such as shared interests etc.</p> • Shift the focus to the group itself: <ul style="list-style-type: none"> ○ How much do you know about others in the room? ○ What could you do to find out more? ○ Can you find something in common with someone here? • Encourage participants to talk to someone they haven't spoken to much and discover a shared interest and talent. 	Flipchart paper and pens
20 minutes	Activity: Find someone who...	<ul style="list-style-type: none"> • Handout the 'find someone who' worksheets to all participants. Each worksheet contains a list of statements i.e. find someone who is left handed. • Ask participants to move around the room and talk to each other. Their goal is to find someone who matches each statement and write the person's name next to it. Try not to use the same person's name twice. Participants cannot put their name against a statement. • Once time is up, invite participants to share interesting facts they learned about others. This helps to make connections with others. 	Find someone who worksheets Pens/pencils

20 minutes	Activity: Skills, qualities, experiences, talents and interests	<ul style="list-style-type: none"> • Explain the purpose of the activity: <i>“We’re going to take some time to think about all the things that make us who we are – our skills, qualities, experiences, talents and interests. This is a chance to celebrate what makes each of us unique and identify commonalities with others”.</i> • Handout the body shape worksheet to participants. • Ask participants to draw or write inside and around the body shape their skills, qualities, experiences, talents and interests. • Invite participants to share some of what they’ve written/drawn. • Facilitate a short discussion: <ul style="list-style-type: none"> ○ Did you notice any common interests or talents? ○ Did anyone learn something new about someone else? ○ Is there anything you’d like to add to your own sheet after hearing others share? 	<p>Body shape worksheet</p> <p>Pens/pencils</p> <p>Flipchart paper and pens</p>
10 minutes	Close	<ul style="list-style-type: none"> • Invite participants to ask any final questions. • Ask participants to rate how they’re feeling now compared to the start of the session. • Handout evaluation forms and ask participants to complete. • Collect evaluation forms. 	<p>Evaluation forms</p> <p>Pens/pencils</p>

FIND SOMEONE WHO

FIND A DIFFERENT PERSON FOR EACH BOX.
CAN YOU GET A BINGO OR A BLACKOUT?

Has had a broken bone.	Has been out of the country.	Went to a National Park this summer.	Has a little sister.	Has a pet that is not a dog or cat.
Can play a music instrument.	Wears the same shoe size as you.	Can speak two languages.	Favorite food is pizza.	Is left handed.
Was born the same month as you.	Went camping last summer.	Wearing mismatched socks.	Can whistle.	Has read all of Harry Potter.
Plays a sport.	Has a big brother.	Has pierced ears.	Favorite color is red.	Likes to eat sushi.
Has dyed their hair.	Has been on a rollercoaster.	Has been in a parade.	Can curl their tongue.	Can do a cartwheel.

