



## Connecting Experience

# Get you body moving!

AGE GROUP

7+

AMOUNT OF PEOPLE

3+

TIME

4 WEEKS

OBJECTIVE

To encourage participants to learn something new, and keep track of their new skill.

MATERIAL

n/a



## Instructions

Participants should work together to come with ideas of things they are interested in learning, it could be a language, a skill like coding or crochet, a project on the history of their area, or anything they're interested in!

Depending on the range of interests within the groups, participants should decide if they want to undertake the project as a group or create a few small groups that want to focus on the same topic or individually work on their own skill.

If there is an older group in their area taking on the "Teach" activity you could collaborate with them.

Once the participants have settled on something to learn, have them set personal milestones or goals, what are the small things they want to achieve during this process? (for a language, this could be I want to learn to count to 10 - I want to know the days of the week, etc).

Encourage the participants to keep a journal or diary to keep track of their learning, celebrate the milestones they've reached etc. After the 4 weeks have passed, have the participants present what they learned and the different milestones they reached during their journey.

## Debrief

- ▶ Did you enjoy your learning experience?
- ▶ Do you want to keep learning this skill?
- ▶ What did you find the most difficult?
- ▶ How did it feel to reach the different milestones?
- ▶ What would you tell someone who is starting to learn something new?



CONNECTING EXPERIENCE PAGE  
<https://ej2020.org/connecting-experience/>

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