

## Pre-Trip Session 2: Build



### Purpose of this Session

Participants will learn about building a culture of safety, engage in building community among group members, and expand our understanding of kindness through scripture. ASP's best practices for safety will be highlighted in this session.

### What You'll Need for this Session

- Copy of this document for each leader
- The Power Point for this session
- Projection and sound
- The handout and writing utensils for each participant
- A printout of ASP's 3 S's for each small group and a printout of ASP's Safety Manual for each small group

The core content of this session is planned for 60-75 minutes but could run longer for a larger group.



Denotes the Power Point slides that coincide with each section

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### Welcome, Introductions and Opening Prayer

**10 minutes**

This session continues our learning about ASP and how to best prepare for a safe experience on a well-connected team. Use the session content to help each build community within your group while learning more about our theme, Building Kindness. This session will also help group members build their knowledge of Safety considerations and best practices.

Welcome participants and invite them to share their names and one tool they hope to use during their week of service.

Prayer:

*God of loving kindness,*

*Thank you for bringing us together today to prepare for our week of service this summer. We are grateful for this time to prepare for an incredible experience with ASP, and to remember that you call us to kindness as a way of life. As we explore our trip preparation materials today with excited, and maybe nervous hearts too, help us be open to building a strong team with everyone's safety in mind. Guide us as we focus today on safety and encouraging each other in love and kindness. As we carry your love into the world together this summer, with ASP toolboxes packed and loaded for our week of service, may this time today remind us of the awesome ways that kindness shows up in and through each of us, in all that we do.*

*Amen*

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### Ice Breaker: Building Challenge

**15 minutes**

This team building game challenges participants to be creative and work together as they build a structure that will help human communities thrive. Divide your group into small teams of 5-7 people and share these rules:

Teams have 10 minutes to build a structure that could help a human community thrive- use your imagination!

The materials for building are any items found in your meeting room (Leaders- give parameters for your space and group) or any items in your backpacks or bags that you agree to share with your team. Your team may borrow or barter for items with other teams.

You have 10 minutes to build the most impressive structure that you can and to prepare to share with the entire group how your structure helps the human community thrive. Be creative, compassionate, and intentional in thinking about how you will build something that could help people thrive.



After 10 minutes, invite groups to share their structures and then share this:

Thanks for your work in our building challenge. As you experienced, building takes planning, intention, creativity, and excellent skills.

This is the same way to approach our theme, Building Kindness. To build an intentional culture of kindness we need to plan to grow kindness within our entire team, include everyone's voice and use ideas and skills from each team member.

Your challenge this summer at ASP is to serve as leaders who build the most impressive and long-lasting culture of kindness among our staff, homeowners and volunteers as is humanly possible.

What did you learn in this Team Building exercise that you might use this summer during your week of service?

### **Building Kindness Group Discussion:**

**20 minutes**

Divide your group into small groups for this discussion. These can be the same groups from the Building Challenge game or you may "re-shuffle" participants into new small groups.

Provide each person with a copy of the handout.

For Leaders:

In this discussion we will explore our theme verse from Ephesians 4:32 and the Golden Rule from Luke 6:31. We will consider how we can grow in faith through acts of kindness, compassion, and love. This involves centering our faith and our actions on kindness. When we do this, we have the potential to shape our relationships, our communities, and our lives in positive ways.

Read Ephesians 4:32 and the reflection points below. Then spend some time talking about the discussion questions with your small group

*"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*

- Kindness is more than just a good deed; it's rooted in the compassion and forgiveness we've received from God.
- As people called to follow Jesus, we're called to extend the same grace and love to others.



### **Discussion Questions**

1. How do you define kindness in your own words?
2. Why do you think God emphasizes kindness in our interactions with others?
3. Can you recall a time when someone's kindness had a significant impact on your life or faith?

Now read Luke 6:31(NIV) and the reflection points below. This verse is often referred to as the Golden Rule.

"Do to others as you would have them do to you."

- The Golden Rule encapsulates the essence of kindness – treating others the way we desire to be treated.
- It challenges us to be intentional in our actions and consider the well-being of those around us.

### **Discussion Questions**

1. In what ways can you practically apply the Golden Rule in your school or community?
2. How might treating others with kindness affect your relationships with friends, family, and classmates?
3. How does living out the Golden Rule align with our identity as followers of Christ?

### **Wrap Up Questions:**

1. What connections did you find between these two verses?
2. Remembering Session One's exercise in exploring Servant Leadership, how might these verses help you grow as a servant leader?
3. How might you become a new kind of servant leader through building kindness into your life and leadership as an intentional practice?

### **Building Knowledge of Safety With Your Team:**

**20 minutes**

For Leaders: This exercise is designed to help participants develop an awareness of Safety considerations, to become familiar with ASP's Safety guidelines and manual.



For this exercise, we recommend reading these scenarios and the information on slide 5-7 as a large group, to ensure that all group members understand the scenarios as well as our guide for Safety Considerations on slide

5 and the ways to use the 3S's and Safety Manual on slides 6-7. Using the information on these slides will help participants practice using our resources for best practices for safety while serving with ASP. Please have your Trip Coordinator or a Group Leaders familiar with ASP's Safety practices ready to answer questions.

Then divide into smaller groups (these can be previous groups) to discuss the scenarios and let group members answer the questions that are at the end of each scenario. Please provide each small group with a copy of both ASP's 3 S's and our Safety Manual. Our 3S's are a summary of our best practices for maintaining good Safety, Stewardship and Sensitivity while serving with ASP and the Safety Manual highlights safety practice. Allow time at the end of this exercise for each small group to share their answers to the questions at the end of the scenarios.

### Scenario 1

Your work crew arrives at the assigned home for the workday and discovers that the rain overnight has created a muddy and slippery yard surrounding the home that does not seem safe now. Your assigned job was repairing a portion of the roof on one end of the home and installing underpinning around the entire home. The homeowner is very concerned about the spot on their roof that needs repair and shows you where water was coming through the roof last night. He is anxious for you to start and encourages your team to "get going." How do you proceed? What do you need to consider in order to proceed? What resources do you have to figure out how to proceed? What might you need to communicate with the staff about?

### Scenario 2

At your work site, your project is progressing well until a team member who is removing old flooring finds a soft spot in the floor that was not anticipated. Your crew leader is debating removing more flooring to determine the potential area that may be affected. As this is happening, a youth on your team becomes sick, and it is clear that this youth will need to leave the site as soon as possible. As you are talking about what to do to help this youth, the homeowner becomes concerned about the soft spot you have discovered in her floor and the safety of her home and asks you not to leave until it is repaired. How do you proceed? What do you need to consider in order to proceed? What resources do you have to figure out how to proceed? What might you need to communicate with the staff about?

## Wrap Up and Sending Prayer:

**10 minutes**

Wrap up and share the 3 things your group members need to know before the next meeting:

(Customize these for your group!)

This could be information about your group's fundraising, deadlines for forms and payments, dates for your next meeting.

Prayer to close this session.

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*Let us pray:*

*May God bless us with **discomfort** at easy answers, half-truths, and superficial relationships, so that we may live deep within our hearts.*

*May God bless us with **anger** at injustice, oppression, and exploitation of people, so that we may work for justice, freedom, and peace.*

*May God bless us with **tears** to shed for those who suffer from pain, rejection, hunger, and war, so that we may reach out our hands to comfort them and turn their pain into joy.*

*And may God bless us with enough **foolishness** to believe that we can make a difference in this world, so that we can do what others claim cannot be done, to bring justice and kindness to all our children and the poor.*

*Amen.*

This session is planned to be 60-90 minutes depending on group size.



## Building Kindness Discussion Questions

Ephesians 4:32

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