

# Using the *Build It!* Toolkit a Four-Hour Workshop

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## **Agenda with Notes for Trainer/Workshop Leader:**

1. Review Agenda, Ground Rules and Expectations (5 minutes) Solicit ground rules and expectations from group (such as: no cell phones, listen to each speaker, confidentiality)
2. Worship (5 minutes)
3. Introduction to the *Build It!* Toolkit (5 minutes) see Details for activity
4. Gathering Game: A Big Wind Blows (15 minutes)
5. Introductions: Name Game: Three Fun Facts (1--3 min per person); and Icebreaker: Adverb Game (5--10 min per round) (20 minutes)
6. Deepening Activity: This I Believe (20 minutes) Reflection Activity: Rose and Thorn (20 minutes)
7. Worship (10 minutes)
8. Break (20 minutes – drinks, light snacks like fruit and veggies, pretzels) Worship (5 minutes)
9. Gathering Game: Make a Story (10 minutes)
10. Deepening Activity: Ain't Necessarily So (30 minutes) (remember to bring string!)
11. Planning or Next Steps session (40 minutes) see Details for activity
12. Worship Sharing about the workshop and next steps (30 minutes) this can be done in the whole group or, if it's a large group, in groups of 5--10. Worship (10 minutes) Informal time, follow-up Q&A, tidy up materials, departure (help with tidy-up, collect sign-in sheets and any feedback)

## **Tidy Agenda on large paper for participants, 4-hour workshop:**

Review Agenda, Ground Rules and Expectations (5 minutes)

Worship (5 minutes)

Introduction to the ***Build It!*** Toolkit (5 minutes)

Gathering Game: A Big Wind Blows (15 minutes)

Introductions: Name Game: Three Fun Facts & Icebreaker: Adverb Game (20 minutes)

Deepening Activity: This I Believe (20 minutes)

Reflection Activity: Rose and Thorn (20 minutes)

Worship (10 minutes) Break (20 minutes)

Worship (5 minutes)

Gathering Game: Make a Story (10 minutes)

Deepening Activity: Ain't Necessarily So (30 minutes)

Planning or Next Steps session (40 minutes)

Worship Sharing about the workshop and next steps (30 minutes)

Worship (10 minutes) Informal time, follow---up Q&A, tidy up materials, departure

## **Details for activity: Introduction to the *Build It!* Toolkit (five minutes)**

### ***Why & What?***

The Youth Ministries Program of FGC has been working for five years on a concern lifted up by meetings that youth and young adults feel a sense of separation from our meetings. In response, FGC's Youth Ministries Program has gathered a compilation of best practices for building youth--included community, which is presented in the book ***Build It! A Toolkit for Nurturing Intergenerational Spiritual Community***. This workshop will help your meeting learn to use this resource.

### ***Introduce Trainer***

Make sure to introduce yourself, including your name, meeting affiliation/s, current employment, and why you are presenting this workshop. If you feel that you need to tell a story of how you came to be leading this workshop, please take a few minutes to do so. This can set a very open and comfortable tone for the leader and the participants during the whole workshop.

### ***The Book Itself***

The ***Build It! Toolkit*** gives practical support to meetings wishing to enhance the involvement of youth and young adults in our meetings, using both spiritual exploration and fun. It includes six chapters and 38 activities. The chapters discuss various intergenerational issues and ways in which meetings can nurture intergenerational spiritual community. Each chapter addresses a different aspect of the challenges we may face and recommends specific small, medium and large activities and projects that a meeting could undertake to bridge generational divides.

The introduction and six chapters cover the topics: using the ***Build It! Toolkit***, building intergenerational community, understanding the needs of multigenerational groups, going deeper as a community, the importance of play, growing together through intergenerational work camps (or work days), and nurturing the spiritual gifts of all F/friends. The book includes 12 "How--Tos" which address 12 commonly asked questions on specific aspects of community building, such as how to include younger F/friends on committees and how to stay in touch with F/friends after high school, and which provide clear, specific and helpful suggestions. The 38 activities and games are presented by type, with activities for going deeper; the skit "A Short History of Quakerism in 10 Easy Points;" and games for gathering people together, icebreakers, learning names, reflection, landing (or centering), and physically energizing the group (such as Wink and Freeze Tag). The publication is available in print and PDF versions through the FGC bookstore, [www.quakerbooks@fgcquaker.org](mailto:www.quakerbooks@fgcquaker.org).

### ***Last Step is First Step***

This workshop will include time to learn and practice some of the activities in the ***Build It! Toolkit*** as well as time to discern and discuss what actions your meeting community may want to take in moving forward with the information, perspectives, and spiritual sharing you experience during our time together. By using this last part of our time together to discuss what you would like to do in your meeting community, you are taking the first step to implementing what you learn and experience in our time together now to take the first step to using the ***Build It! Toolkit*** in your meeting community.

### ***Questions?***

At this point, do F/friends have questions?

## Details for activity: Planning or Next Steps session (40 minutes)

The purpose of this section of the workshop is to begin a larger discussion in the meeting community, to:

- **Discuss specific intergenerational themes** faced now by the community participating in this workshop. The workshop leader can identify issue/s in advance by reading recent newsletters, talking to relevant committees of the meeting, or raising the question at meeting for business
- **Plan how the participating meeting will use the *Build It! Toolkit***; if help is needed, select one or several of the “How-Tos” to discuss their application to this meeting. If this is chosen in the planning for this workshop, have the “How-Tos” printed to pass around and F/friends who feel led can read from the “How To” that landed with them

This activity is followed by worship sharing to keep the decision process centered in the Spirit and to add time for reflection. This time is meant to build a sense of nurturing any decisions and to strengthen community members’ commitment to any actions chosen.

Suggestions for next steps can be taken from the *Build It! Toolkit* itself. Here are a few to get started:

- Use one activity from the *Build It! Toolkit* at the opening or during monthly Meeting for Worship with Attention to Business, or at a monthly potluck
- Plan a work day with workshop sharing before and after the work time
- Use activities from the *Build It! Toolkit* at the meeting retreat or other special meeting events and socials
- Suggest a specific committee or form a committee to explore different ways to use the *Build It! Toolkit*
- The book club could read the book, or someone could write a review about the *Build It! Toolkit* and their community in the Monthly Meeting newsletter
- Please tell FGC how you used this resource, and how it was useful!

This document was downloaded from the website of Friends General Conference. Explore the many resources and opportunities we offer for Quakers, Quaker meetings, and all interested individuals. Go to [www.fgcquaker.org](http://www.fgcquaker.org).

