

From Me to We

Session 1

TIME

90 min.
including
break



Art of learning

T H E M E
1



TRIGGER: INTRODUCTION TO THE ARTIST AND THE ART OF LEARNING

This will happen:	The students meet the artist (new adult) and are introduced to the Art of Learning for the first time, as well as getting to know each other.
Materials needed:	Elements that change the character of the room, often related to one's own art. Music player and playlist of calm, atmospheric music.
Preparations in advance:	Teachers and students prepare questions for the artist before the first meeting. Have a photo of the artist working as an artist, printed out.
Preparations in the space:	Change the room to look different from usual. Remove desks and chairs, hang up/set up something new and different. Dim the light? Light tea lights? Introduce something that makes a nice smell. Put on calm, atmospheric music.
The space looks like this:	Normal classroom.

GUIDANCE:

1. Invite students to make a circle as they enter.
2. The artist (new adult) introduces themselves and discusses what they are looking forward to and are excited about. They pass around a photo of themselves and of their work for everyone to see.
3. The artist (new adult) asks what everyone's name is. The artist repeats each name as they are said.
4. The artist (new adult) accepts and answers questions from the students. Try to create and maintain an air of wonder, a calm atmosphere throughout this sequence, both among students and adults.
5. Ask everyone to stand up, transition to the warm-up.

WARM-UP: NAME CIRCLE

This will happen:	Stretch to warm up. Then students say their name and then name something edible that starts with the same letter. This is repeated by everyone.
Materials needed:	
Preparations in advance:	
Preparations in the space:	
The space looks like this:	Open space.

GUIDANCE:

1. Students should now stand in the circle in the same order as in the introduction. Focus on creating a proper circle where everyone fits and where everyone can see everyone else.
2. Do some short stretches to warm up everyone's body. The whole group (including any adults present) copy the artist's movements.
3. Everyone should now say their name and something edible that starts with the same letter as their name. Example: "Marie and Macaroni", "Colin and Cauliflower".
4. Give students thinking time to find a word. If anyone gets nervous, remind them that everyone is just practising.
5. When everyone has found a word, go round the circle. Everyone repeats the name after each student has said theirs.
6. Thank the group for doing this warm-up.

REFLECTION: ONE WORD

This will happen:	Students are asked to remember and reflect on the session by saying one word.
Materials needed:	A mat, carpet or blanket with room for all the students to gather together on.
Preparations in advance:	
Preparations in the space:	Lay out the mat, carpet or blanket.
The space looks like this:	Open space.

GUIDANCE:

1. Invite students to sit close together on the mat and to be completely silent. Give them some time to settle down.
2. Invite students to close their eyes and briefly describe the various things that have happened in the session. Ask them to think of one word that they think describes the session.
3. When they have one word ready, they can open their eyes.
4. When everyone is ready with their words, all students say their word in unison, twice.
5. Repeat some of the words. See if there are any common themes and briefly reflect on them.

From Me to We

Session 1

TIME

90 min.
including
break



Art of learning

T H E M E

1



MAIN ACTIVITY: RED LIGHT, GREEN LIGHT

This will happen:	Through a well-known children's game, the group will practise getting to know the artist (new adult), following rules, practising rhythm, numbers and counting.
Materials needed:	
Preparations in advance:	Find a suitable place where there is room to play Red Light, Green Light.
Preparations in the space:	
The space looks like this:	Gymnasium, outdoor area, or large, clear classroom (about 20m long).

GUIDANCE:

1. Explain or remind the students about the rules for Red Light, Green Light.
2. Play the game a couple of times, until it is clear everyone understands.
3. Introduce variations (choose the ones that best fit the class context):

VARIATION 1: Everyone must lie on the ground at least once before reaching the finish. If someone is seen, they must go back to the beginning, and they also have to lie down again.

ADVANCE: Everyone must lie down and sit down once before the finish.

VARIATION 2: Students are only allowed to crawl, roll, dance towards the finish (changing along the way).

VARIATION 3: Use an adult to demonstrate this variation first. The adult standing at the front says a category, for example, "colours" before they turn around. Then everyone must freeze as usual, but also say in unison a word within the category, for example, "red", "blue", "purple". If the person standing sees that someone does not say anything, or says for example, "horse" (words from the wrong category) or "æææhh..." then these people have to go back to the beginning. Alternatively, the student who is being pointed at can say a word within the appropriate category or go back.

4. Reflection: How has the session been so far? What is different from normal class? What is the same? Was it what was expected? Why/why not? Transition to reflection exercise.

NOTES