

ONTARIO SUPPLEMENTAL CURRICULUM NOTES FOR SESSION 5:

Page 5-9

- check in with the participants to see how we are doing – half-way through
- are we on track?
- are we missing anything?
- how are they feeling about the training up to this point?
- As part of Welcome back, Update **Resource flip chart**

Throughout session,

- consider items for COP flip chart – potential agenda items, goals, parking lot issues

Page 5-11,

- Identity Circle Activity, before the Experts Speak DVD/panel (*note: participants will have a copy of the Identity Circle in the Activity Worksheet section of their binders after page 5-27*)
 - Put your full name in the middle. Think about what your names mean to you? Who named you? Were you named after someone? Are there traditions in your family about names? Do you know what your name means? How is your first, middle or last name connected to your family?
 - In each of the spokes put a quality about yourself. What is important to you? How do you see yourself? How do you express yourself? How are you connected to others, such as titles or labels; ie, son, wife, father, husband, grandmother, etc.
 - Once completed, break into twos – someone they didn't know
 - Divide your circle in half by folding your paper in the middle; separating left side from right side. Cross off all the items on your left side.
 - Cocktail party – spend the next few minutes getting to know one another. If there is something on your sheet that is crossed off you can not talk about that or anything associated with that. If your name has been altered or changed then you must use that name.
 - Take up the activity:
 - What were your experiences like? Was it difficult to not talk about the items crossed off? Why do you think the exercise is designed this way?
 - For those of you who had their name altered or changed, what was the experience like for you?
 - Did people feel like there was something missing or wrong when talking with their partner?
 - How do you think adopted people feel about the missing pieces? Can they get these pieces by unfolding the paper?

Page 5-11, Note re: *The Experts Speak: The Adult Adopted Person's Perspective* DVD: Ashley in the video is Ashley Rhodes Courter. She's since written the memoir *Three Little Words* and another one *Three More Words* about her journey through foster care; she also spoke at NACAC in Ottawa a couple of years ago. If you have the book, it's a good one to bring to the Session to show participants.

At end of session:

- Hand out Daily Evaluation
- Ensure attendance information is complete and accurate; update PACT on any changes to number of attendees
- Direct participants to the link for the Additional Resources for the Session
- Complete the ACT Fidelity log

Additional Resources for Session 5 on Dropbox/ACT Resource Page:

- none