

This document shows an example of a previous playgroup that we've used. And following that is a blank template you can use to plan your own.

Note: While we carefully plan our sessions, we know we will also be flexible and collaborative, which may result in a variation to planned times and modifications to the activities.

The 5 ways of wellbeing (being connected, being active, taking notice (awareness), learning, giving (helping others)) are embedded within the experiences rather than being explicitly identified to our participants.

Intergenerational Play Group date:		4 th March 2020	
Theme/Focus for the play:		Beach. (Just had Summer and our participants live near the beach)	
Number of participants:		18	
Relevant details about adults:		parents/carers of children, older people will come with a support person who will support them to engage with the activities	
Age range of children (other relevant details)		6 months to 7 years	
TIME	EXPERIENCE	PURPOSE	POST EVENT REFLECTION
5-10 min	<p>Entering the space</p> <p>Who: all</p> <ul style="list-style-type: none"> - Beach sounds - Table displaying beach theme items: e.g., shells, coral, sand tray, today's book, bubble blowers and so on. - Participants make name tags (with help as needed) 	Develop <i>connectedness</i> through individual introductions and preview the focus for today.	<p>Name tags prompted interactions, rapport and sense of what's possible for this group</p> <p>Sounds and table items were popular, they activated interest and started conversations between people</p>
5 min	<p>Gathering and connecting</p> <p>Who: Annie</p> <p>Introduce: facilitators and attendees</p> <p>Introduce: beach theme and activities planned</p>	<i>Take notice</i> of each other (facilitators and participants), the theme and activities.	<p>Slow start, few interactions but understandable with new participants. Keep going with this</p> <p>Great to see returning families</p>
10 min	<p>Connecting through action: Movement</p> <p>Who: Tracey</p> <p>What are your favourite activities to do over summer?</p> <p>Focus on:</p> <ul style="list-style-type: none"> - movements - people (friends, family etc) - feelings about those activities - benefits of being outside <p>Action:</p> <ul style="list-style-type: none"> - breathing in and out - swim strokes - Arms: freestyle, backstroke breaststroke - Legs: kicking - Jumping into the pool - Floating (starfish) 	<i>Being active, connectedness, taking notice</i> , develop a sense of the action to come.	<p>Discussions about summer was a perfect introduction to movement session, lots of upper body movements and some lower limb movements sitting on a chair.</p> <p>The movement definitely lifted spirits and the mood was increased, and the momentum allowed us to move into our next physical activity.</p>
10 min	<p>Connection through action: Movin' & groovin'</p> <p>Who: Tracey</p> <p>Music: <i>Surfin' Safari</i> by the Beach Boys</p> <p>Dance moves:</p>	- <i>Being active, taking notice, learning</i> a new skill	<p>Surfing safari dance was fun, and the older population was able to identify with the music played. We got good movement from lying to standing with many participants. Some children and older people needed support to move from</p>

	<ul style="list-style-type: none"> - Paddle out to the waves. Use big arm movements and visualise waves sweeping past you - Turn around, looking behind us to choose the perfect wave. - Paddle faster. - Jump up on our board. - Arms out to the side for balance, knees bent, try not to fall off! - Catch the wave to the shore and doing it all over again. 		<p>lying to standing, so it was good to have all facilitators there. Those with less movement capacity did this in their chairs and it was great!</p>
15 min	<p>Morning Tea Outdoors with table large enough for all participants to sit and relax and enjoy each other's company</p>	<ul style="list-style-type: none"> - <i>Connect</i> informally. - Become <i>aware</i> of each other and our individual stories - <i>Learn</i> more about participants for future playgroup content - Opportunities for <i>giving</i>: serving food, including everyone. 	<p>Again, an authentic opportunity to <i>connect</i> to hear participants' voices, especially the children. (Anthea told us she'd like to play with dolls, Leo wants to play outdoors) – great content for future planning. Mary told how Anthea initiated their return to IGP when she asked her Mum when they would be going back to play with "the old people" and could she bring her friend!</p>
10 min	<p>Connecting through story Who: Annie</p> <ul style="list-style-type: none"> - Connect the beach focus with the picturebook: <i>I have a story to read today that's all about being by the sea. I think you'll like it!</i> - Read: <i>The Silver Sea</i> by Alison Lester & Jane Godwin - Pause to discuss pictures or content as led by participants 	<ul style="list-style-type: none"> - Enjoyment of reading a story together - <i>Connecting</i> with the experiences of others - <i>Learning</i> about the topic and developing language for expressing ideas. - Develop <i>awareness</i> of pleasurable memories of summer days, ocean, creatures etc. 	<p>This book was a great introduction to Ali's art experience. It also promoted lots of discussion about the different sea animals. It <i>connected</i> the participants with all generations sharing knowledge and <i>learning</i> from each other.</p>
20 min	<p>Connection through action: Collage Who: Ali</p> <p>Use collage to make a shared artwork for display in the play space</p> <ul style="list-style-type: none"> - Create the base on large paper to make underwater, sand and sky sections - Draw, cut and colour creatures related to the beach (fish, crabs, even people!) - This could be continued to the next playgroup 	<ul style="list-style-type: none"> - <i>Learn/maintain</i> fine motor skills. - Mindful practise (taking <i>notice</i>) while focusing on materials and art-making. - <i>Giving and learning</i> by sharing and taking techniques shared among the group. - <i>Connect</i> with the creative process and those in the space. - <i>Connect and take notice</i> by celebrating and sharing artworks. 	<p>Such an enthusiastic group today! Having a clear focus can help with making the first mark which can be intimidating. We brought an easel today, intended for an older person, which ended up being used by a child. Saw powerful interactions between two older participants and younger ones during the art- from help winding up crayons, taking off texta lids and using scissors as well as conversations about their drawings and the colours/subject.</p>
10 min	<p>Celebrating and reflecting Who: all (Annie lead)</p> <p>Sharing:</p> <ul style="list-style-type: none"> - Share art work 	<ul style="list-style-type: none"> - Share, reflect and <i>take notice</i> of what we have enjoyed this session - Develop a sense of belonging and 	<p>As the art experience concluded some children moved away and started jumping on the cushions. Concerned for safety, we started a spontaneous</p>

	<ul style="list-style-type: none"> - Remember movements from dancing - Reflect on what we each enjoyed - Discuss: what would we like to do more of? Next? - Share planned for the next session: Family (distribute flyer) - Invite participants to bring a photo or other item that reminds them of their family - Farewells and thanks 	<p><i>connectedness</i> to the group by distributing the flyer and discussing the next session.</p>	<p>movement session going for a walk to the beach and “diving” in the water. Beau and Lily dressed up with the items from the focus table. Lots of fun and interactions between participants. We even finished the session with a spontaneous book reading <i>The Magic Beach</i> by Alison Lester, which we had on hand just in case. A great session</p>
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Here's a blank planning sheet that might be useful for your group. Of course, you should change it to suit your needs and the expertise of your facilitators.

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10 min	Connection through action: Movin' & groovin' Who: -	-	
15 min	Morning Tea	-	
10 min	Connecting through story Who: -	-	
20 min	Connection through action: Collage Who: -	-	
10 min	Celebrating and reflecting Who:	-	