

LIVING SMART Pilot Program 2: Session Plan

MP - The Meeting Place

TBA - neighbourhood venue to be decided

W1 (Feb 10th, 2004, MP) Introduction and Thinking Smart, Being Smart

Welcome & Introduce organisers (5 mins)
Get to know each other exercises (15 mins)
Explain how the program will work (10 mins)
Group skills (30 mins)
Break (10 mins)
Set up groups (5 mins)
Goal Setting Information (40 mins)
Close up (5mins)

Participants plot their homes on a map to set up workshop groups.

W2 (Feb 17th, MP) Simple Smart Living

Simple Smart Living Lecture (40 mins)
SSL groups set agenda (15 mins)
Break (10 mins)
Simple Smart Living Workshop (including goal setting) (40 mins)
Regroup share outcomes (15 mins)

W3 (Feb 24th MP) Waste Smart, Water Smart

Waste Smart Lecture (40 mins)
Groups set agenda Waste Smart (15 mins)
Break (10 mins)
Water Smart Lecture (40 mins)
Groups set agenda Water Smart (15 mins)

W4 (Mar 2nd, MP) Waste Smart, Water Smart

Waste Smart Workshop (40 mins)
Regroup share outcomes Waste Smart (15 mins)
Break (10 mins)
Water Smart Workshop (40 mins)
Regroup share outcomes Waste Smart (15 mins)

W5 (Mar 9th, MP) Garden Smart - biodiversity and productivity

Garden Smart - Biodiversity Lecture (40 mins)
Groups set agenda Garden Smart biod (15 mins)
Break (10 mins)
Garden Smart - Productivity Lecture (40 mins)
Groups set agenda Garden Smart - prod (15 mins)

W6 (Mar 16th, Home) Garden Smart - biodiversity and productivity

Garden Smart - Biodiversity Workshop
Garden Smart - Productivity Workshop

W7 (Mar 23rd, MP) Power Smart and Move Smart

Regroup share outcomes Garden Smart - bio & prod
Power Smart Lecture (40 mins)
Groups set agenda Power Smart (15 mins)
Break (10 mins)
Move Smart Lecture (40 mins)
Groups set agenda Move Smart (15 mins)

Program Evaluation
Plan events for program break

W8 (May 18th, TBA) Power Smart and Move Smart

Power Smart Workshop
Move Smart Workshop

6 Week Easter Break - including field trip to Regional Resource and Recycling Centre

W9 (May 11th, MP) Health Smart You and Health Smart Home

Regroup share outcomes Power Smart & Move Smart (20 mins)
Health Smart You Lecture (35 mins)
Groups set agenda Health Smart You (10 mins)
Break (10 mins)
Health Smart Home Lecture (35 mins)
Groups set agenda Health Smart Home (10 mins)

W10 (May 18th, TBA) Health Smart You and Health Smart Home

Health Smart You Workshop
Health Smart Home Workshop

W11 (May 25th, MP) Community Smart Action

Regroup share outcomes Health Smart You and Home (20 mins)
Community Smart Action Lecture (35 mins)
Break (10 mins)
Community Smart Action Workshop (40 mins)
Regroup share outcomes Community Smart Action (15 mins)

W12 (June 15th, MP) Conclusion