

Session 15: Goal Setting

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Chuck the chicken!! Two teams- each try to get as many laps around their group while the other is passing the chicken over and under. When over and under done, yell "CHUCK THE CHICKEN!"	Rubber chicken/object to throw
15	Connect	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Goal Setting	Talking object e.g. rubber chicken (if needed to encourage one person talking at a time)
10	Loosner/deinhibitizer	Transformers: Group plays each other at paper, scissors, rock. The winners of each game get to 'transform' up a level to the next stage. Example stages: Chicken, Dog, Cow, Human, Superman etc.	
20	Main activity: Craft	Craft: Clay pots- Moulding the clay pots. See Moulding instructions below! Ask the group to imagine a goal, dream or aspiration that the pot could represent.	Container of water (ice cream container or bucket) 500g air drying clay Tarp or towel to go down/work on.
15	Discussion activity/debrief	Reflect, Analyse, Apply What happened? So what does it mean? Now what can we do differently next time/in our lives?	Workbook: Goal Setting

Purpose: To break down and discuss what goal setting is- to establish an understanding, and discuss how to implement goal setting- to aim for hope.

Activity briefs:

Chuck the Chicken:

Split the group into 2. One team starts with the chicken. Their job is to get into a single file line and pass it 'over and under' (1st person passes over behind their head, and then 2nd person through their legs, 3rd person over their head etc.) from the front of the line to the back. Once the person at the back gets it, they yell "Chuck the chicken!!" and throw the chicken anywhere within the boundary. The second team's job is to huddle in a circle with one member outside the circle, who runs around the group. The group counts how many laps the member makes of the huddle. Make sure each team keeps track of their counting, as it is their score. They do this until the other team yells "Chuck the chicken!" When they hear this, they must break the huddle, run to the chicken, and pass it over and under as fast as they can. Once the first team chucks the chicken, they must huddle and count the laps of one member. Carry on for at least 3 'innings' (turns being huddled) before stopping, and seeing who had the most laps.

Equipment: Rubber chicken/throwable object

Transformers:

Establish group boundaries. Tell the group to 'mingle' as whatever animal/stage they are at e.g. everyone starts as chicken, and walks around doing a chicken action "Show me your chicken!!". When they get close to another member of the group, they play each other at paper, scissors, rock. The winners of each game get to 'transform' up a level to the next stage, while the loser of the game stays where they are. Example stages: Chicken, Dog, Cow, Human, Superman etc. You can make up your own stages, but MUST have actions and noises for each.

Where to get the clay: Warehouse stationary has air-hardening clay. The clay should cost around \$7.10 for 500g, which will be plenty. Find product on the link below:

http://www.warehousestationery.co.nz/is-bin/INTERSHOP.enfinity/WFS/WSL-B2C-Site/en_NZ/-/NZD/ViewOfferDetail-Product?ProductRef=44465@WSL-B2C&SLIPParameters=&w=Modelling%20Clay&view=list&isort=score&champ=1

Follow the instructions below to mould the clay.



1

Make a ball. Roll the clay into a ball, and make sure it's moist.



2

Make a hole. Punch your thumb into the middle of the clay ball, to about 1/4 inch (.6cm) from the bottom.



3

Work the sides. With your thumb and forefinger, pinch the clay and press upwards. Work all around the inside, and with each pass, pinch from the bottom and move up, repeating until your vessel has the shape you want.

1.



4

Flatten the bottom. Press from the inside, against the table you're working on, so that the bottom is smooth and flat.

MAIN ACTIVITY DEBRIEF CYCLE: Workbook- Goal setting

Sit down in a circle with the group

Reflect

-What happened?

What happened in this activity? What did you have to do? Did anything about making the clay sculpture stand out to you?

Analyse

- So what?

What do you think the clay can represent? What does it have to do with goal setting?

Relate/Apply

- Now What?

Where can we 'mould' our own future? Just like the clay, we can shape what we're going to look like- what are some goals we can set right now- today?