

# FLITE - Families Learning Together

## Guidelines and Structure

Ver 1.0

FLITE is a telephonic program to enable families to design their own learning and to create Learning Societies where learning actively happens both at home and between families in a community. The concept of FLITE is to empower family members and common people to invest in each others' learning in a community-collaboration fashion.

### Approach / Culture :

It is important to understand how such learning must be created and what is the role different people can play. The following points are some guiding culture principles for those facilitating FLITE discussions :

- Be a friend instead of being a teacher
- Be an equal participant in the learning
- Be vulnerable and open, and share your perspectives about all things discussed
- It is a discussion and not an interview. Make sure all people on the call participate and are engaged
- Listen and be willing to learn
- Have fun. The engagement must be loving and enjoyable and interesting. Each learning session should be something people look forward to, and not feel that it is a weekly burden.
- Encourage deep thinking.
- Express gratitude for the family's willingness to join these discussions and for their openness.

### Roles :

**Family** - A group of people living together in the same home, that wish to participate in the FLITE program

**Facilitator/Friend** - The individual or group or family that engages with the learning family.

### Structure :

As these discussions progress, the structure can be changed and customised based on the needs and constraints of the participating families. However, it is still important to start with some basic structure so that it is easy to begin and all the families have some common method to the discussion.

### Invitation

A facilitator can reach out to any family and seek their interest in the FLITE program. They must explain in detail about the program, its structure, benefits and expectations. If the family agrees, then the facilitator and family can begin conversations from a pre-selected date.

### Preparation

1. **Expectation from the family:** 1 hour per week on a fixed day and time where the family is available for a phone session. All the members (or at least a majority) in the house should participate, especially in the early calls. Also, that they try to be as open and frank as they can.
2. **Expectation from the facilitator(s)/friend(s):**
  - a. Should prepare for the session in advance.
  - b. In phase I and II, all facilitators are DEFY team members (or essentially the DEFY family). In Phase III, facilitators can be members of another family to give it a true peer to peer sense.
  - c. There can be more than one facilitator, but one should be assigned as lead facilitator for any given session.
  - d. Facilitators should clearly explain the plan for the coming session.
  - e. The facilitator should make sure that the structure of the session is followed and must intervene if discussions are diverting from their goal.
  - f. Facilitators must also ensure that translations are done in case there is no single common language for all participants.
3. **Shadowing:** People who want to become facilitators can silently shadow a few FLITE calls and experience the process. They can also be mentored by existing facilitators.
4. **Communication:** Usage of free teleconferencing software is ideal where the internet is still available. If not, a simple phone conference is sufficient. Participants should be in a quiet environment where they can listen clearly.

### Call/ Session Structure

1. All participants join the call on time.
2. If this is the first session, then the facilitator must again talk about the purpose of the program, and then start with introductions. The first discussion can be short and more generic in nature.
3. A regular session of 60 minutes can be divided into two parts. The first part of 15 minutes is to reflect on the week and the impact of the previous session. The second part of 40 minutes can be a pre-selected topic. The final part is 5 minutes for quick feedback.
4. In the beginning, the facilitator may select or suggest topics. After the first 4-5 sessions, the participants can start contributing to the topics and even the structure of the discussion.

5. All participants should keep their comments short in general, upto 3 minutes per comment. Facilitator must participate equally and comment as well just like the family. Facilitator should ensure that time is well kept and structure is followed.
6. Activity : The conclusion of each session can be an activity that the family can together do over the course of the next week. This activity can be designed based on how much time the family has, and its experience discussed in the next call. *Find some examples of activities below.*
7. Every 8th session shall be a community conference where all families participate and share their learnings and experiences.
8. Diary keeping : Participants are recommended to pen their thoughts through the week in a personal diary to help them recollect these thoughts and reflect later.

Phase I Structure (15 calls - optimistic / 25 calls - pessimistic) : 15 weeks to 25 weeks

1. Introductions and sharing of how life is
2. Understanding individual interests and asking them to try them out this week individually
3. Understanding one collective interest and try out a group activity
4. Attempting to learn something new from the internet or book or another source
5. Topic discussion : Skill
6. Topic discussion : Local Problems
7. Topic discussion : Global Problems
8. Topic discussion : Philosophical
9. What do you wish to achieve collectively in the next 1 month - Goal setting
10. Discuss goal and develop the learning & documentation plan
11. 4 calls to check in progress and milestones for the goal / discussions on other topics
12. FLITE conference / online exhibition? : All families present their goal and work done
  - Survey after every 4 calls for impact documentation and feedback
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### **Expansion and Growth :**

The telephonic conversations are very helpful in the current times of the lockdown. It may continue to be useful even in the future where distant families wish to engage in FLITE together, or even for convenience. However, in-person social interactions can very much enhance the learning process.

## APPENDIX

Some ideas to test in the future are -

- In person sessions post lockdown, 1 every four sessions
- Sharing of materials or tools that maybe useful for learning a skill or building something
- Community conferences can happen in person at community centres such as Nooks or even community halls

- Sharing of conversation minutes and interesting ideas that are discussed in such sessions on social media or other platforms
- Creating a library of activities and potential mentors (people who have tried these activities) that others can learn from

Some potential co-learning activities that families can start with -

- Playing a game together
- Tell each other stories one evening and describe the experience
- Create a small piece of art together with materials available at home
- An evening where each family member makes the rest of the family listen to his/her favorite music (15-20 mins per member)

Some more advanced activities to try out -

- Co create a poem together
- Write and record a song together
- Write down a story/comic where your family is a super-hero family set out to save the world
- An evening where you discuss your dreams and the support you need from each other
- Design a board game with your family