

## Consult 4 Kids Lesson Plans

<b>Program Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	American Dance Revolution
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be American Dance Revolution and that they will pick 5 representatives from their class to begin.
2. The representatives will be competing to see how many original dance moves they can come up with. It will be like a relay challenge. Each team will get a chance to demonstrate a dance move. They will then tag in the next person once it is their turn to demonstrate. (5 - 10 second demonstration). Each dance move must be different. For each appropriate dance move, the team gets a point.
3. When the music begins, students will begin. Teams will cheer on their classmates.

Encourage all youth to participate in some way in the opening.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening



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today?" "What suggestions do you have to make Opening even better?"

### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

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<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Beat Ball
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

2 of the following balls: Basketball, Soccer Ball, Volley Ball, Tennis Ball

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Beat Ball and that they will pick their Fab 4 from their class to begin. Only two teams will compete at a time.
2. Students will work together in their group. They will create a beat using the balls that they have.
3. Students will vote by cheering the team that they thought had the better beat.
4. If you have an odd number of teams, tutors can go up against a group of students.
5. Audience should cheer and applaud the teams.

Focus on engaging all of the youth in some way— participation, coaching, cheering, score keeping, announcing the competition.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Blind Cartoons
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
 1 sheet of white construction paper per student  
 crayons

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Blind Cartoons and that they will pick their Fab 2 from their class to begin. Give directions to students
2. One student on the team will be blind folded. They will attempt to draw a cartoon character on the white construction paper in 45 seconds. The other student on the team must guess the cartoon character.
3. Audience should cheer and applaud the teams.

**\*Activity → Teachable Moment(s) throughout**

This activity can be done twice.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Blown Away
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
 1 Deck of Playing Card per Student  
 1 Tall Plastic Cup per Student

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Blown Away and that they will pick one representative. Each representative will get 2 minutes to complete the task.
2. Fan the deck of cards over the opening on the cup faced up. To make it less challenging, use only half the deck of cards.
3. Students will try to blow off all the cards off of the cup, trying to leave only one card.
4. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening activities in some way.

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Closing
<b>Review</b> Program Leader should ask students to describe the opening activity.
<b>Debrief</b> This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”
<b>Reflection (Confirm, Tweak, Aha!)</b> Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Burpee Challenge
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

Correct Burpee Example: [http://www.youtube.com/watch?v=PYfNA\\_lmkHM](http://www.youtube.com/watch?v=PYfNA_lmkHM)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Burpee Challenge and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in this challenge.
2. Whoever can burpee consistently for 1 minute without ceasing, wins. If both parties are able to complete the challenge, the tie breaker will be 10 push-ups the fastest. If both parties are unable to complete the challenge, the person who stops second is the winner.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening in some way.

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Closing
<b>Review</b> Program Leader should ask students to describe the opening activity.
<b>Debrief</b> This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”
<b>Reflection (Confirm, Tweak, Aha!)</b> Ask students to think about an activity that they will suggest being an opening activity.



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Condiment Paintings
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Music (youth appropriate) 1 white railroad board per team Ketchup and mustard (Packets)
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### Opening

**State the objective**  
 The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

- Suggested Routine:**
- WELCOME students to the after-school program.
  - Greet them by name (use name tags if you need to do so).
  - During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
  - Take roll call during this time. Welcome each student by name as they respond.
  - Make any necessary announcements at this time.
  - If it is someone's birthday, acknowledge the birthday.
  - After several days, give praises to students during this time for specific things they did the day before.
  - Conduct the team building activity below.
  - Dismiss students.

### Opening Activity

<b>Directions:</b> <ol style="list-style-type: none"> <li>1. Announce to the group that today's activity will be Condiment Paintings and that they will pick their Fab 1 from their class to begin. Give directions to students</li> <li>2. Students will begin painting a picture using the condiment packets.</li> <li>3. Once students have created their paintings, the voting will begin. Each class has 3 votes. They can spend 1 minute discussing who they would like to give their votes to. The team with the most votes wins.</li> <li>4. Audience should cheer and applaud the teams.</li> </ol>	Encourage all youth to participate in the opening activity in some way.
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### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Cookie Face
<b>Focus:</b>	Opening Routine

<b>Materials:</b> 1 Chair per Student Music (youth appropriate)	1 Medium Sized Cookie per Student
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### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

**Set Up**

Open the bag of skittles and pour them onto the plate and place in front of each student.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Cookie Face and that they will pick one student from each class to represent them per round.
2. Explain that each student will be competing to see who can use their face muscles to move to cookie from their forehead to their mouth. Students must be seated in a chair, with their face pointing straight up. Students cannot wiggle or shake.
3. Demonstrate to students how the activity is to be done.
4. Audience should cheer and applaud the teams. You can do multiple rounds.

Focus on engaging all of the youth in some way during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Fear Factor: Catsup—YUM!
<b>Focus:</b>	Opening Routine

**Materials:**

Catsup packets  
Teddy Grahams

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. One player from each team.
2. In front of each team member place 3 catsup packets and 20 Teddy Grahams.
3. When you say "GO", each player opens and empties the catsup packets into their mouth, followed by 20 Teddy Grahams.
4. Winner is the player that can whistle first.

Encourage all youth to participate in the opening activities.

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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Fear Factor: Hot Fries and Pickles
<b>Focus:</b>	Opening Routine

**Materials:**

- Music (youth appropriate)
- Napkins
- 2 – 3 Bags of Hot Fries or Hot Cheetos (handful per student)
- 2 – 3 Jars of Pickles (1/2 of a handful per student)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Fear Factor: They will pick one representative to eat Hot Fries and Pickles. The first representative to eat all of their hot fries and pickles win.
2. Have a handful of hot fries and a handful of pickles on a napkin in front of students.
3. Students will begin by placing their hands behind their back. When the music begins, students may start to eat their food, without their hands.
4. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

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### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

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<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Floor Surfer Relay
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

2 orange cones per team

2 Plastic Bags per Student (Please, recycle bags when activity is complete or save them for another activity. Go Green!)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Floor Surfer Relay and that they will pick their Fab 4 from their class to begin. They will competing in a relay race that requires then to do 15 jumps, slides to the cone across from them, slide back and tag their team mate. The process will continue until the last member on the team has completed the process.
2. Have students line up at their cone. Have students tie the plastic bag over each foot. They can use their shoes or take them off. Use the music to signal the start. The team that completes the process first, wins.
3. Audience should cheer and applaud the teams.

Encourage youth to participate in the opening activity in some capacity.



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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Geometric Shapes
<b>Focus:</b>	Opening Routine

**Materials:** (These materials are for the activity)

List of geometric shapes: circle, triangle, line, right angle, diamond, heart, star, rectangle, square, obtuse angle, trapezoid

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be about Geometric Shapes and that they will pick a Fab 5 team to represent them.
2. Explain that you will call out a geometric shape name, such as circle, and it will be the responsibility of the Fab 5 team to make that shape very quickly before time is called (up to 30 seconds per shape).
3. Call out the shapes, begin with circle and then move on.
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave early.

**\*Activity → Teachable Moment(s) throughout**

It is essential that each individual staff member take advantage of the "teachable moment" as they present themselves. Promote team work, positive attitude, and promote efforts by individual and groups of students to engage others. Focus on the opportunity to demonstrate how to be a positive role model and encouraging students to do the same.

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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they suggest for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Program Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Hand Chant
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Music (youth appropriate)
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### Opening

#### **State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

#### **Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

#### **Directions:**

1. Announce to the group that today's contest will be Hand Chant and that they will be competing as a class.
2. Each class will get 5 - 10 minutes to think of a hand chant. (Give example of a hand chant; clap, pause, clap-clap, pause, clap-clap-clap, snap.)
3. When the music begins, students will begin. Once the music has stopped, each class will get a chance to demonstrate their chant.
4. Everyone is a winner.

Encourage all youth to participate in the opening activities in some capacity.

### Closing

#### **Review**

Program Leader should ask students to describe the opening activity.

#### **Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening



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today?" "What suggestions do you have to make Opening even better?"

### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Hula Hoop Dance Off
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Hula Hoop Dance Off and that they will pick their Fab 1 from their class to begin. They will compete in a dance off. The catch? They must incorporate a hula hoop. Bring your best moves to the dance floor to win. They have 1 minute to show off their best moves.
2. Once students have demonstrated their moves, the voting will begin. Each class has 3 votes. They can spend 1 minute discussing who they would like to give their votes to. The team with the most votes wins.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening in some way.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Learn Phrases: Hello, how are you today?
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "Hello, how are you today?" in Welsh.
3. Helo, sut wyt ti heddw? is pronounced "Helo, sit oy-tea heth-ew".
4. Select volunteers to say the phrase into the microphone.
5. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

Encourage all youth to participate in the opening in some way.



## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases: My name is... Finnish
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "My name is..." in Finnish.
3. Nimeni on is pronounced nee-may-nee ohn.
4. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

Encourage all youth to participate in the opening activities in some way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Monkey Toes
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
 Napkins  
 Small inflatable pool  
 5 – 10 pound bag of dry dog food  
 15 – 20 Marbles  
 Baby Wipes

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Monkey Toes and that they will pick one representative. Each representative will get 1 minute to complete the task.
2. The task will be to sift through the dog food in the inflatable pool and pull out the marbles. The curve ball is that they have to use their feet.
3. Start the music to cue the start of each bout. The student, who can get the most marbles out of the pool, wins.
4. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening in some way.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Number Challenge: Mt. Rushmore
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Microphone
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### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask student who are the presidents on Mount Rushmore. Go around asking different students until one is correct.
2. The answer is George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln.

Encourage youth to build relationships during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Best TV Show
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher paper the length of the table (12' – 20')

Pencils

Crayolas, marking pens, and/or colored pencils

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. This is an activity for everyone on the team.
2. Place the butcher paper on the table between the team members.
3. Ask the team to select a partner to work with.
4. In their section of the butcher paper, the pair should decide how to illustrate their choice for Best TV Show, and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Table Art: Dream Shower
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher Page to cover tables per Class  
 Crayons per class  
 Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

**Set Up**

Cover tables with butcher paper. Spread out crayons over table. Designate two students to collect when it is clean up time.

### Opening Activity

**Directions:**

1. We all like to relax in the shower. This is a place to escape from reality and shrug off the stress that we may have. If you could create your very own shower sanctuary, what would it look like? Will it have a tub? Will it have special features like music, stream, auto temperature, lights? What will it look like? What style of tile will it have?

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

Closing
<b>Review</b> Program Leader should ask students to describe the opening activity.
<b>Debrief</b> This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”
<b>Reflection (Confirm, Tweak, Aha!)</b> Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Table Art: A New Invention
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher Page to cover tables per Class  
 Crayons per class  
 Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

**Set Up**

Cover tables with butcher paper. Spread out crayons over table. Designate two students to collect when it is clean up time.

### Opening Activity

**Directions:**

1. Students will create and draw their own invention. What will their invention do? How it will help the world? What parts are the most important? How will it work? Does it need any special power source? They will cover the butcher paper with their ideas and designs.

Focus on engaging all youth in opening in some way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Table Art: Create "Your Favorite" Mural
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher Page to cover tables per Class  
 Crayons per class  
 Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

**Set Up**

Cover tables with butcher paper. Spread out crayons over table. Designate two students to collect when it is clean up time.

### Opening Activity

**Directions:**

1. Students will create and draw their favorite thing. Is it a toy? Your pet? A person that you love? They will cover the butcher paper with their ideas and designs.

Encourage all youth to participate in the opening activity in some capacity.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

## Consult 4 Kids Lesson Plans

### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Tutor Challenge: Volleyball Basketball
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
 5 volley balls  
 1 garbage can with liner per group (13 gallon size)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Volleyball Basketball and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in a "set" challenge.
2. Each person will get a chance to "set" the volleyball in the attempt to make it into the garbage can.
3. How to set a volley ball: Place hands in front of your face, palms out, and connect your index fingers together and your thumbs together. Place the ball in the person's hand and press outward and popping the ball in the air.
4. They will try to "set" the ball by popping it into the air, trying to make it into the garbage can. They get 5 tries to make it into the garbage can.
5. Audience should cheer and applaud the teams.

Focus on engaging all youth in the opening activity in some way.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.