

BOOST Mini Kit: A Build-Your-Own-Body Mod Experience

What is this? Who is it for?

What: This Kit is for you to use to run your own BOOST Mini Experience.

Why: To get creative and celebrate the bodies that we're in. Go to boostbjr.org to learn more.

For Whom: This Experience is recommended for ages 6+ (including adults!) and a broad range of abilities. We think it's more powerful to use with a group of people with disabilities or a group with mixed abilities.

Where/How Much Time: This Experience can be set up with a fixed start and end time for everyone (schedule for 1-2 hours), or in a setting where people are coming and going (like at a museum or larger event where they could spend 20 min or more). Use a classroom (with tables, not desks) or large meeting room-sized space - or larger if you're expecting more participants.

How Many People: Minimum of 6 participants, no maximum. Just make sure you have enough materials, tables, and facilitators for the numbers you're expecting. **We recommend a participant to facilitator ratio of 4:1 to 8:1.** This may vary depending on your participant group and the amount of support expected for each participant.

Instructions and Set Up

1. Plan + Prepare. Room, table layout, facilitators, materials, participants, outreach - get it all planned and set up. Prep your facilitators by explaining the activities to them and that they should invite people to participate, be encouraging and optimistic, and let participants drive their ideas.

2. Set up room. Make sure you have enough tables for participants to prototype and enough open space for the room to still be accessible. See "General set up" above for how to set up stations. Locate Stations in a way that "flows" nicely: Station #1 by the entrance, #2 next to it, and #3 last. Where desired/necessary, hang additional signage to direct people to your event.

3. Start the event! Welcome people in and help them get started where needed. Make sure facilitators are available to help at each station.

4. Final presentations (optional). About 30 min before your end time, announce that whoever wants to present their work will have a chance to in 10 minutes. Make some space for people to share and celebrate what they've created (informal, or you can find them an audience). This can be useful as a "closing event" to officially wrap up the Experience (sometimes people will want to keep prototyping with no deadline).

5. Clean up/wrap up. You did it! Debrief with your team. Share how it went with us: info@bornjustright.org.

Materials to Use

General Set Up: Print the following pages. Set them up at their respective (3) stations to 1) label each station and 2) provide instructions for that station. Stations #1+#2 should have open table space, and #2 (prototyping) should have a table to put out all the materials. Station #3 (photo booth) can be in front of a wall or fun backdrop.

#1: Inspiration Station: Post-its and sharpies or thin markers

#2: Prototyping Station: It's somewhat flexible what materials you use. Aim to have 2-3x more than what you expect participants to actually use so that they have a broad selection. We recommend:

- Various types of tape
- Paper and cardboard
- String, fishing line, elastic cord
- Button batteries + LEDs
- Aluminum foil, plastic wrap
- Various doodads (eg geometric shapes, wheels, springs, toy parts)
- Tubes + straws (plastic, cardboard)
- Popsicle sticks
- Zip ties
- Cloth (various types)

#3: Photo Booth: Have a fun backdrop, and maybe a fun, large frame for participants to hold for their photos. Have someone dedicated to this station to take the photos or a set up where participants can take them themselves. Group photos are allowed and encouraged!

Inspiration

Station

(start here)



Write 1 idea per post-it.

Come up with as many ideas as possible.

- What are things that **nature** can do, that would be so cool if we could do them?
- What are things that **robots and machines** can do, that would be so cool if we could do them?

Pick 2 post-its you love.

Prototyping

Station

(make it!)

#2

Now that you have your
two ideas ...

Create your own wearable
that uses those ideas!

Photo Booth

(grand finale!)

#3

Strike a pose!

Grab some pals and take
a photo together to show
off your rad prototypes!