

CST - Group Set-up

- Groups should be between 5 and 8 people
- Day/s and Time/s of the group should be set and occur at the same time each week
- Have a flip chart or board where everyone can see easily – have the name of the group, day, date time of group and weather on the board
- Have a daily newspaper available
- Have refreshments available at a time when they will be required

CST Session Plan

Welcome

- Welcome everyone to the group
- Ask each person to say their name and write this on the board (include group facilitator name here too)
- Discuss the theme of the activity the group will engage with that day
- Warm up the group by singing a few lines from a familiar/popular song – once chosen the song use the same one each session (suggestions below)
- Open up the newspaper and read a few headlines from what is happening that day
- Discuss the weather outside, is there anything in particular about this today
- Offer some refreshments – while still encouraging discussion about the day's news or weather

CST Activity

- Begin the main activity
- Refer to main activity for details and for attachments if required

Ending the session

- Once the main activity is finished, thank everyone for attending and contributing, and ask the group to feedback and discuss how this went
- Have an end of session song, again singing a few lines of a familiar song – using the same one for each session (suggestions below)
- Finally discuss with the group what the main activity will be next time before you all say your goodbyes

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Welcome Song Suggestions

Yellow Submarine
Here comes the Sun
O Happy Day
Good Vibrations
Dancing in the Streets
I'm a Believer
All you need is Love
Good morning Starshine

End of Session Song Suggestions

Leaving on a Jet Plane
On the Road Again
So Long, Farewell
Happy Trails
These Boots were made for Walking
Hit the Road Jack
Hello Goodbye
Bye Bye Baby