**Children, Young People and Flooding: Workshop 1**

**09:30-09:40: Warm Up**

**09:30-09:40** Learn each other’s names:

**GH:**

* Welcome everyone, explain that before we get started we want to learn everyone’s names!
* Ask everyone to stand in a circle
* Explain that you’ll go round in the circle say your name and act out or say one thing you like doing (that might be reading, playing football, dancing).
* Then everyone repeats your name and action
* Make name stickers.

09:40-09:50: Explanation about the day:

**MW:** want to understand your experience of the floods last year.

Today we’ll be going on a short walk and taking photos, and then we’re going to the XX Arts Centre to do some art and modelling.

You don’t have to do any of the activities if you don’t want to, just let one of us know and you can sit out, you only have to talk about things you want to.

But we’re also going to have fun!

**GH:** Guidelines?

* On flipchart paper create guidelines for workshop
* Start with:
  + Respect
  + Listen
  + Careful with art materials
  + Have fun!

**09:50-10:00 Game:**

**MW/GH** Group Juggle:

* Everyone stand/sit in a circle
* If I’ve got the ball, I shout out the person’s name I’m going to roll it to them.
* Aim of the game is to get around everyone in the circle, so keep your hand up until you’ve had the ball.
* If time- we’ll do it with two balls, no hands up.
* Ask if they enjoyed it- we’ll play again later.

**2:30-3:00 Cool down games/ goodbye session:**

**2:30-2:40:** Group Juggle:

**GH games:**

* Everyone stands in a circle
* If I’ve got the ball, I shout out the person’s name I’m going to throw it to and then throw it to them.
* This time I’m going to add in more balls in the middle of the game- but keep going!

**2:40-2:50 Swapping places game:**

* Stand in a circle/ sit on chairs
* One person in the middle shouts out switch if you…. Have brown hair/ like swimming
* Then everyone who agrees with that has to switch places in the circle with someone else
* Last person goes in the middle, or facilitator asks someone to stay in the middle

**2:50-2:55 MW:**

Thank everyone for the day, let them know what will happen next.

If you want to talk about more about anything you’ve done today remember you can talk to your parents, families, friends and teachers.

Help sheets and tip sheets are available for parents if they want to take a copy before they leave or want to pass on a copy to any of their friends or family.

**2:55- 3:00 MW:** Closing circle:

* Sit in a circle
* Close your eyes
* Tense every muscle in your body, start with your feet, your legs, your arms and your face
* And release
* Take three deep breaths
* Pass the talking ball around and say one thing you liked about today

Thank everyone again and say goodbye

**Extra games:**

**Action Number game:**

When I shout out a number you have to do the action:

1. Make a happy face
2. Strike a pose
3. Shake hands with someone
4. Dance
5. Laugh!
6. Tense every muscle in your body

**Alphabet Game:**

Pick a letter and go round the circle saying a thing (theme) that begins with that letter