**Example session plan** – make it exciting, interesting, real, memorable. Each course will be unique depending on the time schedule you are able to allocate, ie. number of weeks and length of each session. Here are some examples of what you could do:

*Example* (**Young People**) (NB – see ‘Good Engagement’ document for further ideas)

**Draft Session Format plan (timing for whole event - 1 ½ hours?)**

**Venue:**

**Day/Time:**

**Length: 10 weeks**

1. **Icebreaker (5/10 mins)**
2. **Kleer Series – watch 10 sessions (timing with questions/response – 15 mins)**

1A Pause (Learn how to pause and reflect on what is important to you)

2A X-Ray Vision – IDENTITY (Superheros – what’s on the inside)

3A Six Pack (Real strength comes from the inside)

4A Wow! (Awe and wonder helps you connect with your spirit)

4B Rollercoaster (Your spirit can keep you going through the ups and downs)

5D Selfie! (How life’s purpose is discovered when we think more about other people)

6A Made (One of the arguments for God’s existence is the reality that every human has a spirit)

6B Profile Pic (we might be created in the image of God and that our spirits reflect some of what God is like)

6C Reset button (Jesus is seen as a reset button for the human spirit, offering chances to start again)

6D #Hashtag (Reflect on your own spiritual journey and consider if you want to find out more about how to make a spiritual connection with God)

1. **Journals/Photos taken to share (5 mins)**
2. **Main Content (timing 1 hour)**

Suggestions (see Resources list for further information and ideas):

* Live Life (10 sessions)
* Are you ready? (19 sessions but don’t have to do all)
* Get a life! (5 sessions)
* Moving images, changing lives (11 sessions with links to films)
* Youth Alpha (8-10 weeks depending on Alpha Day/weekend) – videos are 12 x 20 mins – you have to register your course online and then it’s all free! Training is recommended for all leaders.

**Note:**

Need to think about what other ‘events’/visits, outside or other venue activities to support the need for different ways of learning/needs and how that will affect the overall running of the sessions – maybe consider having an ‘event’ week where this takes place and also noting that this means length/duration of the course will be extended. Examples:

* Visit an observatory to look at the stars etc.
* Visit an outdoor ‘space’ to consider creation
* Visit a Cathedral/big Church to ‘encounter’ God in a different environment through own space/reflection etc.
* Attend a ‘Worship event’ – a number of events go on tour so can usually find something reasonably locally.





