

Being Friends Together

Ways of Working > Introductory and Concluding Session Outlines

Introductory and concluding session outlines

You can download or link to the various resources listed below from the *Ways of Working* page.

Introductory session

- **Introductory session for adults or all ages**

Once you have chosen your *Being Friends Together* pathway, or put together a series of sessions of your choice, you may find it helpful to hold an introductory session for your group, with time to get to know one another, draw up a group agreement and do some ice-breaker activities. There is a suggested session outline to download, with versions for adult or all age groups, and a 'People Bingo' handout. Or you may prefer to use the introductory session from *Hearts and Minds Prepared*, which is also available to download.

- **Group learning agreement**

As part of your first session, it may be helpful to draw up a simple group agreement for your learning journey, agreeing some basic guidelines so that all members of your group feel safe and welcome; this will also help ensure that everyone has a chance to share and that one or two people do not dominate the spoken contributions. Download guidance for different kinds of groups from Section 2 of the *Ways of Working* page, 'Guidelines for Facilitators'.

- adults
- children
- young people
- young people – with a creative approach

Concluding session

- **Drawing the threads together**

If you would like to hold a final session to draw the threads together at the end of any of the *Being Friends Together* pathways or to conclude a series of learning sessions which you have put together yourselves, there is a suggested session outline to download (from *Creating community: Creating connections* by Lizz Roe and Zélie Gross, reproduced with permission).

<http://together.woodbrooke.org.uk>



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