

TIME	ACTIVITY	TOOLS
Make sure you have 30 mins available to prepare your group before it starts.	<p>Preparation before the session</p> <ol style="list-style-type: none"> 1. Ensure audio visual technology is set up. 2. Print individual participant handouts. 3. You will need a timer/stopwatch. 4. Space for participation rotation. Enough room for a conversation between two people within the group. 5. Activity B requires participants to use the resource as a prompt for conversation starts. You have the option to transfer the content onto palm cards for ease. (they could be kept and laminated for future use). <p>Allow up to ONE hour to complete your group.</p> <p>Facilitator’s Tip: <i>~ It is important to read through the steps involved in this topic and prep ahead of time. Preparation will save a feeling of overwhelm for both you and your participants and make for a more natural flow in your group.</i></p>	<p>Smart TV/Computer Participant Resource, Timer Stopwatch</p> <p>Optional- palm cards</p>
10 mins	<p>Acknowledgements – Welcome to Country and Lived Experience Group Agreement ~ This is a great way to establish boundaries, you can find out more about Group Agreements here</p>	Butchers paper/white board
5 mins	<p>Discuss Aim and Objectives (display for everyone to see): Can be accessed here.</p> <p>AIM: To develop basic conversation starters with new acquaintances.</p> <p>OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Consider and apply communication starter techniques. 2. Reflect on and acknowledge benefits to establishing new friendships. 3. Apply learning and reconsider your goals in your Individual Recovery Plan, if required. 	Can be displayed on smart TV or computer or written on White-board or butchers’ paper
5 mins	<p>As a group, watch the video Five Minutes to Friends (4:45 mins) https://www.youtube.com/watch?v=Qtv_J94pUE&t=3s</p>	Computer/ smart TV Internet connection

5 Minutes to Friends – Session Plan & Participant Resource

30 mins	<p>After having watched the video, read through Activity A. Encourage participants to read out loud.</p> <p>Activity A is about participants improving their communication skills and acknowledging the difference between open ended and close ended questions. This section also encourages following on with a theme/topic in a conversation. Participants are also given an opportunity to consider what traits make up an effective communicator.</p> <p>Refer to Activity B. The Speed Friending exercise begins. Have the participants pair up with each other. You and other team members may need to pair up to complete even numbers.</p> <p>Have your stopwatch/timer ready.</p> <p>Please read through the start of hand out B with your participants before the exercise begins.</p> <p>Participants can have handout B with them throughout the speed friending sessions so that they have questions and prompts available if they wish.</p> <p>Time each pair for 5 minutes before rotation. If you have a larger group, time for 3 minutes. At the end of the time, call it and ask them to tie up their conversation and swap to a different partner.</p> <p>When B is complete, move onto Activity C for open conversation and reflection.</p>	<p>Participant Resource A, B, C (print outs ready)</p> <p>Stopwatch Resource activity B</p> <p>Resource C</p>
5 mins	<p>Reflection Come back to the outcomes and aim, ask your group the key messages they took away from the group.</p>	<p>Aim and Outcome slide</p>
5 mins	<p>Hand out feedback form and collect (scan and send back to L2B team after you group)</p>	<p>Feedback forms</p>

5 mins AFTER YOUR GROUP	Self-Reflection (This is time for you to reflect on your own strengths and challenges) <ol style="list-style-type: none">1. What were the strengths of this group?2. What could be improved on next time? How could I do this differently?3. What area's might I need extra support in? how will I action this?	Fill out in a workbook or diary
----------------------------------	--	---------------------------------

5 Minutes to Friends

Aim:

To develop basic conversation starters with new acquaintances

Objectives:

1. Consider and apply communication starter techniques.
2. Reflect on and acknowledge benefits to establishing new friendships.
3. Apply learning and reconsider your goals in your individual Recovery Plan, if required.

5 Minutes to Friends – Participant Resource

Watch the video, '5 Minutes to Friends'

ACTIVITY A – 5 Minutes to Friends

You have now watched the Learning2B video on Self-care. As a group, let's discuss the statements and questions below.

Let's begin by looking at *how* we go about asking each other questions and other communication techniques. Please read the question out loud and consider how we can 'invite' people to have a active conversation with us.

1. Discuss or read as a group the examples below:

Here is one way of asking a question. This type of question would receive a closed response.

Are you a morning person? "no". This is a closed response.

Let's turn this into an open question.

What is your favourite part of the day? Short response, "I like afternoons"

How could we make this even more open?

Why do you like afternoons? Longer response "Because I like going for walks and watching the sun set, it makes me feel calm and I get to exercise".

If you use the questions provided you may then want to flow on from that question that is linked to a theme. For example:

What genres of movies do you like to watch? Do you prefer watching them at the cinema?

Who are your favourite actors?

Have you ever wanted to write or star in a play?

How to show you are listening, by using follow up questions:

After someone informs you that they have they have skydived on the weekend.

"I too have jumped out of an aeroplane, were you excited for your first time?

I found it scary, till I jumped out of the aeroplane then loved it, what was your favourite part?"

Did you get a video of your jump?

What other locations would you consider sky diving from?

After someone informs you that they love gardening but don't enjoy mowing the lawn.

“I bet it looks lovely, what are you favourite plants or flowers? I prefer cacti and succulents because they are easy to look after... I tend to get hay fever when I mow the lawn, have you ever thought about getting assistance with mowing your lawn?”

2. What are some other characteristics of an effective communicator? Write your ideas below or draw symbols/pictures that articulate your ideas.

Examples may include:

Active listening

Speaking clearly and slowing down

Feeling confident and assertive

Identifying and managing your emotions, as well as other people’s emotions

Open-mindedness

Patience.

ACTIVITY B – 5 Minutes to Friends

1. Speed Friending exercise. You are invited to take turns rotating between yourself and others attending the group for up to 5-minute intervals. Your facilitator will set up a timer and prompt the change overs.

Please read before you start:

Below is a list of questions that can help prompt you (if needed) throughout your conversations. Remember that you can ask further questions based on each theme/question.

Keep this list of questions throughout the process if you would like. Remember it's up to you to turn these into open ended questions. Elaborate on them. The questions have been broken down into categories. Feel free to mix and match these questions around as you see fit.

Likes and dislikes.

1. Would you rather live in a cabin in the woods, or a busy city?
2. Describe the weirdest experience you've ever had?
3. Are you a sweets person, or do you prefer salty?
4. What's your strangest quirk?

Personality

1. What time of day are you the perkier?
2. Which comedian or movie makes you laugh the hardest and why?
3. What can make you feel overwhelmed?
4. If you won the lottery, what is the first thing you would do

Future plans

1. What would you like to accomplish in the next few months?
2. What motivates you?
3. What are some of the plans you worked toward which you achieved?
4. What activity are you looking forward to doing this week?

Past

1. What's the craziest adventure/experience you've had?
2. What colour hair and style did you have as a kid?
3. Who was your favourite primary or high school teacher and why?
4. Growing up, who was a role model that you looked up to and why?

ACTIVITY C – 5 Minutes to Friends

Let's debrief.

Having completed the Speed Friending exercise, it's time to reflect on your experience.

Discuss openly as a group:

1. How did you feel during the experience?
2. Can you identify any challenges or highlights?
3. How do you feel about openly asking questions and connecting to others, friends, strangers now that you have experienced speed friending?
4. Perhaps you can identify a new connection goal for your Individual Recovery Plan action based on what you learnt today. Write potential ideas below: