



INSANE (Inner Sanitation Experience) : CHECKLIST

TO WHOM MUCH IS GIVEN, MUCH IS EXPECTED

“Hi there! I’m excited that you are eager to make your school more student-centric and are looking forward to offer the INSANE experience to your graduating batch! I hope you found value in and have enjoyed going through the pack and resources so far.

I invite you to use this quick at a glance checklist as a reference to ensure that you do not miss out on any of the key ingredients! It’s really very simple to execute, and here are some things that I keep in mind during the process. Please **feel free to innovate, translate and implement the way you want and I would love to know how you have done it. Do share your experience.** ”

- Priti Patel

BEFORE

ORIENTATION SESSION

- A week prior to the INSANE experience, organize an **orientation session** for the students to set the tone. Make sure that school leaders share with students the **purpose** of INSANE experience and allay any **concerns or queries** that they may have. Often, asking children questions like - “What are you looking forward to? What do you want to know more about?”, eases them and helps them to look forward to the experience with anticipation rather than anxiety.
- Co-create the **expectations and protocols** with the students such as dress code, punctuality in reporting, resources for note taking.
- Encourage students to **submit** to the process with an **open mind**.
- Ensure that you also meet the parents and address their queries regarding the **immersions** during INSANE as well as any **exam preparation** related concerns that they might have. This is important as the experience is conducted a few days prior to the exam.

TIMETABLING AND RESOURCE PLANNING

- Timetable** the immersions for Day 1 and Day 2 and ensure that you **collaborate** with the coordinators in the community to schedule mutually convenient timings.
- Get in touch with your admin team to keep all the required **resources** ready for the different experiences, for instance - the transport logistics; cooking ingredients; stationery requirements etc.
- Also, ensure that you plan enough **manpower** according to the requirements of the curated experiences.

DURING

HOOK

- Ensure that all the teachers and students **assemble together** on Day 1 at a convenient location and are divided into small groups at the meeting point.
- Begin the INSANE process with a **hook** to inspire courage, stamina and open-mindedness in students who are about to undergo this process. For instance, you could start with an experience like rag picking or through a story/video.

IMMERSIONS ON DAY 1

Ensure that **Day 1 has opportunities** for children to:

- Experience fatigue** through a long walk;
- Understand entitlement** by working with the 'Paryavaran mitra' team (rag pickers and garbage sorters) and visiting their homes (you could choose a similar experience in your neighborhood);
- Engage in a masterclass** and be inspired by someone's life, work or actions;
- Cook a basic meal** and eat together as a class;
- Reflections** which could be in the form of conversations and silence time to close the day.

IMMERSIONS ON DAY 2

Ensure that **Day 2 has opportunities** for children to:

- ❑ **Reflect on life and its value** through an experience, for instance, it could be a visit to a nearby cemetery early in the morning;
- ❑ Feel **gratitude and respect** through Interactions at a center for the specially-abled children for e.g. at a blind school;
- ❑ Participate in **Long walks, silence time and meditation** as part of the day;
- ❑ Set aside a time for **self and group reflection** by creating an artwork as a collation of their takeaways. Invite parents during **culmination** to witness and hear the student reflections;
 - *Make sure that children leave with **love and compassion** for the world and **confidence** to keep up their **stamina and determination**.*

AFTER

- ❑ Encourage the students to **share** their INSANE experiences with their younger buddies to **inspire** them. **Circle back** to the children as and when you meet them in the next few weeks and **reiterate** that they must take their **learnings forward** as they **graduate** and step into the real world.
- ❑ Get the INSANE teacher team to meet and **record Insights** which would be helpful in **designing the experiences** for the next batch.

SOME IMPORTANT TIPS

- ❑ Ensure that teachers who **participate** in this experience are role models because the children are constantly looking up to them.
- ❑ Make sure that **safety** is taken care of and children move in groups under the **supervision** of teachers.
- ❑ Make sure that all participants wear **simple and comfortable attire** which shows **respect** to the community you are visiting.
- ❑ All teachers who are part of the INSANE program should be **well-informed** and on the **same page**.