

Session 29: Generosity

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	<p>Peg tag- Hand out 3-4 pegs to the whole group (same number to everyone). The goal is to get as many pegs as possible. Change the objectives after a few rounds.</p> <p>Variations:</p> <ul style="list-style-type: none"> - Obtaining the most of a certain colour - Get the least pegs- peg onto others! - Obtain each of the colours 	Pegs x40
10	Connect	<p>“Hot and Not”- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Generosity. What does being generous mean to us? (Others over self?)</p>	
15	Loosener	<p>Bodyguards- One participant is chosen or volunteered to be the ‘president’. The president stands in the middle of the circle, and must select one ‘bodyguard’, somebody who they trust. This bodyguard must protect the president from the rest of the group. The objective of the rest of the groups’ objective is to hit the president with one ball/soft object</p>	
15	Main activity	<p>Toxic waste- group must all hold on to a piece of string each, and together move the (upside down) bucket from one space (lily pad that it is resting on) to another without tipping the bucket. For extra challenge place bowl on the top, for an EXTRA challenge fill the bowl with water first!</p>	<p>Bucket with 10 holes in it, String/small rope approx. 3-4m long x5. Floor spots/ lily pads Ice cream container/small bowl</p>
15	Debrief/Workbook time	<ul style="list-style-type: none"> - What happened in that activity? What stood out? What did you have to do? - What was significant about it? Why do you think things happened the way that they did? What significance does generosity have to this? How can this activity be related to generosity? - Where in our lives can we see this generosity happen? What does generosity look like in our group? What about outside of our group? 	

Purpose: To discuss generosity and relate to what it could look like beyond the community project

Activity Briefs:

Peg tag:

Establish group boundaries. Hand out 3-4 pegs to everyone in the group (same to everyone, colours at random.) Ask everyone to put the peg somewhere on their clothes, and nowhere inappropriate unless they want things to get awkward... -pegging on to the side of their shirts works pretty well! The aim of the game is to acquire the most pegs by stealing them from others and pegging them onto yourself. Let each round go for a few minutes before stopping it and counting everyone's pegs. Variation: Instruct the group to choose one colour of peg, and attempt to get as many of that colour as possible.

Equipment: Pegs (different colours) x40-50

Bodyguards:

Gather group to stand into a circle. One participant is chosen or volunteered to be the 'president'. The president stands in the middle of the circle, and must select one 'bodyguard', somebody who they trust. This bodyguard must protect the president from the rest of the group. The objective of the rest of the groups' objective is to hit the president with one ball/soft object. The group must work together to attempt to hit the president, while the bodyguard must deflect and protect the president from the ball. If the president is struck with the ball, the person throwing the ball becomes the new bodyguard, and the old bodyguard becomes the president.

Equipment: light, soft ball.

Toxic waste:

The objective is to successfully move the bucket of 'toxic waste' into the safe zone. The group have been called in as a biohazard team. To complete the objective the team must all hold on to a piece of string each, and together move the (upside down) bucket from one space (lily pad that it is resting on) to another without tipping the bucket. For extra challenge place bowl on the top, for an EXTRA challenge fill the bowl with water first!

Equipment: Bucket with 10 holes in it, String/small rope approx. 3-4m long x5, Floor spots/ lily pads, Ice cream container/small bowl.

Debrief:

- What happened in that activity? What stood out? What did you have to do?
- What was significant about it? Why do you think things happened the way that they did? What significance does generosity have to this? How can this activity be related to generosity?
- Where in our lives can we see this generosity happen? What does generosity look like in our group? What about outside of our group?