

## Section 4

# Session Starters and Energisers

The way each session begins is important. What is said or done can set the mood for the session, help the group to settle to their task and focus their thinking. Student Leaders need to consider how they will begin each session.

### Starters

In many cultures a group task begins with a prayer or other statement that acknowledges group members and the purpose of the group.

To find appropriate karakia or statement. Student Leaders can:

- Approach the Teacher Leader, another teacher or community members to learn karakia or different prayers from cultures within the community that might be appropriate.
- Demonstrate opening a session with karakia or prayer;
- Provide a selection of karakia and prayers for students to learn;
- Ask each student in turn to open a session with a karakia or prayer;
- Ask students to use prayers or karakia they know or might use at home.

AND/OR

Talk with the Teacher Leader to create an appropriate opening statement for different sessions:

- Demonstrate opening a session with a statement;
- Ask each student in turn to create a statement and open a session, work with them to help create their statement.

Songs or waiata are also used in many cultures when a group of people meet or when they leave.

Student Leaders can:

- Use waiata that are familiar to students as a session starter;
- Teach the group new songs from different cultures in the school community that might be used as session starters;
- Invite students, teachers or community members to teach the group a song from their culture;
- Ask each student in turn to lead the group and start a session with a song.

For waiata you could use, go to a website such as:

[www.korero.maori.nz/forlearners/waiata.html](http://www.korero.maori.nz/forlearners/waiata.html)

### Energisers

Energisers are brief fun activities that are designed to break down shyness and consolidate group feelings and give a lift to the session.

The energisers have been divided into those that work best late in the programme when students know each other well, those that work anytime, and those that work from the beginning of the programme as students get to know each other.

### Energisers that work early in the programme

#### Actions Without Words

Ask the group to stand in a well-spaced circle or line with their backs to you.

Start the exercise by tapping one student on the shoulder and miming an action to them – it might be:

- Posting a letter
- Opening a parcel
- Changing a light bulb
- Making a phone call
- Watching a tennis match.