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CURRICULUM

Lesson Plans

MODULE 8 – Review



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Lesson 1: Review

Lesson title	Risk assessment of one's thoughts and actions
Objectives	The objectives of Lesson 1 are to: <ul style="list-style-type: none">• Review the learning from previous modules.• Catch up on pending VR activities.• Complete mid-training questionnaires.
Week	Week 1
Duration	1.5 hours
Key terms	Review VR catch-up Completion of half-way evaluation
Learning outcomes	With the completion of Lesson 1 participants will be able to: <ul style="list-style-type: none">✓ Acknowledge the key messages of the RECOMMIT program.✓ Express any questions or concerns.✓ Evaluate their progress on the program.
Learning methods	Group work Use of metaphors Reflective exercise (individual work)
Evaluation	Continuous performance evaluation

Steps	Duration	Description	Resources, activities & materials
Ice-breaking activity	5 min	Encourage participants to share one thing they've learned or found useful in the program so far.	Group activity

MODULE 8. Lesson 1: Activity 1

Mindful Sensation Exploration	15 min	<p>Purpose:</p> <p>To exercise Mindful Sensation to reinforce participants' presence in the here and now using their senses. It can also be a self-soothing exercise.</p> <p>Procedure:</p> <p>The facilitator will give the following instructions:</p> <p>Begin by guiding participants to take a few deep breaths to centre themselves in the present moment.</p> <p>Distribute small, textured objects (such as a stress ball, smooth stone, or fabric swatch) to each participant.</p> <p>Instruct participants to close their eyes and explore the object using their sense of touch. Encourage them to notice the texture, temperature, and any other sensations.</p> <p>After a few minutes, ask participants to open their eyes and share one or two words that describe their sensory experience with the group.</p> <p>This exercise is followed by a group discussion.</p> <p>Discussion point:</p>	Group activity and discussion
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Steps	Duration	Description	Resources, activities & materials
		<p>Link this activity to the program's topics by discussing how being present can enhance communication, active listening, and overall interpersonal effectiveness.</p> <p>Summary:</p> <p>This is a sensation-based mindfulness exercise which can be used for grounding in the here and now.</p>	
MODULE 8. Lesson 1: Activity 2			
Review of Personal Values and Values in the Workplace	10 min	<p>Purpose:</p> <p>To provide a brief overview of the importance of personal values and their integration in the workplace.</p> <p>Procedure:</p> <p>Engage participants in a discussion about how understanding personal values can enhance interpersonal effectiveness in the workplace.</p> <p>Discuss any specific challenges or successes participants have had in applying their values in their current setting.</p> <p>Identify any difficulties with the concept of values.</p> <p>Summary:</p> <p>At this stage it is not expected that participants are experts in acknowledging their values. The idea is for them to have thought about their choices in life and to have expanded their understanding of options of how to be in life.</p>	Group activity and discussion

Steps	Duration	Description	Resources, activities & materials
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MODULE 8. Lesson 1: Activity 3

<p>Listening Skills and Prosocial Responding</p>	<p>10 min</p>	<p>Purpose:</p> <p>To review the key components of active listening and prosocial responding.</p> <p>Procedure:</p> <ul style="list-style-type: none"> ➤ Briefly review the main listening and conflict resolution skills from Modules 2 and 3. ➤ Conduct a brief role-play where participants can practice active listening skills from Module 2 in a conflict scenario. <p>Role play scenario: Your colleague is being very rude to you today and you are starting to feel annoyed. You approach them to find out what is going on and to resolve the tension.</p> <p>Remember to use active listening, verbal encouragers, DEAR MAN skill to request what you need.</p> <ul style="list-style-type: none"> ➤ Facilitate a group discussion on the challenges and benefits of implementing these interpersonal skills. <p>Summary:</p> <p>The facilitator emphasizes the need of continuous practice of these interpersonal skills. The group identifies opportunities for practice in the current setting.</p>	<p>Group activity and discussion</p>
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MODULE 8. Lesson 1: Activity 4

<p>VR Practice</p>	<p>20 min</p>	<p>Purpose:</p>	<p>Group activity and discussion</p>
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Steps	Duration	Description	Resources, activities & materials
<p>Or</p> <p>Half-way program evaluation</p>		<p>To catch up on any VR levels that they have not had time to complete or would like to revisit. The remaining participants will complete the mid-training questionnaire.</p> <p>Procedure:</p> <p>The remaining participants will proceed with the half-way evaluation and questionnaire completion. After 20 minutes the groups will switch, and everyone will have a chance to complete the half-way program evaluation forms.</p> <p>Distribute and collect halfway questionnaires to assess participants' understanding, progress, and satisfaction with the program.</p> <p>Emphasize the confidential nature of the responses to encourage honest feedback.</p> <p>Summary:</p> <p>Participants are encouraged to consider the value of the RECOMMIT program and their learnings/ take away messages up to this stage of the program.</p>	
<p>MODULE 8. Lesson 1: Activity 5</p>			
<p>Conclusion / questions</p>	<p>5 min</p>	<p>Summarize the key takeaway messages from the session.</p> <p>Remind participants of upcoming sessions and any additional materials or resources they should review.</p> <p>Encourage participants to share any thoughts or concerns they may have.</p>	<p>Key points</p>