

4. Session Plan

Life Stories



Intro Activity

Tell a joke

Tell the whole group a joke (or you can do this in smaller groups). See how much you can make someone laugh.

Main Activity

Life Stories

1. In pairs, take it in turns to tell each other a story from your own past. Try to include as much sensory detail as possible. (Use sight, touch, sound, smell and taste.) If you are the listener, ask questions to get a real sense of time and place. After ten minutes, swap over.
2. Collaborate on a big drawing, either in smaller groups or as a whole group. Decide between you on a theme and then get stuck in!

Homework

Something you love

If you have a camera or phone, this week, take a picture of something that you love to bring back to the group. It could be a portrait of someone, or a picture of a place you love to visit. If you don't have a camera or phone, just draw instead.

