

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. Flip chart or white board and markers 3. Print individual participants handouts for those who would like to do some further self-paced activity. 4. You will need to have a whiteboard and markers, or butchers' paper in order to facilitate this topic. The exercises require group collaboration and brainstorming with visual aids. <p>Allow up to ONE hour to complete your group.</p> <p>Facilitator's Tip: <i>At Flourish Australia, we believe that true citizenship is about the ability for each person to grow, learn and exercise fully, their unique capacity and capabilities for doing the things that they like to do, that they are good at, and value the most. Social networks create the necessary opportunities to engage, connect, participate, and receive recognition for those individual strengths and achievements.</i></p> <p><i>It is important to educate yourself more on this topic Here</i></p>	Smart TV/Computer Participant Resource, White board & Markers
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 on 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 understand the importance of social connection and how one can improve their opportunities in forming healthy connections and relationships.</p> <p>OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Demonstrate an understanding behind the concepts of belonging in the context of social settings and its benefits 2. Discover opportunities to broaden social connections. 3. Interpret own meaning of healthy relationships and barriers to making connections. 4. Determine how understanding the concept behind belonging can improve own social interactions. 	Can be displayed on smart TV or computer or written on White-board or butchers' paper

8 mins	<p>Watch the video My Social Circles (5:32 in length): https://www.youtube.com/watch?v=iz1ww6KbwcA&t=1s</p>	Computer/ smart TV Internet connection
20mins	<p>Work through Activity A and B. Activity A requires that as an individual works through the exercises, that the whole group will help to contribute to everyone’s answers. For example, Activity A asks that a person identifies their own passions/interests. As a group, peers can help a person identify groups or activities that correlate to the person’s interests.</p> <p>Complete Activity B. This too requires the use of a visual aid such as a whiteboard. Ask if your participants would like to volunteer and take on the whiteboard role.</p> <p>For both activities A and B, be sure to read out each part of the Participant Resource to cater for those who prefer not to read. You can also encourage others to read out the questions and statements. When it comes to brainstorming on the whiteboard, encourage participants to this!</p>	White board and markers Participant Resource, pens
5 mins	<p>Reflection Come back to the outcomes and aim, ask your group the key messages they took away from the group.</p>	Aim and Outcome slide
5 mins	Hand out feedback form and collect (scan and send back to L2B team after you group)	Feedback forms
5 mins AFTER YOUR GROUP	<p>Self-Reflection (This is time for you to reflect on your own strengths and challenges)</p> <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

My Social Circles



Aim:

To understand the importance of social connection and how one can improve their opportunities in forming healthy connections and relationships.

Objectives:

1. Demonstrate an understanding behind the concepts of belonging in the context of social settings and its benefits.
2. Discover opportunities to broaden social connections.
3. Interpret own meaning of healthy relationships and barriers to making connections.
4. Determine how understanding the concepts behind belonging can improve own social interactions.

My Social Circles – Participant Resource

ACTIVITY A – My Social Circles

After having watched the video ‘My Social Circles’ let’s highlight some of the principals from the video.

If we explore the social identity theory, Individuals derive a portion of their self-concept from their membership in social groups. Interestingly, our sense of self is made up of qualities that come from memberships in groups and social connection. We are not just defined by our traits, interests, and dislikes but by our connection to others. Self is not made up of ‘me’ but also ‘we’.

Social identity groups can give you a sense of:

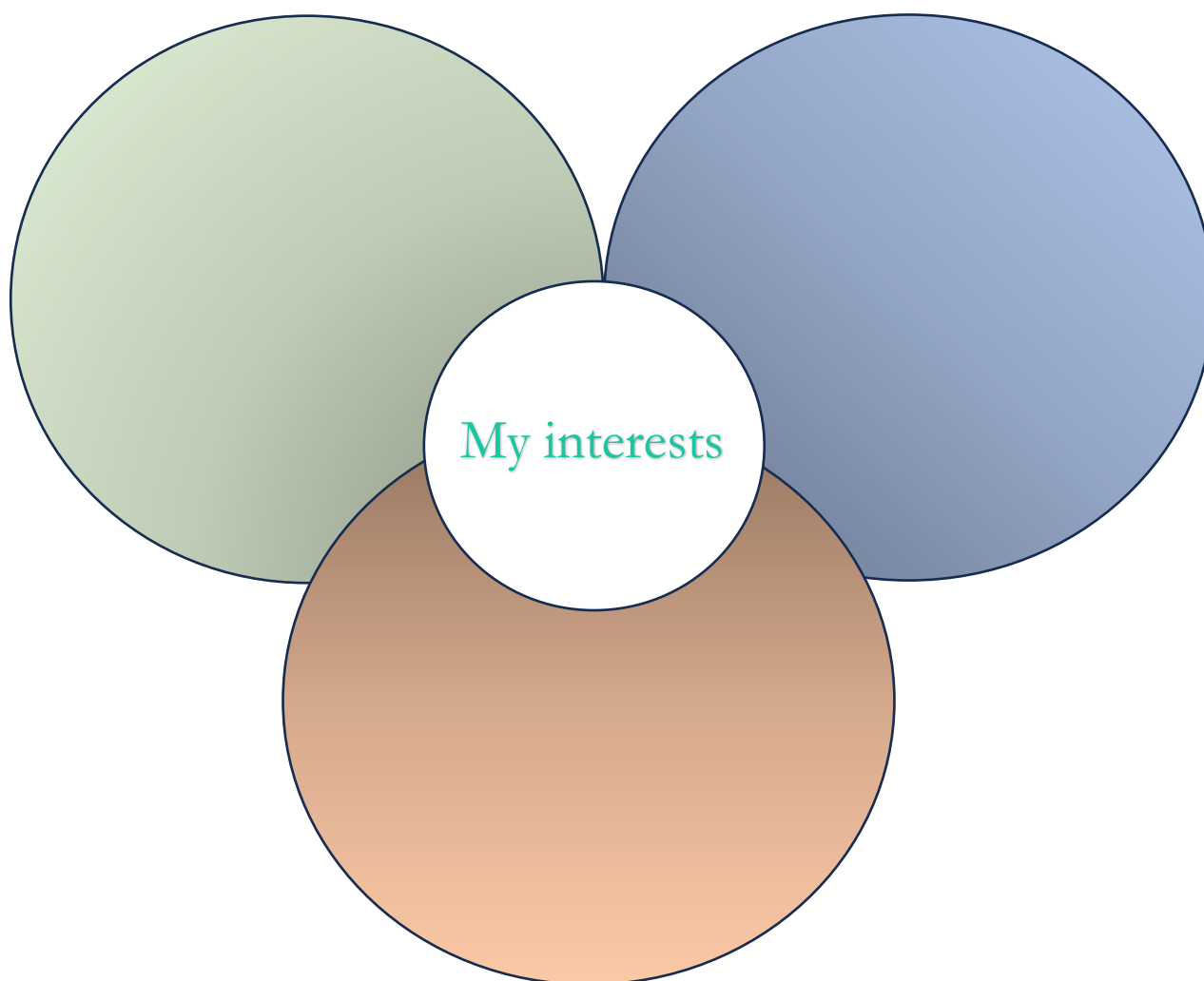
- Belonging
- Purpose
- Self-worth
- Self-Identify

The video described the elements that make up a person’s social circles and the benefits of connecting to others for your mental health.

With this in mind, let’s explore some of the ways we can increase our social connections and form healthier relationships.

My Social Circles– Session Plan & Participant Resource

1. In each circle, draw or write down three things/topics that interest you. Perhaps your area already taking part in these things OR this may be something new you would like to try.



2. Based on your three interests, can you identify activities or groups associated with each interest you have identified? This is a chance for your peers and facilitators to

My Social Circles – Session Plan & Participant Resource

get involved! Your facilitator or a participant/s in your group will write down everyone's interests on a white board or butcher's paper. As a group, you will be able to brainstorm activities that belong to each interest.

Below is room for you to write down what your peers have come up with:

Green circle – My two activities are:

Blue circle- My two activities are:

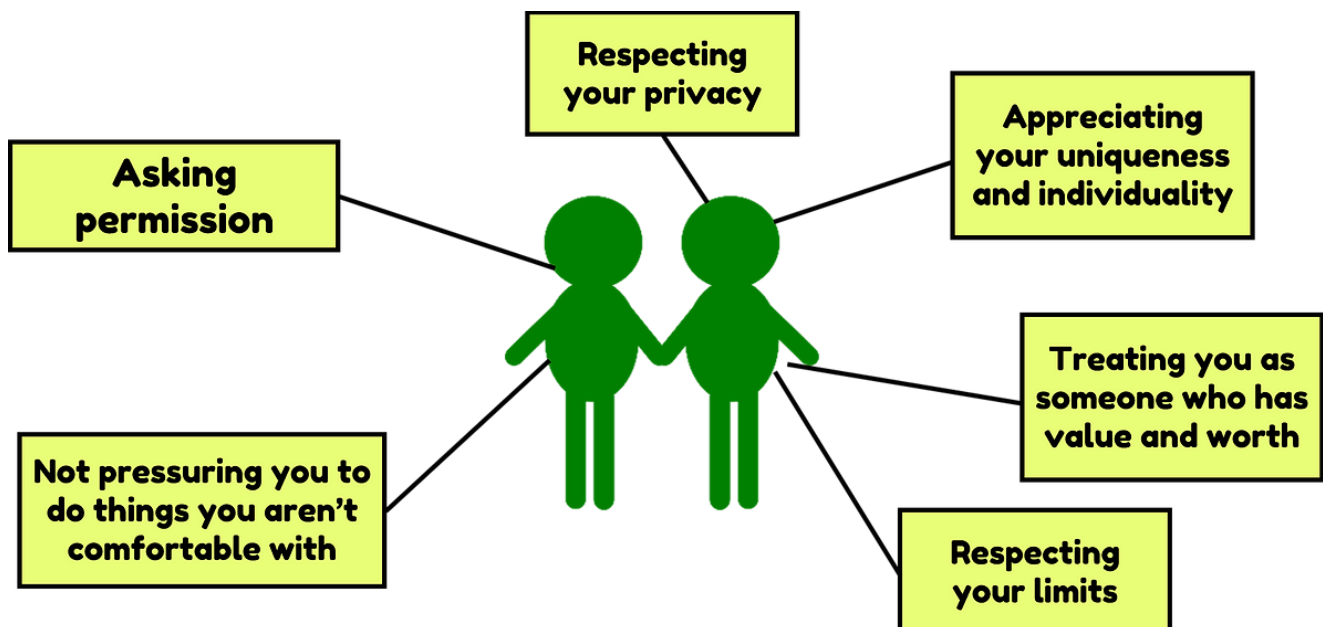
Orange circle – My two activities are:

ACTIVITY B – My Social Circles

While it is important that we can identify new opportunities in order to expand our social connections, we equally need space to reflect on the qualities you expect from existing or new social connections.

The diagram below explores what healthy connections should like and feel. These expectations can be looked at as healthy boundaries.

1. As a group add to the diagram below. Pencil in your own expectations and boundaries around your relationships and connections. A participant/s or your facilitator will create a collective diagram on the whiteboard that showcases all of your ideas!



Discuss the following questions as a group:

2. How do you feel when you experience a healthy connection or think you should feel?
3. Are there any barriers that stand in the way of you meeting new friends or sustaining your healthy connections even after you have met someone?

