

TEACH	JUMP! Ingredients A framework to change the teaching	s8	session plan EQF level 5 unit of L.O. TEACH 2
Objectives <ul style="list-style-type: none"> Know the activities and practices that are strongly recommended for any training or other event, whatever the length Understand the interest and how to integrate them among other lessons 		Trainer	
Methods <ul style="list-style-type: none"> xxx 		Place <p style="text-align: center;">xxx</p>	
		Time <p style="text-align: center;">xxx</p>	
Content	<ul style="list-style-type: none"> - Recap - Reminder about experiential learning (s2) - Jump ingredients: what and why <ul style="list-style-type: none"> o Opening circle and attunement o Experiential learning, gamification o Free play, movement, creativity o Connection to nature o Gratitude o Pause / rest o Reflection o Closing circle - The challenge: making space for it! (natural rhythms, right brain activities, interbeing....) - Link to contemporary movements or schools: Transition, GAIA education, Ecovillages, Permaculture, C. Eisenstein, Healing (where is the line?) etc. 	Documents <p style="text-align: center;">xxx</p> Equipment <p style="text-align: center;">- xxx</p>	
Activities	<ul style="list-style-type: none"> - Look back at all the previous sessions and let the participants make a list of the special or unusual pieces of the program - Compare this list with the official JUMP list Look for a way to illustrate each item with the whole group Discuss each part and check understanding of what, how and why - Open to a broader view: where else do these ingredients exist? Jump is not the only place, talk about connecting to other movements, how can we weave together, cross-fertilize 		

Preparation
Print out the list