



Managing Creative Projects and Teams

Re-Imagining Access to Mental Health in Public Schools

Brainstorming Workshop Plan -- Asking for help!

Date: **October 27, 2021**

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Goal Setting

Purpose of this exercise: Facilitate discussion and gather insights that can help us develop a toolkit in the form of games for children to participate in collaboratively with parents, teachers, or peers

Goals of the exercise:

Fostering a collaborative approach to finding solutions to 'how might children be aware of, articulate and communicate their feelings and emotions better' by identifying global nostalgic examples of parent-child bonding and generating solutions to the various problems statements framed for designated personas.

Measure of success:

1. Ideas that are based on trust, communication, and vulnerability
2. To develop ideas through the brainstorming session that have a basis in practicality
3. Possibility to move away from individual activities and move towards those that leverage collaboration

PREPARATION

Workshop Format: The brainstorming session will take place over 20 minutes and will be divided into three components. There will be 12 participants contributing to this session with 4 facilitators driving discussions. The 12 participants will participate in one of four groups of three. The facilitators will participate in the brainstorming with the participants.

Room Setup: The room will initially be set up with tables forming a U shape, leaving space for facilitators at the front of the room. Once the independent brainstorming concludes, we will have participants follow a facilitator to one quadrant of the room to participate in the collaborative part of the session.

Materials: For this brainstorming session we will need to provide participants with Post It notes for both the individual and collaborative components. We will also be providing each group in the collaborative component with colour coded sharpies in order to be able to better identify each teammate.

Roles and Responsibilities: There are four facilitators who will be leading this brainstorming session. Together we will divide responsibilities in presenting and facilitating discussion amongst our participants. As a team we will all contribute to organizing materials for our participants, providing them with post its and pens. Sara will be responsible for providing a brief introduction to the brainstorming session, followed by Anamika's explanation of the independent brainstorming activity. Soumil will be responsible for collecting the first round of post-it notes and assignment participants in one of 4 groups. Lastly, Brielle will explain the collaborative component of the session. Once participants are divided into groups, each facilitator will be responsible for handing out materials, note-taking, and leading their groups. Timekeeping will be conducted by Soumil, as will be the closing remarks.

Agenda:

Time	Activity	Notes	Lead
4:00-4:02	Introduction to Session (2 minutes)	-Purpose -Goals	Sara
4:02-4:05	-Organize into groups -Collaborate with group to discuss scenarios based on various personas	-Assign participants into random groups -Explain the collaborative aspect of the session	Sara
4:05-4:06	Introduction to Independent Brainstorming Session	-Introduce concept -Ask group to write answers to the question of: "Think back to a time in your childhood, what activities would you share with your parents that evoke a feeling of nostalgia?"	Anamika
4:06-4:19	-Second and third components of session -Collaborative -Provide participants with a positive statement (Where they connect, express, feel accepted, etc) and get them to express their mind into post its -reveal a persona diagram- angry, grumpy, compassionate,	-Allow participants to convey ideas collaboratively -facilitate by presenting instructions, keeping time, and presenting added components	Sara Anamika Brielle Soumil

	sad -Add constraints to the persona		
4:19-4:20	Closing Statements	Reiterate the purpose of activity and thank participants	Soumil