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## Materials list

### Students Arrival to School

#### **Materials needed:**

- For breakfast: Appropriate food, drinks, cutlery, cups, plates, napkins and tables for display
- For name tags: white name tags (stickers) that can be written on, markers of different colours to decorate the name tag.
- Printed attendance sheet, pen
- Speakers to play music
- Materials for quiet space: colours, paper

### Introduction and Warm-up

**Materials:** Open space, speakers, phone with music

### Activity: Tree of Life

**Materials:** Facilitator's own Tree of Life, Tree of Life individual worksheets, pens for students, post-it notes, large cut out tree poster

### Introduction to song creation and finding 'the hook'

**Materials:** Poster with 6 key themes, pen and paper for each participant

### Closing reflection

**Material:** Printed feedback forms

**Appendix 1: Materials to be prepared BEFORE the day of the intervention and to bring on the day.**

1. *Printed attendance sheets*
2. *Printed tree of life sheets*
3. *Printed feedback forms*
4. *Poster with key themes*
5. *Schedule of the day*

## Appendix 2: Schedule to write down on flipchart for participants to see

8:00 – 9:00	Arrival
9:00 – 9:30	Welcome & Introduction
9:30 – 10:30	Activity: Tree of life
10:30 – 10:40	Activity: How to stay calm?
10:40 – 10:50	Break
10:50 – 11:30	Introduction to song creation and finding the hook
11:30 – 12:15pm	Lunch break
12:15 – 1:00 pm	Find melody
1:00 – 1:10 pm	Break
1:10 – 2:10 pm	Structuring the song
2:10 – 2:20pm	Activity: How to stay calm? 2
2:20 – 2:30 pm	Break
2:30 – 3:30 pm	Fitting the puzzle
3:30 – 3:50 pm	Prayer time
3:50 – 4:10pm	Finishing the song
4:10 – 4:30 pm	Closing circle

## OVERVIEW OF THE DAY

Time/length	Activity	Resources	Led by
9:00 – 9:30	<b>Introduction and Warm Up</b> <ul style="list-style-type: none"> <li>• Breakfast available on arrival</li> <li>• Take a register</li> <li>• Decorate name stickers</li> <li>• Introduce aims of the day</li> <li>• Icebreaking activities/games</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast food and drink</li> <li>• Name stickers for students and facilitators</li> <li>• Register</li> </ul>	Ardika, Asa, Doni  RAs take register as students enter
9:30 – 10:30	<b>Tree of Life (Individual then group)</b> <ul style="list-style-type: none"> <li>• Brief presentation of six themes from findings</li> <li>• Given pre-populated tree of life worksheet</li> <li>• Tree of life modelled by facilitator</li> <li>• Students create their own tree of life</li> <li>• Forest of life on the wall</li> <li>• Storm and sunshine element as a group</li> </ul>	<ul style="list-style-type: none"> <li>• Individual tree of life templates</li> <li>• Large cut out paper tree</li> <li>• Sticky notes to write on (two colours)</li> <li>• Pen per student</li> </ul>	Ardika  RAs, Asa and Doni can support material distribution and students creating the trees
10:30 – 10:40	<b>How to stay calm? (Practical breathing session)</b>		Yulia / Ardika

		<ul style="list-style-type: none"> <li>• Square breathing technique with video</li> </ul>		
	<b>10:40 – 10:50</b>	<b>Break</b>	<ul style="list-style-type: none"> <li>• Snacks and drinks</li> </ul>	
	<b>10:50 – 11:30</b>	<b><u>Introduction to song creation and 'finding the hook'</u></b> <ul style="list-style-type: none"> <li>• Getting to know participants' music likes</li> <li>• Explain the purpose of the song</li> <li>• Re-introduce the key themes for resilience</li> <li>• Find the heart of song – "the hook"</li> </ul>	<ul style="list-style-type: none"> <li>• Paper to write the hook on per student</li> </ul>	Asa and Doni
	<b>11:30 – 12:15pm</b>	<b>Lunch Break</b>		Asa and Doni
	<b>12:15 – 1:00 pm</b>	<b><u>Find Melody</u></b> <ul style="list-style-type: none"> <li>• Participants will start working on creating the melody</li> </ul>		Asa and Doni
	<b>1:00 – 1:10 pm</b>	<b>Break</b>		
	<b>1:10 – 2:10 pm</b>	<b><u>Structuring the song</u></b> <ul style="list-style-type: none"> <li>• In allocated groups students rotate around large paper with the themes on adding their ideas/words for each</li> <li>• In their groups, students work to pool the ideas on the paper to create lyrics for based on the themes</li> </ul>	<ul style="list-style-type: none"> <li>• 6 key themes posters, Paper and pens</li> </ul>	Asa and Doni to lead Ardika and the RAs to support the groups idea generations
	<b>2:10 – 2:20 pm</b>	<b><u>How to stay calm? (Practical breathing session)</u></b> <ul style="list-style-type: none"> <li>• 5-4-3-2-1 grounding technique</li> </ul>		Yulia / Ardika
	<b>2:20 – 2:30 pm</b>	<b>Break</b>	<ul style="list-style-type: none"> <li>• Snacks and drinks</li> </ul>	Asa and Doni
	<b>2:30 – 3:30 pm</b>	<b><u>Fitting the puzzle</u></b> <ul style="list-style-type: none"> <li>• Putting all the elements of the song together</li> </ul>		Asa and Doni
	<b>3:30 – 3:50 pm</b>	<b>Break and Prayer time</b>		
	<b>3:50 – 4:10pm</b>	<b><u>Finish the song</u></b> <ul style="list-style-type: none"> <li>• Finalise lyrics and write on template to keep</li> <li>• Sing song together</li> </ul>		Asa and Doni
	<b>4:10 – 4.30pm</b>	<b><u>End Day</u></b> <ul style="list-style-type: none"> <li>• Thank for time, outline next steps (will be gifted mugs etc with song lyrics)</li> <li>• 5-minute feedback survey</li> </ul>	<ul style="list-style-type: none"> <li>• Song template sheets</li> <li>• Feedback survey sheets</li> </ul>	Asa, Doni and Ardika