

Barriers to Leaving Home - Session Plan [1 hr 30 min]

Learner Outcomes

This session is designed for community and youth groups to facilitate fun, competitive games which will structure an informal discussion about independent living and moving towards the next steps such as work-based learning or university – which may involve leaving home.

By the end of the session, learners will:

- Be able to recognise ability is not fixed and that challenges can be overcome
- Think about creative solutions to difficult problems
- Practice decision making skills within a group
- Identify key areas of living independently
- Think about decision making in terms of increasing self-responsibility
- Relate content to independent living when moving towards next steps such as work based learning or university

<i>Sequence of Learning Activities:</i>	<i>Timings</i>	<i>Facilitator Activity</i>	<i>Attendee Activity</i>	<i>Resources</i>
Introduction		<ul style="list-style-type: none"> • Introduce yourself and Hello Future • Run through workshop aims and outcomes • Ice-breaker activity – This or That • After identifying some of the barriers to leaving home, through the 'This or That' activity, introduce the concept to the learners and explain that in this session you will be exploring four key themes – or barriers – which people face when leaving home. • Explain aims and objectives. • Split the group into small teams of 5-10 people 	Active listening	PowerPoint This or that resource
Handling Homesickness		<p>This challenge will require learners to think creatively and considerately, using their own experiences to provide key advice for young people who may decide to leave home for further study, opportunities like NCS, or for a new job.</p> <ul style="list-style-type: none"> • Create a manifesto on how to overcome homesickness and deal with missing friends and family. Think about some top tips for things you can do to help, where you can find support and what coping techniques might you adopt. 	Group working	Poster Paper Colouring pens

		<ul style="list-style-type: none"> • Feedback your best ideas to the group • Learners can take time to record their top tips in their workbook. 		
Becoming Independent		<p>This competitive game will require learners to communicate clearly as a team. Exploring the theme of independence and having to provide and cook for oneself.</p> <ul style="list-style-type: none"> • Nominate a member of your team to be blindfolded, wear oven gloves and directed for this next part of the challenge. • Using the utensils and ingredients at hand, your team must guide you to make your very own sandwich within the 2 minute guidance. • A staff member will decide the winning team. The winning team will have the most appetising sandwich. <p>Reflection points for the team to discuss in their groups:</p> <ul style="list-style-type: none"> • Blindfolded team member: How did it feel being directed by your team? What could they have done to make this task easier? • Discuss as a team: What went well? What would have made your instructions clearer? (suggestions may include: one person speaking at a time, speaking calmly, being more direct) <p>Full group reflection: Becoming independent requires you to know your skills and use them to your advantage. What are your skills as an individual? What strengths can you bring to a team?</p> <ul style="list-style-type: none"> • What skills did you bring to your team? This may include: clear communication, being a team motivator or lifting spirits, keeping the group focused or calm (if young people are struggling to reflect on their individual skills – a team member could say what skills they have observed – either in this one task or in the wider group) • Get each young person to write down one of their skills or strengths on a post-it note Reassure the group that this does not need to be shared with the class. 		<p>Oven gloves, plastic knives, blindfold, sandwich ingredients of choice – we recommend: bread, sliced cheese, lettuce, mayonnaise/butter</p> <p>Prize for the winning group</p> <p>Any food allergies to be considered in this activity.</p>
Making Difficult Decisions		<p>In the opening ‘This or That’ activity, the group identified some of their values for future jobs/educational pathways. This section will explore the decision-making that is involved when it comes to searching for jobs – and what factors people consider when applying for jobs.</p> <ul style="list-style-type: none"> • Open discussion: get the group to consider ‘What is their most important value when they think about a future career?’ 		<p>Prize for the winning group</p>

		<ul style="list-style-type: none"> Students will be given a board with missing pieces, they will then have to complete the job profiles and match the correct: Education History, Estimated Salary, Previous Employment and key skills required. <p>The first group who has 100% match will be offered a prize.</p> <ul style="list-style-type: none"> Open discussion: Did any of the job roles surprise them? Examples might include being surprised by varying salaries, or the qualifications required. Do any of these statements match up to your values? (e.g. if a high paying job is important to you, were you most intrigued by the salaries of the job roles?) <p>Reflect that looking into possible future roles may involve some seemingly difficult decisions, but learners have the ability to research future pathways based on what is most valuable to them. This can provide an opportunity for any staff members, ambassadors or youth workers to explain any decisions they have had to make in their career/education, and what helped them.</p>		
Travel		<p>The final team activity is based around the subject of travel.</p> <p>A Kahoot Quiz has been created which challenges the group about their knowledge of the local area and shows how easy it can be to travel around Cumbria, how well connected the county is.</p> <p>This can be done as smaller teams, or as individuals.</p> <p><i>If you have never used Kahoot before, the quiz is public and can be used by anyone. Young people can select their own username for the quiz (please note, usernames can be preselected if necessary). All you need to do is select "Classic Mode" and press "Start Quiz" from here, a game code will be created. Young people will then go to www.kahoot.it and enter the 6 digit code that has been generated.</i></p>	Teamwork	Kahoot Quiz Prize for winning group
To close		Group Reflections.		