

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	B-Ball Dribble Relay
Focus:	Opening Routine

Materials:

Basketball
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 dribble the basketball 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.

For younger students give them an 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 for an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	B-Ball Over and Under
Focus:	Opening Routine

Materials: 1 Basketball per class Stop Watch 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 B-Ball Over and Under. Each class with participate as a whole.
2. Each class will line up and pass the basketball over and under to their teammates in front and behind them.
3. The team that completes the task first without dropping the ball wins.
4. If the ball is dropped, the team must start over.

***Activity → Teachable Moment(s) throughout**
 *To make it more challenging, blindfold students. Preferred to use with old youth.

 You can also have them compete per grade.

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:	Bucket Head
Focus:	Opening Routine

Materials:

1 – 1 Gallon Bucket
 Different types of medium or small balls (waffle ball, golf ball, softball, tennis ball, baseball, bean bag)
 Music (youth appropriate)

Opening

State the objective

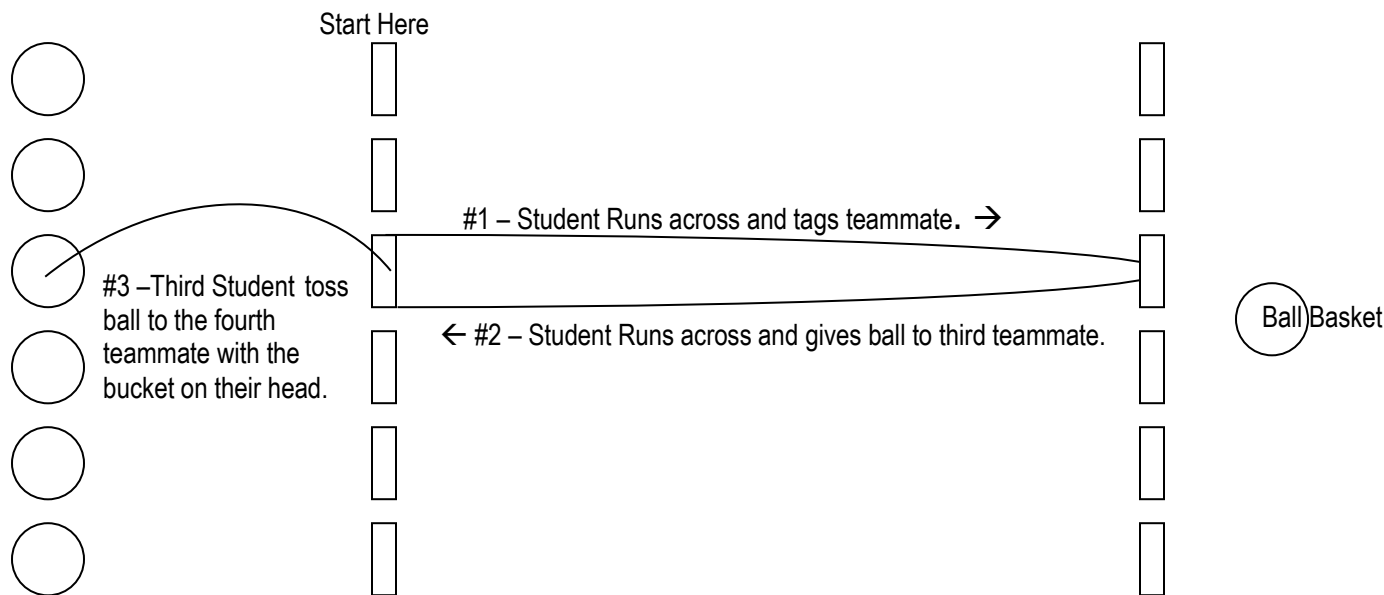
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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



Consult 4 Kids Lesson Plans

Opening Activity	
<p>Directions:</p> <ol style="list-style-type: none"> 1. Announce to the group that today's contest will be Bucket Head and that they will pick 3 students from each class to represent them. 2. See game directions above. 3. The team to have the most balls in their bucket wins. 4. Audience should cheer and applaud the teams. 	<p>Encourage youth to build relationships during opening.</p>

Closing
<p>Review</p> <p>Program Leader should ask students to describe the opening activity.</p>
<p style="text-align: center;">Debrief</p> <p>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?"</p>
<p>Reflection (Confirm, Tweak, Aha!)</p> <p>Ask students to think about an activity that they will suggest for an opening activity.</p>

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Chop Suey Rainbow
Focus:	Opening Routine

Materials:	
1 Bag of Skittles per student	1 Pair of chop sticks per student
1 Plate per student	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

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 Chop Suey Rainbow 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 eat all of the skittles on the plate using the chop sticks to pick up the pieces.
3. Demonstrate to students how to use chop sticks.
4. Audience should cheer and applaud the teams.

Encourage youth to build relationships during opening activities.

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-6
Activity Title:	Color Wheel
Focus:	Opening Routine

Materials:	
1 Large Bag of M&M's	1 Pair of Gloves per Student
Large bowl	1 Piece of Construction Paper
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: Empty the bag of M&M's in large bowl. Give student gloves.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Color Wheel 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 separate the bowl of M&M's by color.
3. Each student will get two minutes to sort through the M&M's.
4. Students who separate the most M&M's correctly wins.
5. Audience should cheer and applaud the teams.

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.

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-6
Activity Title:	Fear Factor: Mustard Cracker
Focus:	Opening Routine

Materials:

3 Saltine Crackers per Student
 1 Packet of Mustard per Student
 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 Fear Factor and that they will pick 1 student from each class to represent them.
2. Explain that team that eats the packet of mustard and 3 saltine crackers wins.
3. Audience should cheer and applaud the teams.

Youth should be encouraged 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

Component:	Opening
Grade Level:	K-6
Activity Title:	Fear Factor: Gummy Bear Filled Jalapeno
Focus:	Opening Routine

Materials:

Large Jalapeno per student
 Bag of Gummy Bears (enough to put 6 in a jalapeno)
 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

Slit open the jalapenos and stuff gummy bears inside. Prep with gloves. Have a carton of milk present for each student.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Fear Factor and that they will pick 1 student from each class to represent them. Make sure they like jalapenos
2. Explain that team that eats the stuffed jalapeno wins.
3. Audience should cheer and applaud the teams.

Encourage youth to build relationships during opening activities.

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-6
Activity Title:	Human Pac Man
Focus:	Opening Routine

Materials:

Music (youth appropriate)
6 Pictures of Fruits

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. Use the whole cafeteria/multipurpose room. Place the fruits in different locations in the room.
2. Choose 4 students to be ghost in the middle and 1 student to be PAC MAN.
3. The PAC MAN has two minutes to get all the fruits without being tagged by the ghost. When the music turns off, the ghosts are vulnerable. Music turns on, they can go after PAC MAN.
4. This can be done multiple times during opening.

Encourage youth to build relationships during opening activities.

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:	Learn Phrases: Do you speak English? 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 "Do you speak English" in German.
3. Sprechen Sie englisch? is pronounced *shprekhen zee ENG-lish?*
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 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:	Learn Phrases Have A Good Day 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 "Have a good day." in Finnish.
3. On hyvä päivä is pronounced HUU-vaa PIGH-vaa.
4. Select volunteers to say the phrase into the microphone.

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

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

Materials:

1 Object (Ball, Bean Bag, Stuffed Animal, etc)
 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: None

Opening Activity

Directions:

1. Announce to the group that today's contest will be Muy Caliente and that they will pick 3 students from each class to represent them.
2. All students will sit in a large circle. Team strategy is suggested.
3. When the music begins, students will pass along the object to the person right of them. When the music stops, the student with the object is eliminated.
4. Being the last person standing is the goal of the activity.
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 for an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Number Challenge
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 will be playing as a class. Classes will brainstorm 7 vegetables that are not green.
2. Have groups write them down on scratch paper. The team to get all 7 vegetables wins.
3. Teams can tie.

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

Component:	Opening
Grade Level:	K-6
Activity Title:	Robot Dance Off
Focus:	Opening Routine

Materials:

Music (youth appropriate - style: techno or house music)

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 Jumping Jack Relay and that they will pick their Fab 2 from their class to begin. They will compete in a robot style dance off! Bring your best robotic 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 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-6
Activity Title:	Series Dance
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 Series Dance and that they will pick one representative from their class to begin.
2. The representatives will be competing to perform dances, each one having to create a move that reflects the decade of music. The catch is that each dance must be different but still reflect the decade.
3. Have representatives line up shoulder to shoulder, arms length apart.*
4. When the music begins, students will begin. If they cannot think of a dance move, they will be asked to sit down. A new representative from that class will go up to compete in the next round.

Appropriate Music (Decades)

50's: Jailhouse Rock by Elvis Presley

60's: Surfin' Bird by The Trashman

70's: Car wash by Rose Royce

80's: Take on Me by A-ha

90's: Everybody by The Backstreet Boys

2000's: Rock Steady by Gwen Stefani

2010's: IMMA Be by The Black Eyed Peas

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

* Have young students start first so that it would pose an even challenge for each age group.

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 for an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Sing it high, Sing it low
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 today's activity will be Sing It High and that they will pick the Fab 2 from their class to begin.
2. Students will come up to see how well they can sing high notes and low notes.
3. Students in the audience will choose who can sing the highest and who can see the lowest.
4. Make sure to set expectation about screaming versus singing in a high note.
5. Students will cheer and applaud youth.

Encourage all youth to participate in the opening activities.

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-6
Activity Title:	Tennis Bounce
Focus:	Opening Routine

Materials:			
5 Tennis Balls	8 - 1 Gallon Buckets	Tennis Racket	
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 Tennis Bounce and that they will pick 1 student from each class to represent them.
2. Each student will compete to see who can make the most buckets. The student will hit the tennis ball with the racket and bounce it off the floor in the attempt to make it into the bucket.
3. The team to make the most buckets in 45 seconds wins.
4. 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:	The Diaper Challenge
Focus:	Opening Routine

Materials:	
1 Baby Diaper per Student	Chocolate Pudding
Large Bag of M&M's	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
 Mix 20 M&M's and chocolate pudding into each diaper.

Opening Activity

Directions:	
1. Announce to the group that today's contest will be The Diaper Challenge and that they will pick 1 student from each class to represent them.	
2. Each student will search for all 20 M&M's only using their mouth.	
3. The student who finds all 20 wins.	
4. Audience should cheer and applaud the teams. Clean student faces with napkins and baby wipes.	

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 Line Walk
Focus:	Opening Routine

Materials:

Masking/ Book/Painter Tape
 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

Tape a line for each class on the floor. Line should be about 25 feet long.

Opening Activity

Directions:

1. Announce to the group that today's contest will be The Line Walk and that they will pick 5 student from each class to represent them
2. Explain that team will compete to see who can walk the line the fastest. The first student in each group will walk the line forward and backwards. Once they have done that they will tag their teammate and they will walk the line. They must walk foot on front/behind the other. If they step off of the line, 5 second time out.
3. The team to complete this quickest, wins.
4. Audience should cheer and applaud the teams.

Encourage youth to build relationships during 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:	Through A Needle Relay
Focus:	Opening Routine

Materials:	
5 Plastic Sewing Needle per Class	2 Feet of Yarn per Class
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

Have students sit next to their teammates in front of the group.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Through A Needle Relay and that they will pick a Fab 5 team to represent them
2. Explain that each Fab 5 team will be competing against another Fab 5 team, preferably the same grade level.
3. The goal is to have 5 players pass the piece of yard through the plastic sewing needs that each of them have.
4. The team to get all 5 needles on the yarn and tie a bow, wins.

Larger needle loops for younger, small for older.

Encourage youth to build relationships during opening activities.

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-6
Activity Title:	Tutor Challenge: Full Plate
Focus:	Opening Routine

Materials:

Music (youth appropriate)
 Yogurt, pudding, cream of corn, fruit cocktail (3 - 4 oz of each per person)
 1 dessert plate per person

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 Jumping Jack Relay and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in a food eating contest.
2. They will receive their food plate. Student and tutor will be seated with their hands behind their backs. Once the music begins, they must eat all of the food on their plate without using their hands.
3. Audience should cheer and applaud the teams.

Focus on engaging all youth in the opening in some way—participation, cheering, score keeping, and so on.

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:	What's in the box?
Focus:	Opening Routine

Materials:

Plastic Insects
 Empty Box of Facial Tissue
 1 Blindfold per Student
 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 "What is in the box?" and that they will pick 1 student from each class to represent them.
2. Each student will guess what type of insect they are holding. They will be blindfolded and must reach into the box.
3. Reveal the insect to the student.

Encourage youth to build relationships with others.

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-6
Activity Title:	Through A Needle Relay
Focus:	Opening Routine

Materials:	5 Plastic Sewing Needle per Class	2 Feet of Yarn per Class
	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:

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- 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

Pour cans of alphabet soup on a Styrofoam or plastic plate. Give each student a pair of gloves.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Word Soup and that they will pick one student per team to represent them
2. Explain that each representative will be competing against another team, preferably the same grade level.
3. The goal is to create as many words as they can. The teams will get 2 minutes to make as many

Encourage youth to build relationships during opening activities.

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.