

Building Community

Session Objectives

1. Participants will verbalize understanding of PH program goals.
2. Participants will verbalize PH group values.
3. Participants will engage in an activity to build rapport.

Supply List

Beach ball

Masking tape

Markers

White card stock

Magazines

Modge Podge or glue

Additional art supplies for collage

Physical Activity *30 minutes*

Facilitate 1-2 ice breakers. Facilitate physical activity game if time allows.

Power House Activity *55 minutes*

Part 1: Welcome to Power House *5 minutes*

Facilitator will welcome participants, introduce self and provide a brief overview of the evening.

Today we will:

- *Talk about what Power House is all about.*
- *Define our group.*
- *Make a collage to introduce ourselves.*

Part 2: Power House Details *5 minutes*

Participants will use the ball toss game to learn about Power House and discuss group values.

1. Participants will toss the ball to each other.
2. Participant will catch the ball and read one fact about Power House before passing it to another group member.
3. Ask the group which facts stood out to them and why. Volunteer participant will write answers on a large piece of paper.
4. Ask what questions the group has about Power House.

Facilitator Reference:*Power House Facts:*

- *Every Tuesday*
- *Fun activities*
- *Ready to try new things*
- *Meet new friends*
- *Only encouraging words used here*
- *“Judgement free” zone*
- *In it together*
- *Yoga*
- *Gardening*
- *Veggie share*
- *Cooking delicious food*
- *Positivity*
- *Get a move on*
- *Weekly goals/mission*

Part 3: Defining Group Values *10 minutes*

Participants will write down words or phrases that represent what is important to them in a group or how they want to be treated by others in a group situation. They will add their ideas to the ball and use the ball toss game to discuss group values.

1. Participants will write or draw their ideas on masking tape and add these to the ball.
2. Toss ball again. Participants will read off new stickers and discuss what it means to them.
3. Add values to the list.
4. Brainstorm together if there is anything missing that the group should add.

Facilitator may also consider having group decide on a way to come back together or get the attention of the group (i.e. clap twice, clap once).

Bring ball with group values to each session.

Facilitator Reference:*Consider including:*

- *Things said at group, stay in group*
- *Right to pass*
- *“eww” not allowed; must describe why it is “gross” as it relates to trying a new food*
- *Respect personal space*
- *One person talking at a time*

Part 4: Intro Collage *30 minutes*

Participants will create a collage to represent things that are important to them. They will share their collage with the group as a way of introducing themselves.

1. Participants will use art supplies to create collage.
2. Participants will share collage with group.

**Facilitator’s note: Leave 10 minutes for sharing about collage. If participants are not finished they can work on it the following week.*

Part 5: Weekly Mission *5 minutes*

Participants will consider what they want to get from coming to Power House and be ready to set a group goal next week.

Shared Meal *30 minutes*

Focus on building relationships with families.

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2. Participants will verbalize PH group values.
3. Participants will engage in an activity to build rapport.

Supply List

Beach ball

Masking tape

Markers

Journals

Physical Activity *30 minutes*

Lead tour of facility. Facilitate ice 1-2 breaker activities. Lead walking group if time allows.

Power House Activity *55 minutes*

Part 1: Welcome to Power House *5 minutes*

Facilitator will welcome participants, introduce self and provide a brief overview of the evening.

Today we will:

- *Provide more information about Power House and where we are headed.*
- *Answer any questions that you have.*
- *Define our group.*
- *Make a self-portrait to introduce ourselves.*

Part 2: Power House Details *10 minutes*

Participants will use the ball toss game to learn about Power House and discuss group values.

1. Participants will toss the ball to each other.
2. Participant will catch the ball and read one fact about Power House before passing it to another group member.
3. Ask the group which facts stood out to them and why. Volunteer participant will write answers on a large piece of paper.
4. Ask what questions the group has about Power House.

Facilitator Reference:

The Power House sessions are based of the concepts in the Diabetes Prevention Program. The diabetes prevention program is a lifestyle change program that is proven to reduce risk for type 2 diabetes.

The key components of the diabetes prevention program are:

- *150 minutes physical activity per week*
- *5-7% of weight loss*

Power House Facts:

- *Be ready to be physically active on Tuesday nights*
- *Bring water bottle*
- *150 minutes physical activity per week*
- *Diabetes prevention*
- *6-8pm every Tuesday*
- *Goal setting*
- *Cooking nights*
- *Tracking progress*
- *Have fun*
- *Learn about nutrition*
- *Try new foods*
- *“Judgement free” zone*
- *In it together*

Part 3: Defining Group Values 20 minutes

Participants will write down words or phrases that represent what is important to them in a group or how they want to be treated by others in a group situation. They will add their ideas to the ball and use the ball toss game to discuss group values.

1. Participants will write or draw their ideas on masking tape and add these to the ball.
2. Toss ball again. Participants will read off new stickers and discuss what it means to them.
3. Add values to list.
4. Brainstorm together if there is anything missing that the group should add.

Bring ball with group values to each session.

Facilitator Reference:

Consider including:

- *Confidentiality*
- *Right to pass*
- *Timeliness*
- *Asking permission before giving advice*
- *One person talking at a time*
- *Encouraging words*

Part 4: Self-Portrait *15 minutes*

Participants will create a self-portrait as a way of introducing themselves to the group and building rapport among group members.

1. Hand out journals.
2. Participants will draw a self-portrait or a family portrait in their journal.
3. Participants will share their self-portrait with the group.

Facilitator Reference:***Tips for self-portrait***

Include things that are important to you and/or your family.

Include things that make you unique—special interests, things you like about yourself, your strengths, things that make you “you”. Also, include something to symbolize what you’d like to get from coming to Power House.

Part 5: Weekly Mission *5 minutes*

Participants will consider what they want to get from coming to Power House and be ready to set a goal next week.

Shared Meal *30 minutes*

Focus on building relationships with families.