

RESOURCE PACK 2

OJC | Lifehack | Changing Minds | Auckland Council Libraries

FEATURED RESOURCES

Me in my community

Mapping my community

ABOUT THESE RESOURCES

The Wellbeing Collaboration between Ormiston Junior College, Lifehack, Changing Minds and Auckland Council Libraries is firmly positioned as a primary prevention intervention.

Included in this resource pack are sessions that extend concepts of wellbeing to the broader environment, community, neighbourhood, connecting physical and emotional qualities.

These sessions help learners identify where they currently feel connected to in their neighbourhoods and helps to identify opportunities for enhancement, exploring their capacity to influence.

Wellbeing is often thought about in terms of a person's mind and body, and their personal actions.

Whilst these aspects of wellbeing are important, we wanted to ensure a broader concept of wellbeing was explored, including for example the influence of our build environment (the school) or our broader environments (home and community).

Resources included in this document are open sourced and free for you to use. Please use your discretion and adapt as necessary.

SESSION ONE: ME IN MY COMMUNITY

Session Purpose:

To explore wellbeing concepts outside the school in the wider community using digital mapping.

Time Required:

30 - 45 minutes

Resources Required:

- Pens
- Post it notes
- A3 paper
- Coloured dot stickers (8 per learner)
- Tablet/Laptop

Part 1. Intro

We will be thinking about the places that you have been in your community in the last day/week/month. Each of you will create a map of some of the places that you go in this community.

Part 2. Warm Up

Learners pair up. The starting statement is: "We are going to ..."
The other will follow up by first saying, "Yes, and..." agreeing with the first statement and adding new information.

"Yes, and we are going to..." The players will go back and forth making "Yes and" declarations until they reach a natural conclusion.

Part 3. Map Set Up

Each learner is given 1x A3 paper, five dot stickers and grabs pens/pencils.

Start by adding a dot for school and home. Write school/home next to it.

Think about the other places you go to during the week eg. sports fields or the mall. For each of these places place another dot.

Part 4. Map Descriptors

Next to each of the dots, write something about these places.

Prompts:

What do they look and feel like?

Who do you go there with?

What are some words you'd use to describe these places?

For your most favourite places, tell us why these are your favourite places?

What about these places do you like and why?

SESSION TWO: MAPPING YOUR COMMUNITY

Session Purpose:

To support learners to identify where they currently feel connected to in their neighbourhoods and helps to identify opportunities for enhancement, exploring their capacity to influence.

Time Required:

20 – 30 minutes

Resources Required:

- Pens
- Pre-printed A3 maps of the area (one per group)
- Mapping my community worksheet (one per group)
- Slides with group discussion questions
- Pens, pencils & felts

Part 1. Set Up

Learners move into groups of 4.

Each group is given one pre-prepared map of the area they are focussed on.

The group decides on one place that everyone knows.

Part 2. Assigning group roles

Assign a time keeper in your group to help you keep track. Assign a “scribe” someone who is going to do the writing. Assign someone to be in charge of making sure everyone’s voice in the group is heard.

Part 3. Group discussion

In their groups, learners discuss these questions (consider having these available on slides up on the screen):

- Who people use this space?
- What kinds of people?
- What is the space used for? What kinds of activities go on there?
- How would you describe the space?
- What does it feel like/look like/smell like?
- What changes would you make to improve this space?

Capture discussion on page 1 of *Mapping My Community Worksheet*.

Have everyone write down one idea on a post it note. Then look at all the ideas.

Complete page 2 of "Mapping My Community" worksheet You can put them all on the worksheet, or select one that the group likes to put on the worksheet.

Part 4. Reflection

Use reflection time to share back: What we added and why? We hear from everyone.

People who use this space are ...

This space is used for ...

Four words to describe this space is ...

This space would be even better if ...

One thing that we would add to this map is ...

We think is this a great idea because ...