

Annotated Table of Contents

Session One: You Are Your Friends

Theme: exploring how the company we keep reveals something about us

Movie: *The Breakfast Club*

Activities: Making Identity Tags, Listing our many identities

Materials Needed: unlined index cards, colored pencils, clear tape, blank sheets of paper, newsprint, markers

Session Two: Writing Our Scripts

Theme: considering what we are called to do

Movie: *Dogma*

Activities: Everyday Objects Identification, charting interests/talents/resources

Materials Needed: basket, everyday items (batteries, paper clips, pencils, barrette, etc)

Session Three: Another Brick in the Wall

Theme: exploring the walls we build to keep others out

Movie: *Pink Floyd's The Wall*

Activities: Objects Which Protect, Breaking Down Walls

Materials Needed: markers, objects or pictures of things which can be used to keep things protected (lock, fence post, wall), foam, wooden or cardboard bricks which can be used to build a wall and then tumble when the wall is broken down, removable blank stickers which can be placed onto the bricks (optional)

Session Four: We Are All Individuals

Theme: finding the strength to act for yourself

Movie: *Monty Python's The Life of Brian*

Activities: Common Sentiments, Standing Up For Beliefs role play

Materials Needed: none

Session Five: Change One Thing, Change Everything

Theme: recognizing how our experiences shape our identities

Movie: *The Butterfly Effect*

Activities: Choices card game, Creating Alternate Time Lines

Materials Needed: deck of ordinary playing cards, posterboard

Session Six: Wrong Place, Wrong Time

Theme: accepting the randomness and uncertainty of death

Movie: *Final Destination*

Activities: sharing quotes on death, planning for limited time

Materials Needed: basket, quotes on death from end of session, blank paper, colored pencils

Session Seven: Death Takes a Holiday

Theme: appreciating life while living it

Movie: *Meet Joe Black*

Activities: Mindfulness exercise

Materials Needed: several oranges, peeled and separated into sections, a large bowl to place the orange sections into

Session Eight: So That We May Be Forgiven

Theme: considering how forgiveness brings peace

Movie: *Flatliners*

Activities: Forgiveness Assessment, Seeking Forgiveness exercise

Materials Needed: paper and pencils, large cauldron, cooking pot or empty metal trash can

Session Nine: Ends and Means

Theme: exploring whether or not the ends justifies the means

Movie: *Terminator II*

Activities: Boy and Dog puzzle, Ends & Means Dilemmas

Materials Needed: paper and pencils, heavy cardstock, copy of Boy & Dog puzzles from Resource 9-A, copies of Judgment Cards from Resource 9-B

Session Ten: The Good, The Bad and the Even Worse

Theme: exploring how power imbalances leads to “evil” in the world

Movie: *Blood Diamond*

Activities: Greedy Game, Making Wise Investments

Materials Needed: an assortment of various prizes, some more “valuable” than others; they may be candy, trinkets, or other items which would be of interest to your group (you will need enough so everyone gets one and at least some of the items should be things which would be highly desired by the group)

Session Eleven: No Exceptions

Theme: exploring justice and injustice

Movie: *The Green Mile*

Activities: Defining Justice, Listening to Bob Dylan's *Blowing In the Wind*, Blowing Justice Into the Wind

Materials Needed: blank paper, pencils or pens, newsprint, markers

Session Twelve: Regrets Only

Theme: considering suffering as a universal human experience

Movie: *Interview With a Vampire*

Activities: Reflection on Suffering, Good From Bad exercise, Farmer and Luck story

Materials Needed: newsprint, markers

Session Thirteen: So Beautiful to Me

Theme: exploring the subjective nature of beauty

Movie: *American Beauty*

Activities: Sharing Personal Objects of Beauty, Creating Sculpture from Trash

Materials Needed: bag of clean trash (Styrofoam, empty oatmeal cartons, paper towel rolls, cardboard from food packaging, etc.), duct tape, glue or other adhesive for the sculpture, wire and pliers to fasten the sculpture together, wire cutters or nail clipper

Session Fourteen: Welcome to the Real World

Theme: considering reality as a matter of perspective

Movie: *The Matrix*

Activities: Recognizing objects which distort reality, Buddhist notion of reality & impermanence, role play of reality perception

Materials Needed: objects which distort or change the way things are seen: magnification mirror, sunglasses with tinted lenses, binoculars, kaleidoscope, etc.

Session Fifteen: Many Truths

Theme: exploring the idea of many different truths

Movie: *Last Temptation of Christ*

Activities: Two Truths and a Lie exercise, Seeing Different Perspectives exercise

Materials Needed: large piece of posterboard, preferably with the front and back in different colors

Session Sixteen: So Complicated

Theme: considering the many complexities of conflict

Movie: *Amistad*

Activities: Game of Increasing Complexity and Changing Rules, Five Levels of Conflict

Materials Needed: none

Session Seventeen: Run Faster

Theme: overcoming anti-oppression and bias

Movie: *Higher Learning*

Activities: Making Assumptions about Objects exercise, Anti-Oppression Scenarios.

Materials Needed: an assortment of everyday, ordinary objects (for example, a watch, a pen, a telephone, a book), anti-oppression and bias scenario cards from Resource 17-A

Session Eighteen: The Miracle of Hope

Theme: how hope and optimism create the future as well as shape the present

Movie: *Children of Men*

Activities: Quotes on Hope, Creating Collage of Hope, "I Hope..." exercise

Materials Needed: quotes on hope from Resource 18-A, a basket for passing the quotes, index cards or cut up cardstock, pens or pencils, magazines with images of hope which can be cut up to be placed on a mural, scissors and glue, large posterboard or art paper