**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 understadmentAcceptanceWorking with hands | Feedback in groupsObservationEngagementParticipation |
| 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