



Life-skills, Leadership and Limitless Potential (LLLP)

Worksheet

Opening and closing sessions



Programme designed by Abi Billingham

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Worksheet

Opening and closing sessions

Aims

- To create a safe space for all participants
- To reflect on the group's progress and learning so far
- To encourage speaking, reflection on learning and critical thinking
- For the young people to reflect on the session and what they have found useful

Resources

Include any session evaluation exercise as appropriate.
For example: Take it or leave it; mood metre etc.

Worksheet

Opening and closing sessions

Process

Opening:

Welcome the young people back to the group. Make sure that all registration and house keeping requirements have been completed. Explain what the day's session will focus on.

Reflections:

Ask the young people to sit down in a circle. Ask if someone can provide an overview of what they did during the previous session. Ask a second person to summarise what they think the group may have learnt. Next ask the whole group to offer/share any reflections they may have as a result of the previous day.

Safe space:

Remind young people of their group agreement and check in to see if there is anything that needs to be added as a result of the experiences in session 1, 2 ,3 etc.

Closing:

Ask the group to join the circle. Take it in turns to go around the group and say anything they want about the day. This might be something they enjoyed, that has stuck with them, that didn't work for them so well, how they are feeling at the end of the day etc. People do not have to talk if they don't want to. Facilitators should do this exercise too.

Include any session evaluation exercise as appropriate. For example: Take it or leave it; mood metre etc.



Co-funded by the Rights,
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Programme of the European Union



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