Session 8: Support Networks   Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	**Ice Breaker**	Island hop- Group partners up, link arms. One pair is playing tag- one tagging the other. The participant running away can choose to link on to the end of another pair, bumping off the person	
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:** support networks. What is a support network? What do you define as supporting?	
5	**Loosener/ deinhibitizer**	Mirror lean- group split into partners, see how much weight you can lean on a partner- mutual support!	
20	**Main activity**	Marshmellow challenge- Split into groups of 3-4, divide up the materials evenly, give the group 5 minutes to plan before touching materials, then 10 minutes (timed) to build. Everyone must participate/be involved.	- Spaghetti- hard pasta (not out of a can!) 1 packet for whole group - Marshmellows- 1 packet for whole group - 20cm string (per group of 3-4) - stopwatch/timer
15	**Debrief/Workbook time**	- What happened? What was your experience? How was your tower? - What worked? What didn't? Why do you think these things happened? - What do you think the tower represents? (YOUNG PERSON)- Why? What do the marshmellows represent? How can we relate this?	Workbook 'support network spiderweb'
5	**Ending game**	Everyone's in!	

Purpose: To facilitate discussion, for the young people to identify and reflect on who supports them, who they support and why support is important.

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.

Mirror lean:

Group split into partners. Challenge each pair to stand face to face, and hi-5 each other. Easy enough? How about a hi-10? How about doing a hi-10 and hold your hands together? How about doing a hi-10, pressing your hands together and taking a step backwards? 2 steps backwards? 3? How many steps backwards can you take without collapsing? See how much weight you can lean on a partner- mutual support!

Marshmellow challenge:

Split group into small groups of 3-4, and give them an area each. Divide up the materials between them (Dry pasta spaghetti, marshmellows + 20cm string each). Give each group 5 minutes to plan out a strategy of how to build the tallest, free-standing tower using ONLY these materials. All group members must be involved in the planning and building. No touching the materials for these 5 minutes. Once the 5 minutes is up, the teams will have 15 minutes to build the towers. After 15 minutes, facilitator calls "Hands off", and each team must back away from their tower.

N.B- This activity can get messy with the marshmallow, so keep in mind that there may be a team clean up afterwards.

Equipment: 1 packet of dry pasta Spaghetti, 1 packet of medium sized marshmallows, 20cm string x3 (20cm per team)

<u>Debrief:</u> 'Support network spiderweb' workbook.

- What did I ask you to do? What happened? Did your tower stand?
- So why did that happen? What was successful/unsuccessful? Why? What did this activity require of you? What skills did you use? Bringing up support networks, how do you think this activity relates to the topic? What does 'support network' mean?
- So what does this look like for us? What are our support networks? How do we keep positive support networks?