**Session Plan Example**

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| **Project** |  | | | |  | |  | | **Time** | 90' | | |
| **Name of Session** | | | | Flower of acceptance | | | | | | | | |
| **Overall aim of the training** | | | | Reflection and implementation of gained values and attitudes | | | | | | | | |
| **Learning objective** | | | Self expression, understandment and implimitation of learned competences | | | | | | | | | |
| **Rationale for the learning objective** | | | Making participants to self reflect and understand eachother | | | | | | | | | |
| **Time slot** | | **What** | | | | **How** | | **Resources** | | | **Learning Outcomes** | **Assessment methods** |
| 15 min | | Energiser  Circle of exclusion  (Hidden ball) | | | | - Participants make tight circle with hands behind their back passing ball, voluntueer stands in the middle trying to guess where is the ball | | Balls | | | * Getting feeling of exclusio * Learning new energizer | * Feedback * Discussion |
| 60 min | | Making flowers of acceptance | | | | - Each participants writes values, feelings and attitudes on paper  - Participants fold paper to petals  - They connect them together into flower  - In teams of 5 they unfold their flowers, discuss and make new flowers | | Papers, pen | | | Self understadment  Acceptance  Working with hands | Feedback in groups  Observation  Engagement  Participation |
| 15 min | | Group discussion | | | | Group talk in big circle | | N/A | | | Importance of understanding and exchanges of values | Feedback  Engagement |

Questions for pettels:

- Write 3 feelings you have at this moment

- Write 3 values which are really dear to you

- What kind of change did you experience on this project

Leaf:

- How will you implemetn this in your community