



lifeschool
lets inspire

KMM 2015, Break Your Chains

SESSION PLAN

PART 1 - Pantomime	(4 minutes)
PART 2 - Visualisation Exercise	(16 minutes)
PART 3 - KMM Letter & Questionnaire	(10 minutes)
PART 4 - Don't Beg. Earn!	(5 minutes)
PART 5 - BRAIN TATTOOS	(5 minutes)

PART 1 - Pantomime

The most important quality in life is courage, the conviction that CHANGE is required and that we must take initiative to change.

Pantomime Animals in the jungle, or people at the railway station.

PART 2 - Visualisation Exercise

Draw your most glorious future. (Inspire them to be courageous.)

Draw yourself in chains. (Tell them to be courageous. Honesty takes courage)

PART 3 - KMM Letter & Questionnaire

Give each student the KMM Letter and read it aloud to them.

Give them the feedback forms.

PART 4 - Don't Beg. Earn!

Believe you ARE special. That's the whole game of life. If we believe we are ordinary, we will live ordinary lives.

Don't beg. Earn!

PART 5 - BRAIN TATTOOS

Ask the class to share their brain tattoos. Make them write at least one thing that they have learnt out of the session.
