

Session 1: Setting the Scene



Imagine
Create
Belong

Aims of Session 1:

Social Development Program

- Create a safe predictable group environment, form positive connections, set ground rules, boundaries and culture of group, and scaffold participation for neuro-divergent young people
- Plant the seeds for participants to see themselves as the creators and storytellers
- Plant the seeds for processes to keep participants on task, taking turns, and working together

Session 1 Brief Overview

Session 1 is where everyone is finding their place among the group. The space is designed to be safe and predictable where your young person feels welcome and accepted for who they are. Your young person should bring an item from home they feel comfortable talking about with others.

Underpinning Theories, Abilities and Approaches

| Person-centred Therapy |

| Age-appropriate pretend play |

| Neuro-responsive social scaffolding |

SESSION OUTLINE

| 1 |
INTRODUCTIONS
| 10 minutes |

Your young person will start to get to know their group and their facilitator/s. Facilitators will introduce themselves before inviting your young person to introduce themselves by name

| 2 |
WARM UP
| 10 minutes |

Your young person will get to interact with their group. Your young person will be invited to play a game where they try and keep an object (balloon or soft toy) from falling to the ground. During this game your young person will be asked to think of an adjective to go in front of their name to be used by others during the game.

| 3 |
TUNING IN
| 10 minutes |

Your young person will be invited to talk about the special item they have brought from home. Each participant will be given around 2 minutes to participate

| 4 |
ACTION
| 15 minutes |

In this program your young person gets the opportunity to be a movie writer, producer, and director! In this part of the session your young person will discuss their favourite film and begin developing a character for the groups movie. Your young person will get the opportunity to create their character out of modelling clay to be used in all future sessions.

| 5 |
WRAPPING UP
| 5 minutes |

Your young person will be invited to talk about what they enjoyed most about the session. The next sessions activities will be briefly introduced

The Imagine Create Belong team would like to acknowledge and pay respect to the Traditional Custodians, the Wadawurrung people of the Kulin Nation, whose Country we live, work, and learn on and where the program was established. We would also like to acknowledge and pay respect to all First Nations peoples throughout Australia and note that sovereignty was never ceded. Education and the transmission of history and culture has a long and rich heritage on this continent, which we aim to honour. We are committed to applying the tradition of shared storytelling to the way we teach and learn. We extend this acknowledgement to all First Nations people globally.



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