

# Guided Sessions

## Welcome to AccessArt: Guided Sessions



Guided sessions are an invaluable way to pass on knowledge and open minds, whether you are working with a small or large group or even a whole class. AccessArt has been using guided sessions very successfully for many years, with children from as young as 5, through to adults and teachers CPD.

Find out how you can facilitate a guided session using our resources below.

## Top Tips For Running a Guided

# Session...

- What is a Guided Session?

As part of a guided session, a facilitator or teacher talks through a process or area of exploration whilst the learner undertakes the task. The whole group works at the same pace, led by the facilitator. Guided sessions require learners to work quietly whilst the facilitator takes an active, verbal role throughout the session.

Guided sessions are usually brief but intense, lasting 5 to 15 minutes, but can extend to a longer session.

- What are the Benefits of Running a Guided Session?

Guided sessions can:

- Help establish a shared experience
- Help open minds to new ideas, techniques and materials
- Enable the whole group to make similar progress by creating a sense of pace (more hesitant students are encouraged onward, and there is little time for lack of confidence to get in the way)
- Help share the responsibility of making

art (i.e. the facilitator takes some of the weight away from the learner by verbalising the process as they get immersed in the exercise)

- Create a body of work for reflection
  - Prepare the group towards the next step
  - Enable the facilitator to better understand the ability of learners
- What Kind of Activities are Suited to Guided Sessions

Guided sessions work best when used during activities which focus on an exploration of media or an approach. For example:

- Exploring a particular material, such as watercolour, charcoal or pencil
- An exploration of a particular way of working, for example, making drawings inspired by sound

Guided sessions work well when used as the very first introduction to a material, but equally, they can be used to create a sense of community with more experienced learners.

- How to Set Up a Guided Session

Guided sessions require learners to be quiet and settled. Ensure everyone has everything

they need before the session starts to avoid movement and disruption. This might include:

- Paper
- Drawing materials
- Subject matter (if you are doing any kind of observational drawing)

Think about how the room is set up. If you are using desks, you might consider moving them to create a circle and have all students face inwards.

However you set up the room, make sure all students will be able to hear the facilitator.

#### • The Role of the Facilitator

During a guided session, as the facilitator, you should try to:

- Be clear about the aims of the session and set expectations
- Be clear about the structure of the session (you can read through written notes)
- Sound confident and enthusiastic (your voice as facilitator is key to a guided session)

- Keep focus
- Be encouraging (intersperse the monologue with comments directed at learners)
- Keep to a timeframe: allow enough time for learners to try each activity whilst also maintaining a pace so there is no hanging about or waiting

#### • What Happens After a Guided Session?

Always allow time after a guided session (and ideally before the following session) to look at the work produced and reflect upon it as a group.

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- Enable the whole group to make similar progress by creating a sense of pace (more hesitant students are encouraged onward, and there is little time for lack of confidence to get in the way)
- Help share the responsibility of making art (i.e. the facilitator takes some of the weight away from the learner by verbalising the process as they get immersed in the exercise)
- Create a body of work for reflection
- Prepare the group towards the next step
- Enable the facilitator to better understand the ability of learners

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**Explore Guided Sessions...**