



TEACHER DEVELOPMENT PROGRAM

LIFE SKILLS FACILITATION – 1 FOR
GOVERNMENT TEACHERS OF
TUMAKURU

January 2019



TEACHER DEVELOPMENT PROGRAM- LIFE SKILLS FACILITATION – 1

This report contains details of Life Skills Facilitation-1 (LSF #1) organized as a part of ‘Teacher Development Program’ conducted by Dream a Dream for the Government teachers of Tumakuru.



Key Outcomes of the LSF1 workshop

- To gain a deeper understanding of our self
- Explore our creativity
- To build a supportive Community

LSF1 is the first of the 4-part series. The focus of the LSF1 workshop is to deepen the understanding of the self, looking at ways to explore and expand creative potential, experience and gain an understanding of Life Skills and learn basic foundational tools on effective child engagement and building safe learning environments for children.

The training workshop was attended by 23 Government teachers of Tumakuru. The details of which are captured below.

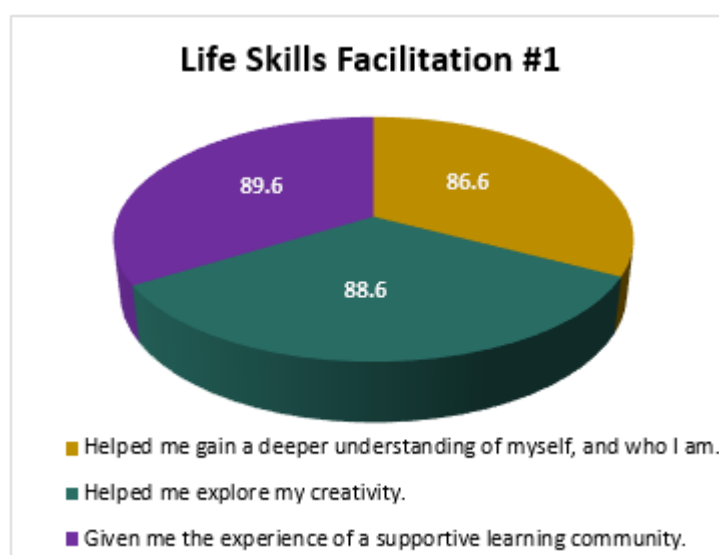
LIFESKILLS FACILITATIONS – DETAILS

Life Skills Facilitation Workshops	Date	Lead Facilitator	No. of Participants	Rating of the Program (%)
Life Skills Facilitation 1	18 th & 19 th Jan 2019	Siddarooda PM & Raghunath BV	23	4.43

PARTICIPANTS' QUANTITATIVE FEEDBACK ANALYSIS

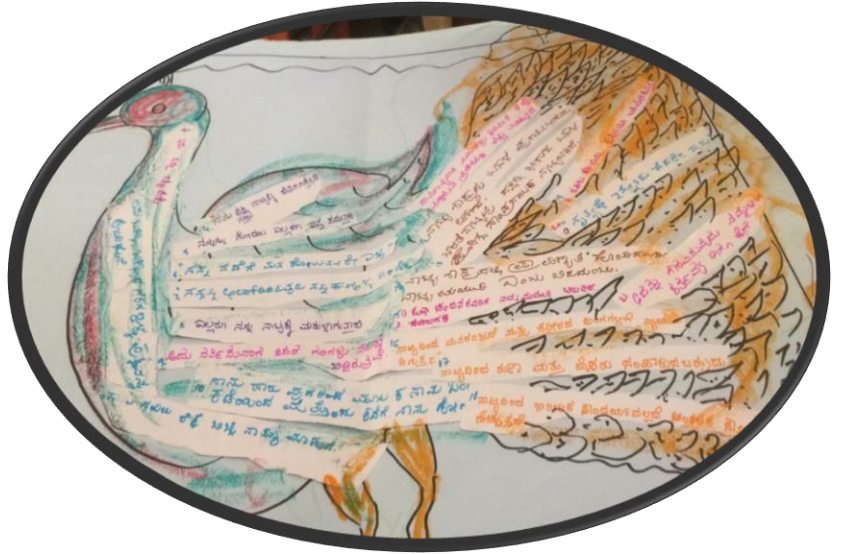
Sl.No	Questions	Ratings of the Program (%)
1	How do you rate the training overall?	4.21
	My Learning - The Training has..	
2	Helped me gain a deeper understanding of myself, and who I am.	4.33
3	Helped me explore my creativity.	4.43
4	Given me the experience of a supportive learning community.	4.48
	Training/ Trainer(s)	
5	The goals of the training were clearly defined.	4.38
6	Participation and interaction were encouraged in the training	4.48
7	The training was well structured and instructions were easy to follow	4.48
8	Facilitators were prepared and effectively handled questions and discussions	4.52
9	I enjoyed the training program	4.52

*5 rating scale



PARTIPANTS LIST

SI No.	Teacher's Name
1	Shamala Nagappa Byali
2	Shrilatha N R
3	Nagarathna S
4	Praveen Taj R
5	Noor Ayeesha
6	Doddachikkanna
7	Jayamma K S
8	Manjula R
9	Suvarna Gowri T N
10	Mangalagowda H D
11	Vanitha Rani U L
12	Sanna Thimmaiah G T
13	Narasimha Murthy K N
14	Sreedhara
15	Vijaya Kumar
16	Siddaraju
17	Rukmangda
18	Anitha T H
19	Jyothi L
20	Mangalamma KS
21	Padmavathamma U
22	Anusayamma
23	Hemalatha M N



Testimonial from Teachers:

1. I understood about my strength and how to make myself a role model to present in front of kids. Then set a good example to the community around me as a teacher. The group activities were very nice it helped us to understand the activities in a better way. I learnt how to be myself in front of everyone and learn to enjoy the activities. I learnt skills about handling the kids using some activities. **By Sannathimmaiah GT**
2. The training is an activity based training and we were looking forward for this kind of training from long time. Here we get chance to understand in a better way and the leads were involved with the group completely. The activities were really good and I started using it in the classroom and kids are really enjoying it. Here we have equal opportunity to share our opinions and work as a team. This helped us to participate 100% in the training. I'm looking forward the same structure of training in all the LSF's. Overall it was a good training. **By Shrilatha**

LIFE SKILLS FACILITATION-1 SCHEDULE

Life Skills Facilitation # 1		
Goals	To gain a deeper understanding of our self.	
	Explore our creativity.	
	To build a supportive community.	
	To have fun.	
S.No.	Workshop	Description
Session 1- Day 1- 10:00 am to 1.30 pm		
	Opening	Creative name tags to be done before the workshop actually begins.
1	Welcome and Rhythm	A warm welcome to the two days and the journey. Starting the rhythm without much of talking.
2	Check In (+Name)	Writing one hope and one fear. When they read out anonymous chits, they have to say their own name.
3	Lead Introductions	3 mins per story
4	Name Games	Say name with action/walk into the circle/name with rhythm
5	Goals	Share goals and thereby the intent and methodology.
6	Community Agreements	Set the tone & boundaries, create a safe space, seal the deal
7	Big Ideas	Present the 4 big ideas of Dream A Dream. Write them nicely on a chart.
8	The Milling Game	Walk in room, lock back to back, share thoughts as per questions
9	Game/Song	
Session 2- Day 1, 1.45 PM to 5.30 PM		
1	Warm Up - Group Sculpture/ Object	One of the warm ups: Participants are asked to choose (observe/see) one object in the room. ("Choose an object with a quality that you have in yourself"). Participants then share about what object they chose and describe the common quality
2	Beautiful You	Draw your portrait and find at least 5 strengths or things that are unique about you as a person.
3	Theatre Improv	This is not a..., What are you doing? non-verbal+verbal freeze tag
4	Closure	One question you are left with + That's so true

Session 3- Day 2, 10.20 AM to 1 PM		
1	Welcome	
2	Check In	Something that either involves a mime, or to use their voice, their body. Invite imagination.
3	Warm Up- Clap Together	Facilitator passes claps. Participants have to clap in sync with their partners.
4	Revisit Goals/Agreements	Quick run through.
5	River of Life	Map out life as a river
6	Poetry Process	Metaphor, Timed writing
Session 4- Day 2, 2 PM to 5PM		
1	Energizer	
2	Poetry Process	Creating group-poem, 3 art forms performance
3	Mind Map	Mind-map of each of the goals.
4	Closure-1	I learnt...therefore I intend to...
5	Evaluation	Dream forms

YOU TOO CAN CHANGE THE SCRIPT! JOIN THE MOVEMENT

Dream a Dream is a registered, charitable trust empowering children and young people from vulnerable backgrounds to overcome adversity and flourish in the 21st century using a creative life skills approach. Currently, we work with 10,000 young people referred from 40 partner NGOs, train over 3500 educators from 112 partners impacting over 100,000 children and young people and sensitize over 2500 volunteers through our unique Life Skills Development model. We work on a strong collaborative approach with local charities, corporates, volunteers, expert consultants and a host of national and international strategic partners. **Dream a Dream's Platinum Certification from Guide star India has been extended to March 2018. This is the highest-level certification an NGO can receive.**

Our strategic intent is to build a movement that equips millions of young people from vulnerable backgrounds with life skills to overcome adversity and flourish in the 21st century. Over the next 5 years, we have developed a strategy to scale the impact of our work and reach over 500,000 young people.

More recently, Dream a Dream has been recognized by Lego Foundation and Ashoka as a **Champion (out of 630 global organizations)** in the space of Re-Imagining Learning in the world. These videos talk about our work - <https://vimeo.com/124809296> and <https://vimeo.com/124817309>.

The **Dream Life Skills Assessment Scale (DLSAS)** developed in-house is today a published, standardized scale that can be used by any NGO/School to assess improvement in life skills - <http://impact.sp2.upenn.edu/ostrc/doclibrary/documents/LifeSkillsAssessmentScale.pdf>.

For any queries please contact:

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