

Session 20: Ko Wai Au (Who am I?) – Identity Part 2- Our story

ASPIRE PROGRAMME

TIME	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice breaker	Everyone's in!- Tag, but everyone is in! Those who are tagged bob down on the spot until new round. Variations: - Hi-5 back in, knees only, blindfolded	Blindfolds
10	Loosener/deinhibitiser	Shoe pile- Everyone puts one of their shoes in a box. Start by Spending 5 minutes mingling, connecting- try to learn at least 1 thing new about everyone in the group. Then, gather in a circle again. Try to hide your other shoe- sit on it, hide it, cover it up (just keep it secret!) Bring the box of shoes into the middle. Everyone picks a shoe from the box, try to match it to the person, and then share the thing they learnt about them!	Shoes (participants to provide) Box (large enough for everyone's shoe)
15	Connect	Hot and not from holidays! Reconnect- clarity and try to identify connection within young people's personal lives. Frontload: Identity- is it about connection?	
5	Ice breaker (Energizer)	Zah- Pulse game, standing in a circle pass the "Zah!" Around. Quick, easy and fun.	
15	Main Activity	Tell your story- Our identity is made up of a lot of things, and possibly the largest way of defining it is our relationships. Find a place to yourself, to reflect and record (write, draw, whatever works for you!) either: <ul style="list-style-type: none"> - The 5 most significant relationships in your life and why? - One significant person from each of your social worlds (family, community, culture, school/work), and how you are with them (e.g. I'm quiet and polite to my teacher at school, loud and have heaps of fun with my sister at home) - A time where you felt like you made a meaningful connection with someone. What made it so meaningful? What do you think is important when making connections/relationships? 	Pens, Paper
15	Group discussion/debrief	<ul style="list-style-type: none"> - What was the challenge? What were you asked to do? How did it go? What was going on in your head/how did you feel? - 	Print-out of debrief activity (below)

Purpose: To discuss and reflect on the idea of identity in relationships, and how we can act knowing this.

Activity Briefs:

Everyone's in:

Establish group's borders for the session. Everyone's in is a game, where EVERYONE IS IN! On 'Go', the game starts, and everyone must attempt to tag everyone else! Simple, right? When tagged, a participant must 'bob down' or crouch on the spot. Round 1 play elimination *Facilitator should not win.* After Round 1 ask- "Who got out?" "How did that feel?. Okay, let's change the rules, this time..." Round 2 add in new rule- when someone gets tagged they crouch on the spot, holding both hands up. A double hi-5 (hi-10?) from another participant frees them. After 1-2 minutes if nobody has won, stop the round. Ask "What was that like, being able to get back in? Better?" Talk about how in ASPIRE, nobody gets 'out'- there's always a second chance, everyone is IN (no exclusion). Play another round if desired, feel free to add in

Variations: - Walking only/Knees

- T Rex arms (hilarious)
- On the moon (slow motion)
- Backwards

Shoe pile: Everyone puts one of their shoes in a box. Start by Spending 5 minutes mingling, connecting- try to learn at least 1 thing new about everyone in the group. Then, gather in a circle again. Try to hide your other shoe- sit on it, hide it, cover it up (just keep it secret!) Bring the box of shoes into the middle. Everyone picks a shoe from the box, try to match it to the person, and then share the thing they learnt about them!

Equipment: Box large enough for everyone in the groups' shoes, 1 shoe from each participant.

Zah:

Gather group to stand in circle. This simple energizer is all about how much energy you put in. Make up a story about why you are doing this activity; e.g. "In Iceland the farmers used to do this activity to keep warm..." Pass the 'pulse' around the circle. You pass the 'pulse' by moving your arm across your body in the direction you want to send it (left or right), and yelling "ZAH!" Once group gets confident with it, speed up the pace, and anyone who takes too long leaves the circle, and walks around the outside of the circle, distracting those still playing (no touching).

If group is very confident, you can add in variations (or save variations for if you play this again)

Variations:

- Feet instead of hands
- “Bounce!” – bob on the spot and click fingers (skips the person directly next to you, and ‘bounces’ to the person after them)
- Silent Zah (actions only)

Tell your story:

Our identity is made up of a lot of things, and possibly the largest way of defining it is our relationships. *Who we are is often found in how we are with others.*

Find a place to yourself, to reflect and record (write, draw, whatever works for you!) Either:

- The 5 most significant relationships in your life and why?
- One significant person from each of your social worlds (family, community, culture, school/work), and how you are with them (e.g. I’m quiet and polite to my teacher at school, loud and have heaps of fun with my sister at home)’
- A time where you felt like you made a meaningful connection with someone. What made it so meaningful? What do you think is important when making connections/relationships?

Also, reflect on who you think you are in those situations? And who do you think you are now? Who is...?

Equipment: Paper (A4?), Pens

Debrief: Workbook: Write your expectations and first impressions down. Also, write what you think the rope could represent.

Debrief model:

Reflect

-*What happened?* What happened in that activity? What happened for you? What was the end result?

Analyse

- *So what?* How did you feel about what happened? What did you think was going on? What was the group doing? Why did you get this result? What worked well/what were the challenges? What did this require of you (skills, knowledge)? What are some values/skills that you used in this activity that helped you?

Relate/Apply

- *Now What?* If you had to do this activity again, what would you do differently? How can we use the skills/values from this activity as a group in the future?

Below, write the names of 5 significant people in your life. On the arrows towards them, describe in as few words as possible who you are in those relationships. What are you like?

