

# Session Design

## Interview Phase

Facilitated discussion.

What sort of thing do you do? How do you encourage participation in the group?

Possible play games to get everybody warmed up? Or any sort of activities?

What is discussed in this group?

What makes your group different?

Youth group values?

## Reflection Phase

**A scenario:** One of the members in your group is an alcoholic. He or she doesn't feel comfortable discussing this in the group but feels that he or she need some sort of help, some sort of input to help him or her out of this situation. How could you make some sort of a medium that would help you communicate with him or her to resolve the problem without making anyone uncomfortable.

**\*\*encouraging members to find solutions in the moment**

**\*\*this exercise is based on personality of the individual**

**how would they respond as being an alcoholic or how the personal relationships will be affected**

**\*\*act how you would approach the situation**

**this presents how close the group is, and how much trust+honesty is between each member**

**A scenario:** One of your new members is looking for a new job ( some stressful situation, rent increases, part time job is not paying enough, and etc), but he or she doesn't want to be too intrusive and doesn't want to bring it up during the meeting. Imagine you are that person. Can you think of ways/things that might help you be heard in the group without necessarily making the group a job bulletin board.....

\*needs completion\*...

**\*\*this exercise may need a little more explanation in terms of how THEIR perspective is part of this exercisewe may need to role play or improvise an example to kind of give them a push**

***Depending on the number of people in the group additional scenarios might be required.***

## Wishing/Dreaming phase

### One sentence story

Participants arrange themselves in a circle. Choose a rotation direction. The group will tell a story in turns. Each person adds one sentence to the story on their turn.

Rules:

1. Only one sentence per turn. Participants will be tempted to create run on sentences, but this prevents others from sharing their ideas. They can add more on their next turn.
2. Participants cannot negate the last sentence. If a person says something happened, that thing happened. Goal is to reduce the crushing of ideas. If all members like the change, roll with it.

No other rules exist. Absurd stories are common and encouraged - they help fuel the creative drive with levity.

**\*\*leader of this activity starts with the first sentence**

**\*\*based on how well this activity goes, we can do it numerous times to kind of get their imagination+creativity going**

**\*\*this activity may also need to be timed**

## Design/Creation phase

→ bring large paper sheets/posters + felts for users to visualize ideas/brainstorming

→ what can you construct/design to make your communication between the members in your group or church in general, more efficient?

Now that we have the creative juices flowing, ive got a problem for you guys. So you've remember before you had to bring an issue before the group. Remember how awkward that felt?

Now, think of way(s) to reduce the feeling of awkwardness, think of ways to personify

Now, imagine that you have a MAGICAL item that can reduce this feeling of awkwardness. What sort of properties would it have, what it would look like, what would it feel like. What would it do to make you feel more comfortable bringing your feelings/concerns before the group.

**\*\*may need to bring in paper + pencils if you're asking them to imagine**

**\*\*based on their own creative process, some people may find it easier to draw things out, write out words**

**\*\*may also want to think about bringing objects in, and saying they can refine it in any way they want so that it can reduce awkwardness - refer to notes above under "ideas"**

**\*\*give examples to each of them, and how they would possibly change it**

## Post Interview Questions:

Have you experienced a workshop designed in this way?

Did you find the exercises enjoyable? Challenging? Original? Feedback in general

During the scenario phase of this workshop, did you find it difficult to approach a personal situation such as alcoholism? Do you think this could potentially happen at some point in your life?

Are there personal situations brought up during your regular church meetings?

Do you find that some people sometimes hold back because of their comfort level in your community?

How do you think "communication" plays a key role in your church meetings in general?

What are some advantages and disadvantages you witness sometimes in your meetings, that require verbal communication?

If there obstacles such as sharing personal objections or problems, do you think that an external object can possibly change this?

Can some sort of object encourage more interactivity and communication between one another, or pure verbal contact?