



## A Sample Session Plan

All of the resources in this collection can be used individually. However, you may wish to run a whole session on the topic 'Saints and Holiness', maybe to focus on All Saints Day (it's on 1<sup>st</sup> November this year) or as part of a confirmation programme. Here's a sample of how to run a 90 min session with the resources. Of course, there are many different ways of doing it; you will know best which fits to your group.

### Introduction: (10 minutes)

Give an introduction to the session by using the facts from the Info Sheet and lay out why you have chosen to run a session on Saints and what you hope to achieve with the session. If you are using the resources around the time of All Saints Day, you might also want to explain the meaning behind the feast.

### Icebreakers: (10 minutes)

Select a game from the Games Sheet as a fun way of tuning in to the theme and breaking the ice.

### Activity: (40 minutes)

This is the main part of your session; good preparation is vital. Choose an activity from either 'A Session on Saints and Scripture', 'Caroline Chisholm', 'Reflections on a trip to India', 'Handlebars (Flobots)' or 'Film Clips'. When choosing the activity you may wish to consider what the group have done in the previous meetings and what your group is like (i.e. if they need to be quite active or are the right group for some in-depth reflection).

### Prayer: (10 minutes)

Ask if there are any questions and discuss issues that your group may have about the subject. Then finish your session using the power point prayer with some quiet music in the background.