



Build A Movement

First and foremost we strive to provide opportunities for students (and teachers) to embody an excellent character, recognize their agency to act, and believe that with unwavering love we will all reach our fullest potential, together. Utilizing engaging speeches and specialized content, *Build A Movement* empowers students to develop service leadership skills and create solutions that address prevalent issues facing their school.

	<i>Topic Description</i>
Session 1	Identifying the Issues
Session 2	Envision Positive Outcomes
Session 3	Ideating Innovative Solutions
Session 4	Making the Action Plan

For best results, this curriculum should span four sessions at 30 to 60 minutes each. The optimal size group for this program is between 15-40 participants.



BUILDING A MOVEMENT

STEP #1: ISSUES

List a few issues that your school struggles with?

STEP #2: POSITIVE OUTCOME

List a few positive outcomes after the issue has been addressed?

Pick one issue from your list that you believe needs to be addressed the most, then answer Step #2

Pick one positive outcome from your list and answer Step #3

Step #3



You are challenged with creating a breakout that provides an opportunity for participants to move out of the "issue" and into the "positive outcome."

Jot down some ideas. If you get stuck, ask yourself this:

In my experience what has helped me or someone I know through the issue?

Pick one idea and turn the page over to make a plan (Step #4).



STEP #4: MAKE A PLAN

We at IAmSPEAKLOVE utilize the process below (Captivate, Equip, & Practice) to create effective and engaging breakouts. Please read each description, if you are struggling we have provided some questions to assist you in each step.

Keeping your issue, positive outcome, and idea in mind, follow the prompts below to create a effective and interactive breakout!

ISSUE: _____

POSITIVE OUTCOME: _____

BREAKOUT IDEA: _____

CAPTIVATE

Before preparing the participants for the activity think about the ways you can capture their attention and interest.

- *As participants walk in the room how do you plan to engage them?*
- *What would be the best icebreaker to get everyone engaged quickly?*

EQUIP

In order for the participants to complete the breakout objective think about what they need to be equipped with.

- *What are the basic instructions needed for the participants to practice the breakout?*
- *Are there any materials the participants need to practice the breakout?*

ACTION

This is the opportunity for the participants to practice crossing the bridge (AKA the breakout).

- *How are you as the facilitator going to support the participants throughout the activity?*
- *What are the closing remarks or takeaways you want to express to the participants?*



STEP #4: MAKE A PLAN

We at IAmSPEAKLOVE utilize the process below (Captivate, Equip, & Practice) to create effective and engaging breakouts. Please read each description, if you are struggling we have provided some questions to assist you in each step.

Keeping your issue, positive outcome, and idea in mind, follow the prompts below to create a effective and interactive breakout!

ISSUE: Participants are isolated (physically and mentally)

POSITIVE OUTCOME: To build trust and community amongst participants

BREAKOUT IDEA: Body kinesthetic movement/ tournament games

CAPTIVATE

Before preparing the participants for the activity think about the ways you can capture their attention and interest.

- *As participants walk in the room how do you plan to engage them?*
- *What would be the best icebreaker to get everyone engaged quickly?*

Participants are greeted upon entering the space and are randomly placed into teams.

Music is playing, facilitators are high energy and excited

EQUIP

In order for the participants to complete the breakout objective think about what they need to be equipped with.

- *What are the basic instructions needed for the participants to practice the breakout?*
- *Are there any materials the participants need to practice the breakout?*

The MC demonstrates how to play each game and the rules.

The participants are equipped with the tools needed (water bottles, plastic spoons, ping pong balls, sports balls, etc.).

PRACTICE

This is the opportunity for the participants to practice crossing the bridge (AKA the breakout).

- *How are you as the facilitator going to support the participants throughout the activity?*
- *What are the closing remarks or takeaways you want to express to the participants?*

Encouraging with words of affirmation as the participants practice the breakout.

The MC will close with positive community reinforcing language.