

1. Session Plan

Poetry Please



Intro Activity

6 Word Story

Write or say out loud a 6 word story about your week. This can be really descriptive or funny. E.g. 'Woke up, slept, woke up again'; or, 'Grandchildren, gardens and sunshine for me'; or, 'Felt so happy I could cry'. The inspiration for this comes from the famous 6 word story by Ernest Hemingway – [click here for more info.](#)

Main Activity

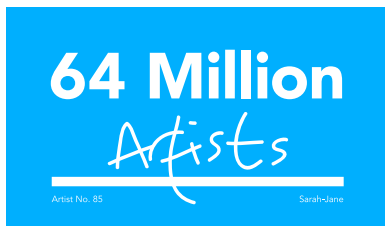
Poetry Please

1. Acrostic Poem – take your name, or a word that means something to you, and write it down the left hand side of the page. Then write a poem with each line beginning with one of the letters.
2. Limerick – make up a limerick about someone else in the group, or someone you know. Be friendly but funny!
3. Long hand poem – collaborate on your table to write a poem about Mondays.

Homework

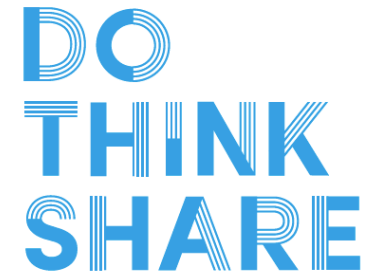
Finding the Extraordinary in the Ordinary

On one journey you take this week, look out for the most beautiful things you can see. Look harder than you would normally. What do you notice?



2. Session Plan

Paper Planes, Trains and Automobiles



Intro Activity

Draw without looking

Work with a partner. Take a piece of paper and a pen, hold the pen in your hand and then look at your partner's face. Without looking down at the paper, draw them in 2 minutes.

Main Activity

Paper Planes, Trains and Automobiles

1. Make anything out of paper. A boat, an animal, a person (anything except a plane!)
2. Make a paper plane and see who can fly theirs the furthest.
3. A giant paper sculpture. Collaborate as a group to make the biggest sculpture you can out of paper (for this you could use newspaper and cardboard tubes etc. if you had them)

Homework

Catching Colours

This time, on your journey see if you can spot the colours of the rainbow in order. What can you find in red, orange, yellow, green, blue, indigo or violet? Natural things or litter? In buildings or parks?

3. Session Plan

Storytelling



Intro Activity

Recipe swap

Tell everyone your favourite meal and some tips on how to make it.

Main Activity

Storytelling

1. Tell a story around the room – or around your table. The first line is 'Sam woke up one sunny morning and...'
Each person says a line until you come to the end of the story.
2. Work in groups, or with partners, and share a funny story from your life.
3. Write down a story about something you've lost. This can be real or metaphorical. If you want to, you can share it with the group. If you struggle to write, then collaborate with someone to make up the story and write it down.

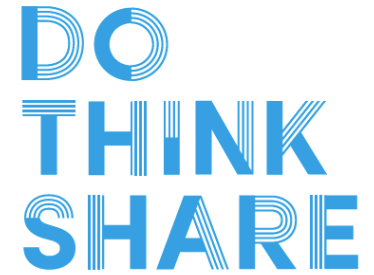
Homework

Message for a Stranger

This week, write a note for a stranger and leave it somewhere for them to find. Maybe at the doctors, a café, or on the bus - or even through a letterbox if you're feeling brave! Tell them something uplifting or interesting for them to hear, a fact, something that you've learned, or something you'd like to share about yourself.

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.

5. Session Plan

Desert Island Discs



Intro Activity

Aaaand Relax...

Start the session by closing your eyes and breathing. Listen to all the sounds in the room, focus on them, what do you notice? Count your breaths from 1 – 10 and back down again. When you open your eyes see how you feel.

Main Activity

Desert Island Discs

1. Choose 8 songs or tracks that you would take to a desert island to remind you of your life.
2. Share that with a partner or with the whole group and say why you've chosen them

Homework

My museum

What one object would you put in a museum to represent you? Either bring this object or a picture of it, or just think about it when you come next week.

6. Session Plan

Post Cards



Intro Activity

New words

Make up a new word to describe your week. Either a feeling you've had or something you've done. Maybe join two words together like 'Happisad' or create something new like slothing (the action of staying in your pyjamas all day because you feel lazy).

Main Activity

Post Cards

1. Make or draw a postcard from the local area. What would you choose to put on the front? An image? A phrase?
2. Make or draw a postcard from somewhere that you'd love to be. Your favourite holiday destination or somewhere you'd love to explore.
3. Write one of the postcards to someone you never see and one of them to someone you see all the time. What is the difference?

Homework

Well done you

Think about one (small) achievement you made this week. Make yourself a certificate. If you're feeling confident – put it on your mantle piece or bring it with you next week!

7. Session Plan

Let's Get Quizzical



Intro Activity

Hello again

With the person next to you, make up a new handshake. Be as creative as you like. Would you include a fist bump? A high five? A silly dance move? Whatever you like...

Main Activity

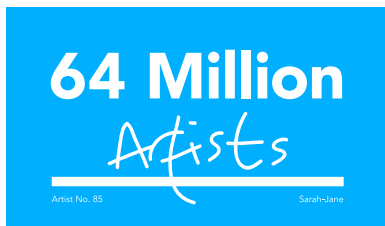
Let's get quizzical

1. Get into 2 groups. Make a quiz for the other team. Include different rounds like drawing, or music, or nature. Be inventive!
2. Swap questions and have a go.
3. Share your answers and see how many you got right.

Homework

Look up

Take the longer route home and take time to look up... can you spot something new about your journey?



8. Session Plan

Mask Making



Intro Activity

Keep safe

Write a positive message / mantra on a Post-it. Keep it safe for a time you need a pick me up, or swap it with someone else in the group.

Main Activity

Mask Making

1. Make a mask. Use whatever materials you have to make something elaborate, or simple, silly or serious. Whatever you like.
2. Tell a story about the mask. If you were that character where would you go? What would you do? Are there things you could get away with that you wouldn't be able to without it on?

Homework

Recipe for happiness

If you were writing out a recipe for happiness what would go in? A dash of laughter? A splash of friendship? Write out a recipe for happiness to share with the group.

9. Session Plan

On Air



Intro Activity

Share a secret

Tell the group a fact they don't already know about you... are you a secret piano player? What's your favourite guilty pleasure television? Have you met a celebrity?

Main Activity

On Air

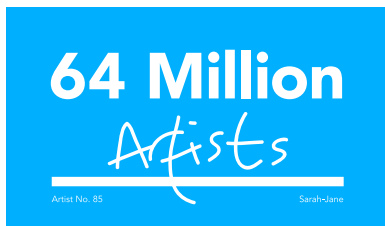
1. Get into groups and imagine you were setting up a new radio show.
2. Draw a mind map of the show:
What would you call it?
What music would you play?
What topics would you talk about?
What guests would you have on?
What station would it be on?
3. Design a logo for your radio station
4. Share your ideas with the other groups – maybe if you're feeling really confident you could even have a go at pretending to broadcast a bit!

Homework

Foodelicious

This week, try or make a new dish. It might be something you've never had before – or just a combination of foods you've never tried.

ALSO – bring in your recycling for the 'New Inventions' session next week!



10. Session Plan

New Inventions



Intro Activity

Old inventions

Draw a picture or make out of Playdoh (if you have this) your favourite invention from your lifetime. Is it your iPad? Or the microwave? Electric toothbrush? Or just something simple that means something to you.

Main Activity

New inventions

Use your household recycling to create a new invention. Make up a machine that would do whatever you want it to do. Work in groups, or as pairs, or on your own.. whatever you like. A money making machine? A robot that does your ironing and folds your clothes? Spend time really thinking about what you want and all the different components that go into making it. Present your invention to the rest of the group.

Homework

Thank you

Take time to say thank you to someone this week. You could just say it, or could you make a card or gift?

64 Million

Artists

Artist No. 85

Sarah-Jane

11. Session Plan

Badges



Intro Activity

Super powers

What super power would you have and why? Draw a super-self portrait.

Main Activity

Badges

1. Make a badge that you'd be happy to wear every day. Maybe it would have a motivational message? Or something funny to make strangers laugh? Or say something special about you.
2. Show and tell the group about your badge.
3. Make a badge as a gift for someone. Maybe someone you know needs cheering up, or they've got a birthday coming up. Make something that's special to them

Homework

Selfie

Before you go... take a group selfie and share it with at least one person.

12. Session Plan

Autobiography



Intro Activity

You've got the moves

Put some groovy music on and have a dance in your chair. Shake out your body; loosen your muscles and your mind. Wiggle your fingers and your toes! Have some fun.

Main Activity

Autobiography

1. Think about an autobiography of your life. What key memories and moments would you include? How would you share these – just text or images too? What would the chapters be?
2. Pick one memory and just write. Set the scene for your reader and include all the senses.
3. Now organise your autobiography. Draw pictures to go along side your story or think of an existing image you could use.
4. If you're happy to, share your autobiography with the group. If you'd prefer, just share how the activity made you feel.

Homework

Just For You

Spend at least an hour this week doing something just for you. Take a long soak in the tub, put on your favourite music, close your eyes or look out of the window. Do your favourite thing. And enjoy it.

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Artist No. 85

Sarah-Jane

13. Session Plan

Finger Puppets



Intro Activity

Your perfect day

Imagine what your perfect day would look like. What would you do? Where would you go? Who would you spend time with? Draw a picture to describe your day.

Main Activity

Finger puppets

1. Using your preferred material (eg. paper, felt, or fabric) make a family of finger puppets. What characters, monsters or animals can you make?
2. If you have time, could you make a backdrop or a scene to put your puppets in?
3. Now bring them to life!

Homework

What's Your Name?

Find out about your own name and the story behind it. Were you named after someone? Does your name have a meaning?

Share with the group next week!

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Artist No. 85

Sarah-Jane

14. Session Plan

Anthem



Intro Activity

Picture consequences

In groups of 4, use 1 x A4 piece of paper and fold it into 4 sections. As a group, play the picture consequences game – someone draws a head and folds over the paper. The next person in the group will draw the body and will fold over. Continue until you have legs and feet and therefore a full weird and wonderful character. Share with the group!

Main Activity

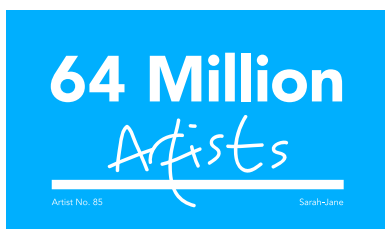
An Anthem

1. Think about the whole group. Who are you made up of? What are your shared interests? What would you want to share about you with the world?
2. Write an anthem or theme tune to highlight this.
3. Perform your anthem as a group – can you improvise with some instruments? What's in the room or your bag that can accompany the tune?

Homework

New places, new faces

Try your best this week to go somewhere local you haven't visited before. It might be somewhere you've been thinking about for a while or somewhere someone has recommended. Maybe it's just waiting to be discovered...



15. Session Plan

Seasons



Intro Activity

Charades

Who would like to go first? Choose a book title, a famous person's name, a saying, a movie title or a song title to pantomime and give your clues to the group! How long will they take to guess?

Main Activity

Seasons

1. Think about your favourite season, or draw different seasons out of a hat.
2. Write a poem in response to the season. It could be a simple poem about the weather in winter, a limerick about summer holidays, or some lines about autumn leaves turning golden.
3. Would anyone like to read their poem out loud to the group or in tables?

Homework

Habits

Think about one habit you would like to give up and one new habit you'd like to adopt. See if you can do both of these things for one week! How will you stay on track?

Bring in scrap paper, old magazines, newspapers or junk mail for next week's activity.

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Artist No. 85

Sarah-Jane

16. Session Plan

Role Play



Intro Activity

Draw what you hear

Draw to music. Choose a song to play and creatively respond to it. It could be really abstract, just making marks inspired by the different sounds or something realistic that the song reminds you of. Don't be precious with your drawing - let the music take you.

Main Activity

Role Play

1. In small groups, come up with a scenario: e.g. a rock concert, a doctor's waiting room, on board the International Space Station... be creative! What characters would you find there?
2. Create a short (2 min.) improvisation around an incident taking place there. First, decide between you on the incident, and then improvise before, during and after it takes place.
3. Share your improvisations with the group.

Homework

Keep learning

Learn something new this week. It could be a new recipe, a new word, a new card game – anything that takes your fancy!