



AW facilitator resource kit.

CONNECTION

purpose.

All AW programs are designed to promote and achieve connection amongst participants. Connection to themselves, each other, the accompanying teacher and the AW facilitator. The greater the connection, the more positive the outcomes for participants. A connected group navigates challenge more effectively, dives deeper into challenging conversations and cares more deeply about the creation of a safe space for everyone to thrive.

mark collard.

AW follows the work done in this area by expert facilitator, Mark Collard. Mark teaches about the Three Programming Truths:

1. A facilitator must intentionally build trusting and healthy relationships, from the start
2. Humans are comfort-seeking machines
3. Feelings influence thoughts and actions – we cannot adjust how a person thinks or what they do without first changing how they feel

Creating a safe and positive learning environment leads to everyone staying in the comfort zone. Facilitators should aim to create an environment where people feel safe enough to be brave.

EXPERIENCES THAT BREAK ICE EFFECTIVELY:

- Highly interactive
- Non-threatening
- Fun
- Simple
- Success-oriented (not designed to trick people into failing)

FUN WAYS TO PAIR PEOPLE OFF:

- Hair colour/length
- Same size hands/thumb
- Same colour shirt
- Handshake (from 5 handshakes)
- Last digit of mob number
- Same sole of shoe

FACILITATOR CHECK-LIST

By the end of any connection session participants should:

- Be energised, laughing and engaged
- Know more about each other
- Be showing signs of safety and enjoyment – participating in activities, open postures, loud, laughing, positive, volunteering to demonstrate when asked etc.
- Be feeling safe to share more deeply and openly with the group (after levels 2 and 3)



connection – level one.

The first level of connecting in a group consists of unthreatening, fun activities and games designed to break the ice, maximise participation and break down some of the initial barriers to connection. Interactions during Level One consist mainly of paired activities or small group fun. There is never the need for participants to be isolated in front of the whole group, rather opportunities for small-scale energisers designed to help participants get to know more about each other.

example session.

(45min)

5min – Introduce yourself

10min – Play [5 Handshakes](#)

5min – Play [1, 2, 3](#)

10min – Play [Question Cards](#)

15min – Play [Identity Crisis](#)

connection – level two.

The second level of connecting in a group sees the facilitator build on work done during Level One, introducing some opportunities for the group to forge deeper connections. This level should introduce some activities which require participants to push beyond their comfort zone slightly. It should still be packed full of fun and should grow participants' understanding of each other.

example session.

(45min)

10min – Play [Step to the Line](#) (level one) or The Sun Always Shines

10min – Play [Ubuntu games](#)

10min – Play [Elevator Air](#)

15min – Play [Poker Face](#) (this is great to run straight in to a Values Contract discussion)

connection – level three.

The third level of connecting in a group invites participants to create lasting bonds by challenging them to find the things they have in common with each other and challenging them to celebrate the diversity in the group.

example session.

(60min)

10min – Play [Step to the Line](#) (levels two and three) or The Sun Always Shines

20min – Set a series of theatre-style challenges. E.g. Make a group of 3 and in that group, you have 5min to come up with a 20sec skit about the biggest challenge facing teenagers today. OR in a group of 5, you must come up with a song or rap about the funniest moment on camp so far.

30min – [Scar stories](#) – invite each group member to share a story about a scar (physical or emotional) that they have acquired over their lifetime (best done in the evening around the fire).

success looks like.

- ✓ Maximum engagement and participation in activities
- ✓ Lots of happy chatter and laughter
- ✓ Participants mixing and mingling indiscriminately
- ✓ Participants showing signs of comfort, sharing more deeply
- ✓ Participants comfortable to contribute to discussions or volunteer for demonstrations