

Tips for taking the young people's sessions during Meeting for Worship

Compiled with contributions from the young people, youth committee and others

Junior Group (Primary School)

Top Tips

The most important thing is it should NOT be like School!

The best sessions are interactive and include fun activities such as making, drawing, word searches, crosswords etc.

Make it interesting and relevant – make them think about it in a way that is relevant to them

Games – including games for learning and games just for fun

Food – food is always good

Activities outside – weather permitting you could include a walk to the park, a game in the park, collecting things from the garden, there are also rugs you can use to hold the session outside

Resources:

Quakers in Britain have lots of brilliant resources. In particular, the Journey's in the Spirit - children series provides detailed outlines for sessions including resources to print out for many of the sessions on our rota. <http://journeys.quaker.org.uk/child.html> (N.B. a more user friendly catalogue is in development but everything is at this link).

There are lots of relevant resources in the Meeting's Library.

Philadelphia Yearly Meeting has come excellent resources on its website: <http://www.pym.org/religious-education/curricula/>

The rota we have will have a resource number by the majority of sessions (i.e. *2) which will link you to resources in the Meeting's Library with classmark, Journey's in the Spirit issue, or other resource.

Senior Group (Secondary School)

Top Tips

The most important thing is it should NOT be like School! This is especially important for this age group.

It is best if sessions are interactive – a good mix of talking, listening and practical activities but mostly the later (probably 20, 30, 60 split).

Inclusivity – let them go into smaller groups to discuss an idea, topic, do an activity and then come together to explore and discuss. If having a group discussion try and find a way of involving everyone (while giving people the option to not say something).

The young people suggest – explain what you are doing then let them do it by including interactive / visual activities / role play etc.

Make it interesting and relevant – make them think about it in a way that is relevant to them

Games – good if they are relevant to the topic and not too young.

Food – food is definitely always good, they like the tea and toast sessions but look at ways of including food in what you are talking about as a way of explaining it i.e. a recent session on mindfulness started with the young people sucking a sweet, they had to focus on the taste and this led onto relevant discussions.

Activities outside – weather permitting you could include a walk to the park, a game in the park, or use the rugs and hold the session outside.

Resources:

Quakers in Britain have lots of brilliant resources. In particular, the Journey's in the Spirit - children and Journey's in the Spirit - Youth series provide detailed outlines for sessions including resources to print out for many of the sessions on our rota: <http://journeys.quaker.org.uk/child.html>
<http://journeys.quaker.org.uk/youth.html>
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