

## Session 13: Creativity session

Aspire Programme

**Creative Skill:** \_\_\_\_\_

**Main Teaching points (skills):**

**Equipment needed:**

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**Session plan (Write in spaces provided)**

- **INTRODUCTION** (5 minutes)- Introduce the topic
  
- **EXPLAIN** (10 minutes) – Explain and outline your session, what you’re doing, and what skills you’re going to learn.
  
- **DEVELOP/DO** (40 minutes) – Write out the steps you’re wanting to go through, and how long each step will take

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

Step 8:

Step 9:

Step 10:

# Session Timeline

**Intro:** (Frontload the topic/explain what today's about)

Time	What	Description	Equipment
5	<b>Intro</b>	Introduce the skill, and frontload why. E.g. "Today we're learning a new skill..."	
10	<b>Explain</b>	Go into depth of the skill- introduce what you'll be doing in particular, outline the session	
40	<b>Develop/Do</b>	Get into it! Have a session plan written up (See above) and go through. Enjoy sharing skills/talents with young people. Have fun, make the time enjoyable!!	(See plan above)
15	<b>Debrief</b>	How did you find today? What stood out? Do you think this was a talent of yours? What do you think your talents are? What skills did you use today? How much did you learn today? Why is being good at something important? Do you think everyone has the same abilities/talents? Why do you think some people are good at things that others aren't so good at? How can we continue to develop/improve what we're already good at?	Workbook- Creativity session

**Purpose:** This session is in the heart of term 2's 'Mastery' theme. This session should aim to provide an opportunity to participate in a practical skill display/development- focus on **learning** a skill, **developing** knowledge, and **acknowledging** abilities! The framework provided should facilitate a space for the facilitator to plan a session according to their preference e.g. music, or arts, or craft etc.

**Activity briefs:**

**MAIN ACTIVITY DEBRIEF CYCLE: Workbook- Creativity**

*Sit down in a circle with the group*

**Reflect**

*-What happened?*

What happened in this activity? What did you have to do? What was the end result?

**Analyse**

*- So what?*

Why did things turn out this way? What did the group do well/not do so well? What skills did you have to use? What did you find frustrating? Why was it so frustrating? What do you think this has to do with self-control? So what do you think we can learn about self-control from this activity?

**Relate/Apply**

*- Now What?*

What is the one thing in the world that anyone can control? (themselves) How do we normally react if: someone mocks us/our family, bullies us, picks a fight with us, annoys us? (add your own examples in). Is that the best way to react? What do you think the best way of reacting is? Is it hard to choose between what we feel like doing and what we know is right? Why do you think it's called self-control? What do you think self-control looks like?