

Young Migrant Integration Leaders [EXEMPLAR]
IO1 – Integration Leaders Curriculum
Lesson Plan
Modul 4: Selfcare
Unit 1: The boundary between attitudes and behavior

<i>Description of the Learning Activities</i>	<i>Timing (minutes)</i>	<i>Materials/ Equipment Required</i>	<i>Assessment/ Evaluation</i>
<p><u>Workshop Opening:</u></p> <p>The Facilitator welcomes participants and presents them the schedule of the day. The workshop will start with the ice- breaker activity.</p>	<p><u>5 minutes</u></p>	<p>Training venue</p>	<p>Participants will engage in all group activities</p>
<p><u>Activity 1: ‘Fun questions’</u></p> <p>The facilitator involves all participants in thus short teambuilding activity – fun questions. The facilitator will go around the room and ask each person a fun question</p>	<p><u>20 minutes</u></p>	<p>Training venue</p>	<p>Participants will engage in all group activities</p>

<p>like If you were a colour, which one would you be? Or What kind of animal would you bring with you to the trip around the world? Etc.</p> <p>There are no materials needed for this activity. Make sure that you asked every person in the group at least once.</p> <p>You can also ask participants to ask you or other participants funny questions of their choice. It's an easy and funny icebreaker that doesn't require any kind of preparation and lets people feel more relax and comfortable with the rest of the group.</p>			
<p><u>Activity 2: 'Is the glass half-full or half-empty?'</u></p> <p>The aim of this activity is to teach participants how they can reduce stress in the new situation.</p> <p>Introduction:</p> <p>The instructor introduces the group to few easy and quick stress-relieving techniques – like breathing technique, counting and so on.</p>	<p><u>40 minutes</u></p>	<p>Training venue with IT equipment for all participants;</p> <p>Flipchart and markers;</p> <p>Sign-in sheet;</p> <p>Pens and note-taking materials for participants</p>	<p>Participants will engage in all group activities</p>

<p>He or she asks participants about their methods to fight stress and writes it down on a flipchart, adding some more if it's needed.</p> <p>After that instructor will talk about the importance of positive attitude in the new situation and will ask participants to role-play one situation from the list below. The one person in the pair has to have a positive attitude, the other one – negative. After that, they will play the same situation with other attitude variants (1st person with a negative attitude and 2nd with a positive one, both with negative attitudes and both with positive attitudes.</p> <p>After finishing this part of an activity, the facilitator will talk about the importance of our attitude, the power of a good attitude, and about how our attitude influences others.</p> <ul style="list-style-type: none">• At the counter, you have realized that you don't have enough money to buy all the items that you've choosed.• You've mistook a stranger with your friend and			
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<p>gave him a pat on the back on the street.</p> <ul style="list-style-type: none"> You were bitten by some pedestrian's dog, which wasn't on a leash Pedestrian who was looking at his/her phone has bumped into you. 			
<p><u>Activity 3: 'Faux pas!'</u></p> <p>Each participant will give a few examples of normal and bad behaviours in their culture, without explaining which one is considered as normal, and which one is considered as a faux pas in their culture.</p> <p>The rest of the group will try to guess which one is which.</p> <p>The big idea is to see the differences between what is considered as good behaviour in other cultures, and the importance of finding out about the culture in the country we want to live.</p> <p>There are no materials needed for this activity.</p>	<p><u>25 minutes</u></p>	<p>Training venue</p>	<p>Participants will engage in all group activities</p>

<p><u>Activity 4: ‘Do your research’</u></p> <p>Participants are asked to use the Internet as a tool to find out more about the culture of the hosting country. Ask them to list out some interesting facts about this country, some "Do's and don'ts" when it comes to:</p> <ul style="list-style-type: none"> - <u>Dressing,</u> - <u>Confronting other people</u> - <u>Behaving in public</u> - <u>Being polite</u> - <u>Being official etc.</u> <p>After finishing the activity the facilitator will give a small talk on the importance of knowledge about hosting country and its customs. The more you know before moving in a new place – the better start you will have.</p>	<p><u>30 minutes</u></p>	<p>PC or laptop for each participant (optionally one for two or three people)</p>	<p>Participants will engage in all group activities</p>
<p><u>Coffee break</u></p>	<p><u>15 minutes</u></p>	<p>Water, Coffee, tea, cookies</p>	
<p>Total duration of the module</p>		<p>2 hours</p>	