



Day in the Life

12 - 16 Nov

What is A Day in the Life?

A Day in the Life is part of our Inspiring Minds programme, which aims to link real life and learning for disadvantaged children, aged 7-11. A Day in the Life gives you the opportunity to make a big difference, in exchange for very little time commitment. This one hour session can have a huge impact on children who may know very little about the world of work. Introducing them to positive role models can spark their interest.

A Day in the Life sessions:

You will be placed with a group of your colleagues (maximum of 5 volunteers) to visit a class of year 4 (ages 8-9), 5 (ages 9-10) or 6 (ages 10-11) pupils for a one hour session over a lunchtime.

- You will be met at reception by a member of staff from York Cares and shown to the classroom by the teacher.
- You will deliver a '20 Questions' style activity called What do I do? It is recommended that you give the children small clues about what you do to enable them to ask questions and try and identify what you do.
- You will then deliver a mini-activity of your choice. This may be, but not limited to, a quiz, demonstration, role play etc.
- You will then be cross-examined by the pupils about your work.
- Following this, volunteers often ask the pupils about what types of jobs they would like to do in the future.

Preparation and top tips:

What do I do? (10 minutes)

Work with your colleagues before the session to discuss suitable props, words or actions for this activity. We suggest that you take a number of props and /or list of words or actions that you can use. Some of these should be more clearly linked to your field of work in the event that the pupils grind to a halt with suggestions. This activity should be used as an ice breaker and should only last around 10 minutes. Props may include: high visibility jackets, a chef's hat, test tubes, a whistle etc.

Mini interactive activity (40 minutes)

Work with your colleagues to design a mini-interactive activity. Please take any equipment with you that you will need to run your activity. Some suggestions for activities are: plan a menu for a seasonal event, design a new train track entering York station, a budgeting exercise based on income and outgoings. *(NB If you are planning on conducting any experiments or conducting an activity that may require the pupils to move around a lot, please contact the school to check Health and Safety requirements)*

Cross-examination (10 minutes)

Be prepared to:

- Answer any questions from the pupils. They always want to know how much you get paid and how many hours you work a week
- Ask about what the pupils may like to do in future and why. Encourage them to think about the relevant skills that they may need
- Be yourself! The pupils will be fascinated with your job even if you personally think it is very dull!



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Making York a better place





A Day in the Life

One hour lunch time sessions

12 - 16
Nov

Thank you!

Thank you for volunteering with York Cares for the Day in the Life week. To secure your preferred slot during the week please complete and return this form by Friday 26 October.

Teams will be allocated based on availability but we will strive to match you and your colleagues with a school that is close to your place of work.

Briefing Pack

Following confirmation of your session we will send out a briefing pack with ideas of how to engage primary school pupils when talking about your job.

About you:

Name:

Company:

Contact number:

E-mail:

Please list the names of your colleagues who will be attending with you:

1.

3.

2.

4.

Please tick all the days that you and your colleagues are available for: (Times vary however they are usually between 1pm and 2:30pm)

Monday 12 November – 1:30pm – 2:30pm
New Earswick

Tuesday 13 November – 1pm – 2pm
Osbalwick

Tuesday 13 November -1:30pm – 2:30pm
Yearsley Grove

Wednesday 14 November – 1:30pm – 2:30pm
Clifton Green

Wednesday 14 November – 1:00pm – 2:00pm
St Barnabas

Thursday 15 November – 1:30pm – 2:30pm
Haxby Road