

All forms of expression

Creative writing – book plot(1-3pg's), movie plot, play skit, poem, haiku, sonnet, video game plot, short story, essays, podcast into, anime plot, speech, stand up comedy, cooking recipes

Drawing – cover art, comic, poster, tracing, scribble art, portrait

Music - “stomp”(use nearby object), chorus, duet, group, new instruments, singing, karaoke, musical

Crafting – origami, crochet, sewing, looming, knitting, community board, vision board

Bridge talk – cultural essay, life story(your background), essay, group discussion

Painting – Flick painting, pop art, abstract, minimalism, sunset with sailboat, recreations(banksy, picasso)

Debates – open debate, structured debate, group debate(team)

Volunteering – in facility, in community, for a friend

Storytelling – fiction or non fiction

Testimonies – before prison, during, after, personal life story (5-10 pages) recommended.

Dancing – Choreographed, freestyle, musical

Tournaments – chess tournament, spelling b, tiny desk concert, trivia, bag toss, monopoly

Weightlifting – create a new workout, partner up and create a workout that is realistic or fictional.

Talent show – music, creative writing, singing(shot us what you got)

Additional information

Materials- A common art supplies kit will be provided for walk the bridge extension courses. The kits may be held by the academy assistant, loop group champion, or secure room in the facility. If more supplies is needed, simply inform the facilitator. Shining light may select whom they wish supplies to be held by at any time.

Finished cell hobby may be send to: (in construction)

Walk the Bridge is an on going weekly self expression group.

For this reason, the group should be conducted every week without ceasing, by a dedicated academy assistant(s).

In-between extension courses (approx. 3 weeks) assistants may host the meeting independently using the group structure sheet.

During this time they may choose any form of expression from the list.

Content disclaimer

By reading and acknowledging this disclaimer I understand that each work created during walk the bridge may be donated to Shining Light. I understand that by handing any completed works to academy assistant, the works are then considered donated.

I also understand that any donated works or creations may be uploaded to a content archive, in which the work may be viewed.

Donated content is always a voluntary action.

I also understand that I may choose to keep each piece of content created during the course.

If I should ever choose to change my mind over such, I need simply hand the work to a current academy assistant.

Shining Light – Walk the Bridge – Introductions

Get acquainted, ask warm up question,” what are you good at in self expression?”

Welcome to shining light walk the bridge extension course. In this course. In this course we will, ‘ walk the bridge’ of self expression.

Along the Way, each participant will have the option to participate in each event. The course will run approx. 10 weeks. Each person will, in a moment, have the option to pick a form of expression that you desire to be in the course. It is especially important to be in attendance on the day of expression chosen. For instance, if you select music to be in the course, then you may be asked to help lead the group for that day. Give the group an idea of music, and tell them about music you’ve created in the past. Then, help guide the group as they attempt to create music during creation time. In this course you’ll have the opportunity to stretch your creative limits, and discover a passion perhaps you never knew you had! In a moment, we’ll pause the video on the activities page. During that time the group may take turns choosing the form of expression that they wish to see in the course. Don’t worry, if you don’t know how to write music or poetry, we will help walk the group through the process. *pause*

*record the forms of expression chosen by participants.

Intro day continued

- Confirm expression chosen by reading first name and expression chosen
- Continue video

“Now that the group has chosen a form of self expression, we will take a closer look at the history of self expression. (Brief video of the history of human self expression with pictures)
*cut scene to shining light discussion about self expression. (similar to group discussions in foundations course.)
*cut scene to Nina
Nina – Now it’s your turn, why is self expression important to you? Do you want to share about any skills, abilities or talents that you have?’
*end scene
*begin group discussion. ‘how can we support you on your creative journey?’
‘any questions about the course?’
Pray out

Walk the bridge Structure – Welcome page

1. Prompt; what went right?
2. Welcome – Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.
3. Community codes
4. Warm up question
5. Relaxation exercise (deep breathing, guided meditation, play skits)
6. Creation time 30-40 minutes w/music
7. Show and tell, strength spot
8. Donation disclaimer(You may donate or keep your work)
9. Closing prayer
10. Next week is _____.

Structure – activities & mini games

creative writing-----word for word or open mic

Music-----tiny desk concert or karaoke poem

Drawing-----charades, pictionary

Crafting-----dream it or name the craft

Bridge talk-----build a bridge

Painting-----fusion

Debates-----comment for comment

Testimonies-----a memory or fleeting moment

Volunteering-----I will

Storytelling-----authentic fiction

Dancing-----bust a move or add on

Singer/song writer-----name that song or write a chorus

Acting -----improv or mirroring

Public speaking-----wing it

FORM OF EXPRESSION: CREATIVE WRITING/POETRY

What went right, community codes

1. **Welcome** - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – who is your favorite poet, comedian, or writer?

Group discussion 10-15 (how has poetry and literature impacted you? Who are your favorites? What is the power a well written piece?)

Deep breathing exercise

Mini game – **word for word** (say a word that rhymes with the person next to you) or **open mic** (speak at the front of the room)

Creation time - Prompt - theme – example – write a poem about the happiest memory of your life(respect your neighbor, confirm music) 20-30 minutes.

Show and tell, strength spot CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____
FORM OF EXPRESSION: MUSIC

1. What went right, community codes

2. **Welcome** - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

3.Warm up question – How does rhythm effect us?

4.Group discussion 10-15 *play footage from *stomp instrumental musical*. *Q. What does music do to your emotions when you hear it?*

5.Deep breathing exercise

6.Mini game – **tiny desk concert** (each participant has an opportunity to freestyle a beat on the table in front of them using fingers, hands, pencils, beat boxing, or other safe objects) try adding a beat to the person before you!

7.creation time -Prompt - Partner up and create a music piece with your partner. The piece may include drumming, singing, poetry, rap or any other musical means necessary.(respect your neighbor, confirm music) 20-30 minutes.

8. Show and tell, strength spot CONTENT DISCLAIMER

9. Pray out

10. Thanks for coming! Tell your friends!

11. Next week is _____

FORM OF EXPRESSION: DRAWING

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – who is your favorite artist?

Group discussion 10-15 (how has drawing inspired you?)

Deep breathing exercise

Mini game – charades (participants guess at the drawing, correct guess brings up the next participant. **Pictionary** (make two teams, two leaders write what the other team has to draw and guess at)

Prompt - theme – example – today we have blank anime outlines to trace

Feel free to add a little character bio to your drawing

Show and tell, strength spot CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: CRAFTING

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – what's the neatest craft you have ever seen?

Group discussion 10-15 (what happens when you get into the zone?)(how does crafting inspire others?)

Deep breathing exercise

Mini game – **DREAM IT** (imagine a fictional invention and tell us what it does) or **name the craft** (one by one participants explain the craft they are thinking of, whoever guesses correctly goes next)

Creation time - Prompt - theme – example – Today we are going to fold origami boxes with folding paper 20-30 minutes.

Show and tell, strength spot CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: BRIDGE TALK

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example –

When did you experience a moment of connection with someone you didn't expect?

Group discussion 10-15

(who bridged the largest gaps among people throughout history?)

Deep breathing exercise

Mini game – **build a bridge** (tell the person next to you something about yourself that they didn't know) or **share a perspective** (one by one participants explain their perspective on a decided upon subject)

Creation time - Prompt - theme – example – write an essay or prepare a short speech – tell the group what it was like to grow up in your shoes 20-30 minutes.

Show and tell, strength spot CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: PAINTING DAY

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example –
Who is your favorite painter? Why?

Group discussion 10-15

(how do you feel when you see a painting? Who was influential?)

Deep breathing exercise

Mini game – **Fusion** (everyone closes their eyes. One by one the group goes around in circle and adds something to the imaginary painting) or **share a perspective** (one by one participants explain their perspective on a decided upon subject)

Creation time - Prompt - theme – example – today we are working with water colors, specially flower painting 20-30 minutes.

Show and tell, strength spot CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: DEBATES

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example –
Who is the best debater in history?

Group discussion 10-15

(who were the influential debaters throughout history?)

(what does the power of a debate do for an audience?)

Deep breathing exercise

Mini game – **comment for comment** pair up in groups of two, choose a topic to debate using SL comm. Codes for approx. 1-2 minutes. Keep it 1-2 sentences at a time per person) or **share a perspective** (one by one participants explain their perspective on a decided upon subject)

Creation time - Prompt - theme – example – As a group, pick enough topics for debate for each pair of participants. Define the rules(S.L. codes) 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: TESTIMONIES

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example –

Who is someone who has a great testimony?

Group discussion 10-15

(why is sharing your testimony important?)

(what does the power of a testimony do for an audience?)

Deep breathing exercise

Mini game – **a memory** – share a brief memory 2-3 min.

Each or **share a perspective** (one by one participants explain their perspective on a decided upon subject)

Creation time - Prompt - theme – example – you will now have 20-30 minutes to write your testimony down on paper if desired. After creation time, you may share your written or unwritten testimony with the group. You will have approx. 5 minutes to share. 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: VOLUNTEERING

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – when was a time you volunteered? How did it feel?

Group discussion 10-15

(why do people volunteer?)

(what does volunteering do for the person volunteering?)

Deep breathing exercise

Mini game – **I will** – (name one way you will volunteer throughout the week) or **share a perspective** (one by one participants explain their perspective on a decided upon subject)

Creation time - Prompt - theme – example –make a game plan as a group to volunteer for your facility/community in some way. 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: STORYTELLING DAY

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – who was a master storyteller?

Group discussion 10-15

(how has storytelling impacted you?)

(who are your favorites?)

Deep breathing exercise

Mini game – **authentic fiction** – (step to the front of the room, each participant has up to 2 minutes to tell a story that is either fiction or non fiction Academy assistant writes names down and and collects participants answers as they guess if it was fiction or a real event)or **PASS THE BALL**(create a story with a narrator who claps to pass the ball)

Creation time - Prompt - theme – example –Tell a story(fiction or non fiction etc.) 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: DANCING DAY

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – who was the best choreographed dancer of all time?

Group discussion 10-15

(who were the best dancers in history? What was a signature move?)

(who are your favorites?)

Deep breathing exercise

Mini game – **mirrroring** – (pick one person to lead. Leader faces away from group at front of room. The group behind him/her mirrors his/her “dance” moves)or **Bust move**(partner up and face off against another team in a freestyle dance(10 seconds 3x per team) or **Add on** (partner

up and add one dance move at a time before letting the other team add a dance move to theirs. whoever can't remember a dance in a timely fashion is out.)

Creation time - Prompt - theme – example –Today we are going to create a choreographed dance!(partner up) 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: SINGER/SONGWRITING DAY

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – name your favorite artist /singer/performer

Group discussion 10-15

(who is the most influential song writers and/or musicians of our time?)

(who are your favorites?)

Deep breathing exercise

Mini game – **name that song** – (sing a song and have participants guess) or **write a chorus** (write a chorus with the person next to you) or **Add on** (have someone make a table

beat and keep passing the imaginary ball to the person next. They can sing, rap or speak plainly the next lyrics they come up with)

Creation time - Prompt - theme – example –Today we are going to create a choreographed dance(partner up) 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: SINGER/SONGWRITING DAY

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example – name your favorite artist /singer/performer

Group discussion 10-15

(who is the most influential song writers and/or musicians of our time?)

(who are your favorites?)

Deep breathing exercise

Mini game – **name that song** – (sing a song and have participants guess)or **write a chorus**(write a chorus with the

person next to you) or **Add on** (have someone make a table beat and keep passing the imaginary ball to the person next. They can sing, rap or speak plainly the next lyrics they come up with)

Creation time - Prompt - theme – example –Today we are going to create a song. Can you and your partner create a song together? Would anyone like to sing a karaoke song for show and tell?(time permitting)(partner up) 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____

FORM OF EXPRESSION: ACTING DAY

What went right, community codes

Welcome - Hello! Welcome to walk the bridge. We're here today to create a space for self expression, bonding and healing. In walk the bridge we express ourselves each week in a new way. Please be mindful of your neighbors during their creative journey. More importantly, have fun losing yourself in the beautiful process.

Warm up question – example –

(who is your favorite actor/performer?)

Group discussion 10-15

(who are some of your favorite actors? Performances? How has acting impacted you?)

(what is suspended belief?)

Deep breathing exercise

Mini game – charades improv– (write down an improv and pass it to your neighbor. Must be appropriate. The room guesses who the actor is, or what they are doing)or **improv it**(improv a situation given to you by a partner/facilitator) or **situations** (the whole group is given a situation to immediately start acting out. Example: your plane is going down, everyone is a zombie, you've won the lottery)

Creation time - Prompt - theme – example –Pick a partner to create a scene of acting with to show the group. You'll have 20-30 minutes.(time permitting)(partner up) 20-30 minutes.

Show and tell, strength spot – CONTENT DISCLAIMER

Pray out

Thanks for coming! Tell your friends!

Next week is _____