

# nurturing potential



## Session: 'Dependency, Independency & Interdependency'

### Pre-session Preparation

Clarity of what these words mean and how they apply to everyday life. Refer back to 'Roles' session to facilitate the discussion.

### Learning Objective

To understand the meaning of these words, and how they apply to life now and in the future, referring back to 'Roles' session. Participants will start to understand the concept of the bigger picture through Interdependence.

### Two minute recap of last session.

Hand out 'Dependency, Independency & Interdependency' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

### Start the Session.

Class discussion writing responses on the board to be copied for their notes:

"What does **Dependency** mean to you, how does it apply to your life now, and in the future?"

Notes for Coach: "Relying on others to provide or support your needs."

"What does **Independency** mean to you, how does it apply to your life now, and in the future?"

Notes for Coach: "Being able to do things on your own."

You cannot become independent until you've learnt through being dependent.

As the discussion goes on you are leading up to discussing **Interdependency**: "Working with others to achieve more than one person will be able to do." Are we every truly independent?

Promote the deeper concept that we are interdependent in every aspect of our lives. For example;

The clothes you are wearing. You may have picked them yourself – independence, or been told what to wear (for example: school uniform), dependence. The fact the shirt exists is a result of interdependence – someone to deliver it to the store, someone to hang it up for sale, someone to make the shirt, someone before that to make the material, someone to invent the material and learn to weave and grow the cotton, someone to design the transportation, etc. Ask participants to identify other examples of interdependence.

You can draw this as a timeline – with the item at the end (for example; your clothes, your dinner, your computer) to demonstrate.

This session works well as a build up to Team Building (incorporating Cooperation & Appreciation).

### Relaxation – Last 5 minutes

Close session and thank participants for their time and contribution.

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<b>Name:</b>	<b>Date:</b>
<b>Session Number:</b>	<b>Session Name: DEPENDENCY, INDEPENDENCY &amp; INTERDEPENDENCY</b>

Understanding the terms Dependency, Independency and Interdependency and how they apply to everyday of your life.

**DEPENDENCY;**

**INDEPENDENCY;**

**INTERDEPENDENCY;**