

## Session 26: My home- community awareness

## Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	<b>Ice Breaker</b>	Island Hop- Participants partner up, linking arms and finding somewhere within the boundaries to stand as an 'island'. 1 pair plays tag. The person running away may 'bump' on to an island, by linking arms with one of the pair. The partner on the other side must then 'bump' off, meaning they must run away.	
15	<b>Connect</b>	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. <b>Frontload:</b> Community awareness- my home! "What is your neighbourhood like?"	
15	<b>Loosener</b>	Through the fence- Group holds hands in a circle, with a hoola hoop resting in between two people on their hands, with their hands inside the loop. The objective is to pass the hoop around the circle as quickly as possible! Only rule is DON'T BREAK THE CIRCLE.	
15	<b>Main activity</b>	There goes the neighbourhood- On an A4 (or larger) piece of paper, ask participants to draw their house in the middle. From there, note down significant landmarks/areas/parts of the community. Then ask them to colour in or note down things that they like (e.g. in green), and things that they don't like/would like to change (e.g. in red). Ask them to share with the group briefly.	A4 paper x10 (1 per group member- facilitator can do this activity too)  Pens x10 (1 per group member) Colouring pens/felt tips/highlighters
15	<b>Debrief/Workbook time</b>	What stood out to you from that activity? What were the positives and negatives in your community? What do you think might be causing some of those things? What is behind them- WHY do you/don't you like what's going on? What is one thing in particular that you'd like to change? What's something we can do about it, what is a positive change we can make? (Brainstorm in your workbooks)	Workbook: My home- community awareness

**Purpose:** To reflect on our home communities, and some of the systems within that. What makes it home? What connections do I have to it, what is positive about it and what could be improved?

**Activity Briefs:**

Island hop:

*Establish group boundaries. Instruct group to get into partners, find a space within the boundaries and then link arms. These are the 'islands'. One pair is playing tag- one tagging the other. The participant running away can choose to jump on to an island- by linking arms with another participant, joining the island. When this happens, the partner on the other side of the 'island' is bumped off the island, and must now escape the tagger, by running and 'hopping' on to another island. If the tagger catches the other participant, the tagged participant is now 'in' and must complete 3 spins on the spot before chasing after the old tagger, who is now running away.*

Through the fence:

Group holds hands in a circle, with a hoola hoop resting in between two people on their hands, with their hands inside the loop. The objective is to pass the hoop around the circle as quickly as possible! Only rule is DON'T BREAK THE CIRCLE. Facilitator asks if anyone has a watch to time it, get them to time (facilitator should have a watch or phone in case), and ask someone else to start moving the hoop around the circle. If the team is struggling, pause the activity, ask:

“What’s the challenge?

What’s working?

What’s not working?

How can we improve?/what strategy can we come up with to improve?”

**Equipment:** Hoola Hoop, stopwatch/ cell phone.

There goes the neighbourhood:

There goes the neighbourhood- On an A4 (or larger) piece of paper, ask participants to draw their house in the middle. From there, note down significant landmarks/areas/parts of the community. Then ask them to colour in or note down things that they like (e.g. in green), and things that they don't like/would like to change (e.g. in red). Ask them to share with the group briefly. You can look at session 3's workbook for ideas. Try to get a bigger picture of

the group's neighbourhood/area. Focus on the positive things like parks, school's etc. and also acknowledge challenges e.g. Liquor stores, polluted rivers etc.

Debrief:

- What did I ask you to do? What happened? What stood out the most for you? What were some of the positives and negatives?
- So why did that happen? Why did it stand out so much for you? What are the causes making the good and bad things to happen?
- What can we do now? What change can we make? What are some ideas of community projects?