

Sample Session Themes

We envision using these themes for established groups. If you are beginning a group from scratch it is worth contacting the Standing Together Team for some advice about getting started.

You may wish to pick and choose from the list below to best meet the interests of the group participants.

If you have a look at our sample template, you will note that Standing Together groups have a warm up and a main activity.

Week 1 – January 14 to 20, 2019

Session Theme: Winter blues?

Warm Up: Go around the circle. How are you today?

Main Activity: Some people say that their mood takes a dip this time of year. What do you think? Is that your experience? What do you do to look after yourself when you are feeling down?

Week 2 – January 21 to 27, 2019

Session Theme: Music and memories

Warm Up: Go around the circle. What kind(s) of music do you like to listen to?

Main Activity: (Note: you need Go around the circle. Ask each person if there is a particular song or artist that reminds them of an important time in life. It could be a good time or a difficult time. Look the song up on a streaming subscription service and play part of it for the group. Give each person a bit of time to say something if they would like after you have played the song.

Week 3 – January 28 to February 3, 2019

Session Theme: Working life

Warm Up: Go around the circle. What did your parents do for work?

Main Activity: Go around the circle again. If you worked, what was your first job? What did you think of it? Did you continue to do the same thing or did you change (maybe to a different job, or caring for children or a family member)? If you didn't work, what did you think you would have liked to do?

Week 4 – February 4 to February 10, 2019

Session Theme: Music and mood

Warm Up: Go around the circle. What music do you listen to and when ?

Main Activity: If possible, have people sit around a table. Put some different coloured marker pens in the middle and distribute sheets of A4 card. Have 5 or 6 different songs queued up. Play the song and ask people to choose a colour and draw whatever comes to their mind whilst the song plays. People can have a new piece of card for each song or they can keep the same one. Leave time at the end for people to share what they drew if they would like to do so.

Week 5 – February 11 to February 17, 2019

Session Theme: Important relationships

Warm Up: Go around the circle. What do you think of Valentine's Day?

Main Activity: Go around the circle again. What has been an important relationship in your life? It could be a partner, a parent, a really good friend, etc. What was important about that relationship?

Week 6 – February 18 to February 24, 2019

Session Theme: Favourite foods

Warm Up: Go around the circle. What sort of meals do you remember from childhood? Did you have a favourite?

Main Activity: What sort of food do you like to eat as an adult? Did it change from when you were a child? Why do you think food can have such a big impact on our mood?

Week 7 – February 25 to March 3, 2019

Session Theme: Kitting wool connections

Warm Up: Go around the circle. Did you ever learn to sew or knit? If so, who taught you?

Main Activity: Have one person in the circle give an example of a favourite activity, food, etc. Give that person one end of a ball of yarn. Then ask who else in the circle likes that as well. Link the two people with yarn. If there is anyone else who likes the same thing, extend the piece of yarn to them. Have the last person identify a new thing that they like, then repeat the process. When you are finished, there will be web of yarn visually representing things that group members have in common. If there is time, try to unwind the web and have people remember what specifically links them to another person.

Week 8 – March 4 to March 10, 2019

Session Theme: Clothes and fashion

Warm Up: Some people are interested in clothes and some people aren't as much. How important are clothes to how you feel on a day-to-day basis?

Main Activity: Print some A3 images of men and women of different ages wearing a range of different outfits. Pass them around the circle. What do you think of them? Are they clothes that you would wear?

Themes for early-March through early-May will be posted on website beginning the week of 4 March.