

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Balloon Soccer
Focus:	Opening Routine

Materials:

1 latex Balloon per Class, blown up
 2 small or medium size hula hoops 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.

Opening Activity

Directions:

1. Announce to the group that each class will be competing against itself. Divide each class in half and have them sit on opposite sides of the table, in the form of an X.
2. Goals are at the end of the table or the end of the last students.
3. Students will try to tap the balloon in the opponent's goal. If a student's bottom leaves the seat, 10 points are awarded to the other team. If they make a goal, its 200 points.

Encourage all youth to participate in the opening activity 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

Component:	Opening
Grade Level:	K-6
Activity Title:	Blast a Ball
Focus:	Opening Routine

Materials:

20 white ping pong balls
 4 orange ping pong balls
 1 large metal pizza tray
 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

Place all ping pong balls on the metal pizza tray.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Blast a Ball and that they will pick one student from each class to represent them.
2. Explain that each student will be competing to see who can make all the white ping pong balls fall off the pizza tray by blowing them off while keeping the orange balls on the tray.
3. Each student will get two minutes.
4. The student who keeps the most orange balls and the least white balls on the tray, wins!
5. Audience should cheer and applaud the teams.

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

Closing

Review

Program Leader should ask students to describe the opening activity.

Consult 4 Kids Lesson Plans

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

Component:	Opening
Grade Level:	K-6
Activity Title:	Chopstick Relay
Focus:	Opening Routine

Materials:

1 pair of chopsticks per class
 30 buttons per Class
 2 bowls 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.

Opening Activity

Directions:

1. One student from each class can volunteer to compete in the Chop Stick Relay.
2. Students will put their skills to the test by using chop sticks to transfer buttons from one bowl to the other.
3. Whomever has the most buttons transferred when time is up they win. If they are able to complete the task before the time runs out, they automatically win.
4. Audience is to cheer on students.

Encourage all youth to participate in opening activity 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 for an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-5
Activity Title:	Fear Factor: Keep Them Clean
Focus:	Opening Routine

Materials:

Goggles for each team
Whipped Cream
Squirt Bottle for each team

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. You will need 2 players from each team.
2. You will need a spray bottle for each team filled with water, goggles for one member of each team, and whipped cream.
3. Team members stand approximately 6-8 feet apart.
4. The player with the goggles gets whipped cream on his/her nose.
5. The other player squirts water at his/her partner until the whipped cream is removed.
6. First team finished, wins.

Encourage all youth to participate in the opening activities.

Closing

Review

Program Leader should ask students to describe the opening activity.

Consult 4 Kids Lesson Plans

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

Component:	Opening
Grade Level:	K-6
Activity Title:	Boogie Oogie Partners
Focus:	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 Boogie Oogie Partners and that they will pick a Fab 5 team to represent them
2. The Fab 5 teams will be competing to see who can be the last pair to find a partner.
3. When the music begins, student will mingle around. When the music stops, they will need to find a partner. Start off with odd numbers of participants.

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

Component:	Opening
Grade Level:	K-5
Activity Title:	Fear Factor: Life Saver Pass
Focus:	Opening Routine

Materials: Lifesavers Coffee Stirrers
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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. Each homework group sends 4 people to play the game.
2. Each team needs 1 lifesaver and a plastic coffee stirrer for each player.
3. When you say "GO", the team passes the lifesaver between them using only the coffee stirrer, held between their teeth, no hands.
4. **Note:** Explain relay prior to team so they select people they are okay being close to.

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

Component:	Opening
Grade Level:	K-6
Activity Title:	Flip, Flip, Shoot
Focus:	Opening Routine

Materials: 10 Red Cups 2 Ping Pong Balls Music (youth appropriate)
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Opening

State the objective

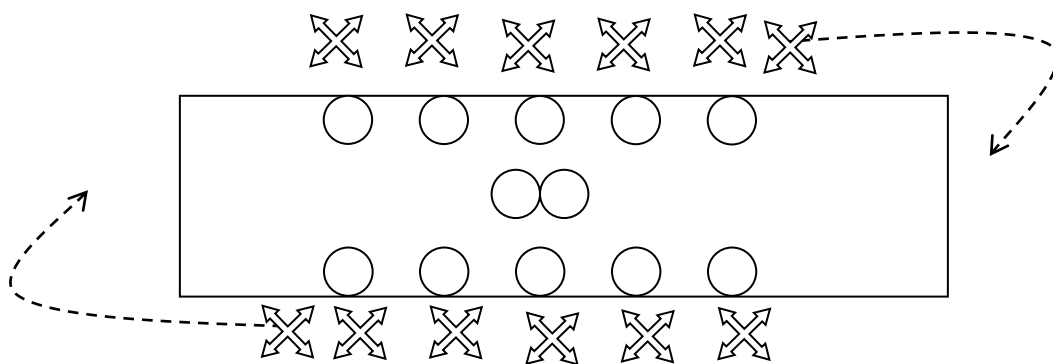
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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.

Set Up



Consult 4 Kids Lesson Plans

Opening Activity

Directions:

1. Announce to the group that today's contest will be Filp, Flip, Shoot and that they will pick a Fab 6 team to represent them
2. Explain that each Fab 6 team will be competing against another team. Make it fair by matching them up based on grade level.
3. Each person must flip over their cup using their index finger. Have students on the left start first. When the person to the left flips over their cup, the person to the right can start to flip over theirs until it reaches the last person. Once the last person flips over their cup, they must shot it into the cup(s) in the center of the table.
4. Students get 5 attempts of flipping over their cup before they can choose to pass. This will allow a struggling student to feel as though they are not holding up their team.
5. Audience should cheer and applaud the teams.
6. Fab 6s all get to leave early

Encourage all youth to participate in the opening activity 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 to be an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Gallop Races
Focus:	Opening Routine

Materials:

4 cones
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 each class will be competing against their program leaders. Choose one student from the class to compete.
2. Student and tutor will races from one side of the cafeteria/multi-purpose room. The must gallop from the front of the room to the back of the room and back.
3. Students get a 5 second head start.
4. Audience is the cheer on their class representative.

***Activity → Teachable Moment(s) throughout**
For younger students give them a 8 second head start.

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

Component:	Opening
Grade Level:	K-6
Activity Title:	The Honey Comb
Focus:	Opening Routine

Materials:

8 red cups
 8 ping pong balls
 Timer or clock
 Music (youth appropriate)

Opening

State the objective

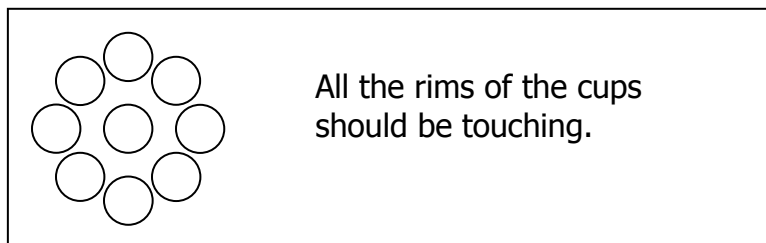
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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



Opening Activity

Directions:

1. Announce to the group that today's contest will be The Honey Comb and that they will pick a Fab 5 team to represent them.
2. Explain that each Fab 5 team will be competing to see who can make all the ping pong balls into each of the cups.
3. Each Fab 5 team will get one minute to take turns shooting a ping pong ball with the goal of making a ping pong ball in each one of the cups on the table.
4. Each cup is worth 10 points.
5. Audience should cheer and applaud the teams.
6. Fab 5s all get to leave early.

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

Component:	Opening
Grade Level:	K-5
Activity Title:	Keep It Up
Focus:	Opening Routine

Materials:

Music (youth appropriate)
1 latex balloon per class

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 Keep It Up which is played with the entire class.
2. Each class will be given a blown up balloon. Their goal is to not let the balloon drop on the floor. The class that can keep up the balloon during all of opening wins point for their class team.

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

* This activity can be done with any light materials such as feathers.

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

Component:	Opening
Grade Level:	K-5
Activity Title:	Learn Phrases Nice To Meet You Finnish
Focus:	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 "Nice to meet you." in Finnish.
3. Hauska tavata is pronounced (HOWS-kah TAH-vah-tah).
4. Select volunteers to say the phrase into the microphone.

Encourage all youth to participate in opening activity 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

Component:	Opening
Grade Level:	K-5
Activity Title:	Learn Phrases: Nice to meet you. German
Focus:	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 "Thank you." in German.
3. Danke is pronounced dahn-kuh (accent on first syllable).
4. Select volunteers to say the phrase into the microphone.

Encourage all youth to participate in the opening activity 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

Component:	Opening
Grade Level:	K-6
Activity Title:	Mummified
Focus:	Opening Routine

Materials:

Music (youth appropriate)
Toilet Paper Roll per Class (1-ply)

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 Mummified and that they will pick a Fab 3 team to represent them.
2. The Fab 3 teams will be competing to see who can wrap toilet paper around the "mummy, the Program Leader. The "mummy" with the most covered area by toilet paper, wins.

Encourage all youth to participate in opening activity in same 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

Component:	Opening
Grade Level:	K-6
Activity Title:	Shake 'em Out
Focus:	Opening Routine

Materials:	
Empty Tissue Box	Yarn
1 Pair of Scissors	10 Ping Pong Balls
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

Have students blow up the balloons to a medium size. That way it is a little tougher to pop the balloon. Tie both ends of the yard to the knot on the balloon and around the students' ankle.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Balloon Stomp Challenge and that they will pick 1 student from each class to represent them.
2. Explain that all students will be competing to see which representative from each class can shake out the most ping pong balls out of the tissue box tied around their waist.
3. Each representative has 30 seconds to shake out as many ping pong balls as they can.
4. The team with the most balls out, wins.
5. Audience should cheer and applaud the teams.

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 being an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Shoot It Long
Focus:	Opening Routine

Materials:

10 Red Cups
 6 Ping Pong Balls
 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.

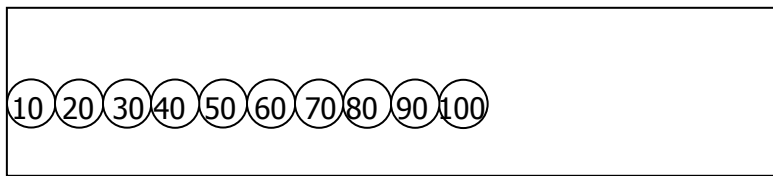
In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

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

**Student
Here**



Opening Activity

Directions:

1. Announce to the group that today's contest will be Shot it Long and that they will pick a Fab 5 team to represent them
2. Explain that each Fab 5 team will be competing to see who can get the most points by making the ping pong ball in the cups.
3. Points are awarded based on the point value of the cup. Each person on each team will have 3 shots. Can up and under hand or over hand throw.
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave early

***Activity → Teachable Moment(s) throughout**
 Modify this activity per grade level by moving the

Closing

Review

Program Leader should ask students to describe the opening activity.

Consult 4 Kids Lesson Plans

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 to be an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Squirt Ball
Focus:	Opening Routine

Materials:

- 1 ping bong ball per class
- 1 2 liter soda bottle (1/4 full of sand or water for a heavy bottom) per class
- 1 mini water gun per class
- Bucket of water (at least a gallon)
- Music (youth appropriate)

Opening

State the objective

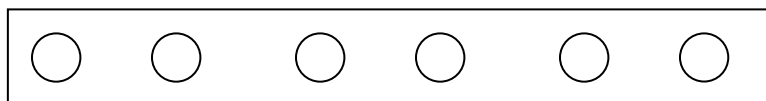
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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



Opening Activity

Consult 4 Kids Lesson Plans

<p>Directions:</p> <ol style="list-style-type: none"> 1. Announce to the group that today's contest will be Squirt Ball and that they will pick a Fab 4 team to represent them 2. Explain that each Fab 4 team will be competing against one another to see who can squirt their balls (4) off the top of the soda bottle. 3. Each team will relay one person at a time to knock of their ball. The team that is able to squirt off at 4 balls, wins. 4. Audience should cheer and applaud the teams. 5. Fab 4s all get to leave early. 	<p>*Activity → Teachable Moment(s) throughout</p> <p>Use a trash bag for each station to minimize water from getting on the floor.</p> <p>For younger grades, move them closer to the soda bottle.</p> <p>Make sure that you test the squirt guns out to see how far they will reach to set up your start location.</p> <p>Keep extra water handy so you can refill the squirt guns.</p>
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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

Component:	Opening
Grade Level:	K-6
Activity Title:	Static Manic
Focus:	Opening Routine

Materials:

Bag of small water balloons (enough to give each class 40 balloons)
 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 Static Manic and that they will pick a Fab 3 team to represent them.
2. Explain that each Fab 3 team will be competing against one another to see which team can statically attach balloons to their Program Leader.
3. The Fab 3 will have a certain amount of time to cover their program leader. Use music to signal the start and stop of the time limit. The team with the most balloon attached to their tutor wins.
4. Audience should cheer and applaud the teams.
5. Fab 3s all get to leave early.

Encourage all youth to participate 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 for an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-5
Activity Title:	Table Art: Best Food
Focus:	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 Food, 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

Component:	Opening
Grade Level:	K-5
Activity Title:	Table Art: Best Toy
Focus:	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 Toy, 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

Component:	Opening
Grade Level:	K-5
Activity Title:	Table Art: Viking Warriors
Focus:	Opening Routine

Materials:

Poster paper
Pencils
Color markers

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. Tell students that Viking warriors had to depend on each other to survive while at sea.
2. Their task today is to construct a drawing of the ship.
3. Do not provide instructions for accomplishing this.
4. Tell them that they must work together to decide how to create the ship.
5. Remind them that EVERYONE in the large group must contribute and that they must remember to work together like warriors.

Encourage all youth to participate in the opening activities.

Closing

Consult 4 Kids Lesson Plans

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

Component:	Opening
Grade Level:	K-6
Activity Title:	Trash Monster
Focus:	Opening Routine

Materials: 2 - 40 gal black bags per class Scissors (youth size) 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

<p>Directions:</p> <ol style="list-style-type: none"> 1. Announce to the group that today's contest will be Trash Monster and that they will pick a Fab 3 team to represent them 2. Explain that each Fab 3 team will be competing against to see which team can make the silliest, coolest, scariest monster by dressing up their program leaders with the black bags. 3. The Fab 3 will have a certain amount of time to cover their program leader. Use music to signal the start and stop of the time limit. The team with the coolest monster wins. 4. Audience should cheer and applaud the teams. 5. Fab 3s all get to leave early. 	<p>Encourage youth to participate in opening activities in some way.</p>
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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 to be an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Ultra World Pong Shot
Focus:	Opening Routine

Materials:	1 Red Cups	Music (youth appropriate)
	6 Ping Pong Balls	Timer or Clock

Opening

State the objective

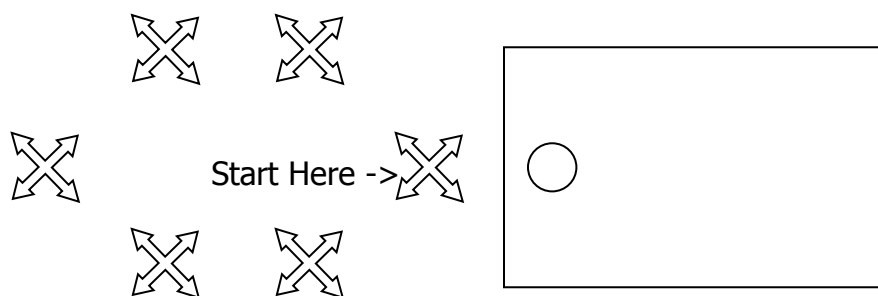
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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



Opening Activity

Directions:

1. Announce to the group that today's contest will be Ultra World Pong Shot and that they will pick one student from each class to represent them
2. Explain that each student will be competing to see who can make all the ping pong balls into the red cup from six different locations.
3. Each student will get two minutes to take turns shooting a ping pong ball with the goal of making a ping pong ball in the cup.
4. Each location is worth 10 points. See how many points they can get in two minutes.
5. Audience should cheer and applaud the teams.

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

To make it easier from younger grades, move the locations closer to the cup. To make it more challenging for older grades, move the locations further away.

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.