META-META Club

WORKBOOK · MODULE 1 OF 2

What a session looks like

Step Inside the Story. Story → Step in → Make → Show.

SETI Kids | 4 lessons | ~1.5 h | 4-question practice quiz | Notes pages

IN THIS MODULE

What a session looks like

Story → Step in → Make → Show.

#	LESSON	TYPE	TIME	DONE
1.1	Story	LIVE	15 min	☐
1.2	Step in	XR	20 min	☐
1.3	Make	LAB	40 min	☐
1.4	Show	LIVE	15 min	☐

How to use this workbook

- Do each activity with a grown-up nearby. Use the pages here to draw, write and plan.
- Tick the steps as you go, and write your answers under **Check yourself** before you look anything up.
- Do the practice quiz at the end, then mark it with the answer key on the last pages.
- Keep every **Ship it** piece. Together they become what you show.

Before you start

What do you already know about this, and what do you want to be able to make by the end?

LESSON 1.1 · LIVE · 15 MIN

Story

Every session starts with a story. You'll sit with the group and listen to an African story, told out loud. Then you'll talk about it together. This story is the seed for everything you make today.

Key points

Where the stories come from

Africa has thousands of stories. Some are very old folktales, told around fires and kitchens for hundreds of years.

- a folktale the group picks together,
- a story a family member told, shared with their OK,
- a story about a real place, like a river, a market or a hill.

When we tell someone else's story, we say who it came from. That's called **giving credit**.

How to listen like a builder

Builders listen in a special way. While you hear the story, try to notice:

- **The place.** Where does it happen? Is it hot, cold, busy, quiet?
- **The people or animals.** Who is in it? What do they want?
- **The big moment.** What's the most exciting or surprising part?
- **The feeling.** Did it make you laugh, feel worried or feel brave?

You don't need to remember every word. Just hold on to one picture in your head.

For grown-ups

The facilitator chooses stories with care, says where each story comes from, and avoids anything frightening for younger children. If your family has a story you'd like to share at a session, tell the facilitator, and they'll ask how you'd like it credited.

Steps checklist

- [ ] Sit with the group and listen to the story.
- [ ] Close your eyes for ten seconds and picture the most important place in it.
- [ ] Share one thing you noticed: a place, a character, a sound or a feeling.
- [ ] Listen to what others noticed. Did they picture it differently?

SHIP IT

Tell the group, in one sentence, the picture you'll take into the next part: "I see a tall tree by a river at night."

- [ ] Shipped. Link or file: _____

Check yourself

1. Can you say where the story happened?

2. Can you say who the story came from?

3. What was your favourite moment, and why?

LESSON 1.2 · XR · 20 MIN

Step in

Now you'll step inside a story world using a VR headset, with a facilitator right next to you. You'll look around, notice details, and come back out to tell the group what you saw.

Key points

What VR is

VR stands for virtual reality. A headset shows a picture to each eye, so the world looks deep and real.

How we keep it comfortable

- **Short turns.** Each turn is about ten minutes. Then you take the headset off and rest your eyes.
- **A grown-up is always next to you.** They make sure you have space and nothing is in your way.
- **You can stop any time.** If you feel dizzy, tired, worried or just don't want to, say "stop" or lift the headset. That's always fine. Nobody minds.
- **Stay in your space.** Stand or sit where the facilitator shows you. Move slowly.
- **Not everyone needs a headset.** Some friends watch on a big screen instead and help guide. Both are part of the team.

What to look for inside

Think back to the story. Can you find:

- the place where it happened?
- something that makes a sound?
- something that's very big, or very small?
- a colour that feels like the story's mood?

For grown-ups

Headsets are cleaned between turns and fitted by the facilitator. Turns are kept short, with breaks.

Steps checklist

- [ ] Listen to the facilitator explain the headset and the safe space.
- [ ] Put the headset on with their help. Adjust it until the picture is clear.
- [ ] Look around slowly. Turn your head, then your body.
- [ ] Find the four things on the list above.
- [ ] Take the headset off when the turn ends, and rest for a moment.
- [ ] Tell the group one thing you found.

SHIP IT

Tell the group one detail from the story world that you didn't expect.

☐ Shipped. Link or file: _____

Check yourself

1. What do you do if you feel dizzy in the headset?

2. How long is one turn, roughly?

3. What surprised you inside the story world?

LESSON 1.3 · LAB · 40 MIN

Make

Now it's your turn to build. You'll make a small scene from the story: one place, one or two characters or objects, and a feeling. You'll start on paper, then build it with the guided scene tool on a session laptop or tablet.

Key points

What a scene is

A scene is one moment in one place. It's like a single page in a picture book that you can walk around.

- **A place.** The ground, the sky, maybe a building or a tree.
- **Something to look at.** A character, an animal or an object from the story.
- **A feeling.** Is it sunny and happy? Dark and mysterious? Busy and noisy?

Using creative AI, the careful way

Sometimes the guided tool has a helper that can suggest a shape or a colour when you type a few words, like "a tall baobab tree at sunset". It's a tool, like a paintbrush.

When you get stuck

Put your hand up, or ask a friend. Every builder gets stuck.

For grown-ups

All making happens on session devices, set up by the facilitator. Children's names and faces are not added to scenes.

Steps checklist

- [ ] Draw your scene on paper first. Use a box for the ground, a line for the sky, and simple shapes for everything else.
- [ ] Label three things on your drawing: the place, the main thing to look at, and the feeling.
- [ ] Open the guided scene tool the facilitator has set up for you. There's nothing to sign into.
- [ ] Choose a ground and a sky that match your drawing.
- [ ] Add your main character or object. Make it big enough to notice.
- [ ] Add one or two small details: a rock, a cooking pot, a bird.
- [ ] Change the light or colours to show the feeling.
- [ ] Walk around your scene. Does it look like your drawing? Fix one thing.

SHIP IT

A small finished scene, saved by the facilitator, that matches your paper drawing.

- [ ] Shipped. Link or file: _____

Check yourself

1. Can you point to the place, the main thing and the feeling in your scene?

2. Who is the artist: you or the tool?

3. What's one thing you changed to make it better?

LESSON 1.4 · LIVE · 15 MIN

Show

The last part of every session is showing. You'll share your scene with the group, say what it is, and hear what others like about it. Then you'll do the same for them.

Key points

Why we show our work

Showing is how builders get better. When you explain your scene, you understand it more yourself.

How to show your scene

Keep it short and clear. Try this:

1. **"My scene is…"** Say which part of the story it shows.
2. **"Look at…"** Point to the main thing you want people to see.
3. **"It feels…"** Say the feeling you were going for.
4. **"The story came from…"** Give credit to whoever told the story.

That's it. Four sentences and you're done.

How to give kind, useful feedback

When a friend shows their scene, you get to help. Use these two starters:

- **"I like…"** Say one specific thing. Not just "it's nice", but "I like how the sky is orange, like the end of the day."
- **"I wonder…"** Ask a gentle question. "I wonder what's behind that hill?"

We never laugh at someone's work. Everyone tried something new today.

For grown-ups

Showing happens inside the group only. Where there's a family showcase, guardians are invited in person.

Steps checklist

- [ ] Wait for your turn. The facilitator shows your scene on the big screen.
- [ ] Use the four sentences to explain it.
- [ ] Listen to two "I like…" and one "I wonder…" from the group.
- [ ] Clap for each other. Every builder gets a clap.

SHIP IT

Show your scene to the group using the four sentences.

- [ ] Shipped. Link or file: _____

Check yourself

1. What are the four sentences for showing your scene?

2. What are the two feedback starters?

3. What did a friend say that gave you a new idea?

PRACTICE QUIZ

Check your module

Circle one answer for each question. The answer key is on the next page.

1. What do you do if you feel dizzy in the headset?

(A) Keep going until the turn ends
(B) Say stop or lift the headset off. That's always fine
(C) Spin around faster
(D) Close your eyes and wait

2. When we tell someone else's story, what do we always do?

(A) Change the ending
(B) Give credit to who it came from
(C) Keep it a secret
(D) Make it scarier

3. A good scene has a place, something to look at, and…

(A) A feeling
(B) Lots of words
(C) A score
(D) A timer

4. Which is the kindest, most useful feedback?

(A) "It's fine."
(B) "Mine's better."
(C) "I like how the sky is orange, like the end of the day."
(D) "I don't get it."

ANSWER KEY

Answers and why

1 · B Say stop or lift the headset off. That's always fine

You can stop any time. A grown-up is right there to help.

2 · B Give credit to who it came from

Giving credit is how we say thank you and keep stories connected to their people.

3 · A A feeling

The feeling, like happy, mysterious or busy, is what makes a scene come alive.

4 · C "I like how the sky is orange, like the end of the day."

Good feedback is specific and kind. "I like…" and "I wonder…" are the starters.

NOTES

Build log and notes

SESSION	WHAT I MADE OR LEARNED	NEXT STEP