

# SUGGESTED DAILY PLAN



## DAY ONE

8.45am	9am - 3pm	Children collect name tags and settle in
9.00am		Facilitator and Co-Facilitator introduce themselves
9.05am		'Ice Breaker' - Introductions (children & mentors take part)
9.30am		'House' rules re venue, breaks, etc.  Group Guidelines (flip chart paper)  What do you know about why you are here?  Outline of overall program, followed by today's specific program  Feedback from children about their thoughts, fears, etc.  Evaluation Form (complete 'Day One' box only)
9.45am		Family Drawing
10.15am		Education - "What is mental illness & what causes it? (discuss in two groups using worksheets; flip chart paper required)
10.45 - 11.00am		Refreshment Break
11.00am		'Innerview'
11.20am		Pie Chart
12.30 - 1.00pm		Lunch Break
1.00pm		Singing
1.10pm		"It's Good To Be Me" Game
1.50pm		Education (Discuss in two groups using worksheets; flip chart paper required)
2.20pm		Short Break
2.30pm		Meditation (Star Prelude + select appropriate meditation)  Enhancing Mental Health & Home Play Activity Sheets
2.50pm		Singing
3.00pm		Finish (Bring tomorrow favourite object or photo of favourite pet or person)

Use soft balls for quick energiser activities, eg. 'hot potatoe' game, when energy levels appear low

**NB: This is a *suggested* schedule only. It is important to be flexible and adjust the schedule according to the needs of the group. Intersperse games and fun activities wherever appropriate**

**DAY TWO: 9am - 3pm**



9.00am	Outline today's program Intro self; age; person with mental illness	
9.15am	Feedback from children about yesterday & process Disloyalty to family member?	
9.30am	Favourite Pet/Object/Person	
10.00am	Education (Discuss in two groups using worksheets; flip chart paper required)	
10.45 - 11.00am	Refreshment Break	
11.00am	Friend's Drawing	
11.30am	Problem Solving (two groups)	
12.30 - 1.00pm	Lunch Break	
1.00pm	Singing 'Children on Tree'	<b>Use soft balls for quick energiser activities, eg. 'hot potatoe' game, when energy levels appear low</b>
1.10pm	Create A Card	
1.40pm	Outdoors	
2.20pm	Refreshments	
2.30pm	Desiderata Home Play Activity Sheets (possibly do before leaving?) Singing Hug 2 people Think about what ongoing support you'd like Bring photo tomorrow of self, at any age, that reminds you of a significant event or stage in your life Think about 'strengths' of group members Hand out 'stress balls'	
3.00pm	Finish	

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**DAY THREE: 9am - 3pm**

9.00am	Singing	
9.05am	Outline today's program	
	Feedback from children about yesterday. Response re cards	
9.30am	Photo activity	
10.00am	Education (Discuss in two groups using worksheets; flip chart paper required)	
10.45 - 11.00am	Refreshment Break	
11.00am	Feelings Story	<b>Allow greater flexibility in plan from this point onward. Fun activities may be more appropriate</b>
11.15am	Revision of education	
	Compliments (Two groups). "What I like (admire) about you is ..., because ....	
12.30 - 1.00pm	Lunch Break	
1.00pm	Singing	
1.05pm	Referral info.	<b>Use soft balls for quick energiser activities, eg. 'hot potatoe' game, when energy levels appear low</b>
	What on-going support?	
	Follow-up session	
	Evaluation Forms	
1.35pm	Short Break	
1.40pm	'The Ideal Family' Meditation	
2.00pm	Final feedback from children & closing process	
	What's been best overall? What will you be doing tomorrow?	
	Elf-help Self-discovery journals (or similar) and/or certificates	
2.50pm	Singing	
3.00pm	Finish	

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