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**2019: HSP Session 1 – Exemplar of PLANNING OUTLINE**

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| **TIME** | **FOCUS & ACTIVITIES** | **FACILITATOR** | **RESOURCES** |
|  | **Introduction to the course** **Focus: Welcome** * Focus of the session – FG pg 14
* Welcome, introductions and course goals Hand out materials (explain the purpose of the workbook: write notes, colour the mind maps, share info from sessions with family and friends – it is your book, write in which ever language you prefer, this is not a children’s book. Refer to contents of the workbook) FG Pg 15
* Language issues FG Pg 15
* Homework FG Pg 15
* Housekeeping & basic rules: FG pg 16
* Choose a timekeeper

  |  | \* Register, name tags, \* Materials: workbook in language of choice, pens, envelopes, \* list with dates, times and topics to be covered \* Newsprint & koki / board & chalk[NB: Background reading - facilitators] |
|  | **Activity 1:** What I would like to learn: FG pg 17 workbook pg 3* Purpose: Get to know each other and set personal learning goals
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|  | **Activity 2:** What do parents teach their children? FG pg 18 workbook pg 3* Purpose: Identify ‘learning events’ at home (please note icon – Table talk & check the Helpful hint)

 * Sum up: FG pg 18
 |  | Newsprint & koki / board  & chalk |
|  | **Activity 3**: How do young children learn?* Purpose: Describe and discuss ways in which children naturally learn
* Please note this is a Table talk activity. Check the Helpful hint & Did you know? Refer participants to workbook pg 4, 5 & 6
* Sum up: FG pg 19
 |  | *Charts:* How young children learn Workbook pg 4 & 5[Facilitators use the table to refresh their memory (FG 112-115) |
|  | **Activity 4:** How best can we support our children’s learning? FG pg 20 workbook pg 6, & 7, pg 8 - Learning is a journey * Purpose: Help parents to understand how they can enrich and support their children
* Say FG pg 20

 Help parents understand the term scaffolding using everyday examples* Sum up FG pg 21
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|  | **Activity 5 :** Choose your own way of parenting FG pg 22 & 23, workbook pg 9* Purpose: Explore YES and No parenting skills
* **PLEASE** emphasize: You do not have to talk about anything that makes you sad or angry
 |  | Newsprint & koki / board  & chalk |
|  | **Activity 6:** How to build self-esteem and resilienceFG pg 24, workbook pg 9* Purpose: Understand the meaning and importance of self-esteem and resilience
* Sum up FG pg 24
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|  | **Activity 7 :** **Circle of Courage** **OPTIONAL** FG pg 25, workbook pg 10-11[We suggest you don’t do this activity if you are facilitating for the first time] |  |  |
|  | **Activity 8:** Homework tasks: FG pg 26, workbook pg 12* Purpose: consolidation and preparation for the next session
* Emphasize to the parents the importance of doing / trying out some of the tasks at home
* Remind parents to make it fun!
* Please note the helpful hint

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