

Consult 4 Kids Lesson Plans

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

Materials:

1 Sheet of Scratch Paper per student
 Crayons per class
 Music (youth appropriate)

Opening

State the objective

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

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

Suggested Routine:

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

Set Up

Distribute paper to each student or designate student helpers to distribute. Spread out crayons over table. Designate two students to collect when it is clean up time.

Opening Activity

Directions:

1. Students will write on the center of their paper what their favorite cartoon is and why.
2. Students will fold them into an airplane. Students will then throw their paper airplane into the air. Have them point towards the ceiling to avoid any collisions with students.
3. Students will then each pick up an airplane. Have some share out.

Encourage all youth to participate in the opening activity at some level.

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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 for an opening activity.

Consult 4 Kids Lesson Plans

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

Materials:

Bag of Large Latex Balloons
 1 yard of Yarn per student
 1 Pair of Scissors
 4 Orange 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.

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 3 students from each class to represent them.
2. Explain that all students will be competing to see which team can pop the other team members' balloon by stomping on them.
3. If they step out of bounds, they are not allowed to step on someone's balloon until 5 seconds. This does mean that they can defend during this 5 seconds.
4. The team with the last standing person wins.
5. Audience should cheer and applaud the teams.

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



Consult 4 Kids Lesson Plans

Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

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

Materials: Bandana Orange Cone 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

Place cone away from starting line. Each student from each team will go at the same time with their different number of steps.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Blind Challenge and that they will pick 1 student from each class to represent them.
2. Each team will be competing to see who can make it to the cone. The student walking will be blind folded. The class will give them a number of steps they believe it will take to get to the cone. They are not allowed to tell them how big or small.
3. Audience should cheer and applaud the teams. Interview some of the participants.

Encourage all youth to participate in the opening.

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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 for an opening activity.

Consult 4 Kids Lesson Plans



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

Materials: 1 Basketball 5 Hula Hoops 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
 Designate 1 frontline staff to hold the hula hoop. They will start out with the hula hoop being held low to the ground then, moving up higher, 5 different levels high.

Opening Activity

<p>Directions:</p> <ol style="list-style-type: none"> 1. Announce to the group that today's contest will be Bounce B-Ball 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 bounce the basket ball on the ground in a way that the basket ball will go through the hula hoop at each of the 5 different height levels. 3. Each representative has 5 attempts. The team to make it to the farthest hoop wins. 4. Audience should cheer and applaud the teams. 	Encourage all youth to participate in the opening activity in some way.
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Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

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

Materials: (These materials are for the activity)

CD player

Country music CD

Understanding of dos-y-do, elbow swing, and High 10

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 need to select a Dynamic Duo to represent them in today's contest—Do-Si-Do
2. Explain that these two will need to use three country dance moves, Do-Si-Do, elbow swing, and high 10 when called during a country music song
3. When Dynamic Duos reach the front of the snack area, show them how to complete each of the 3 "dance moves"
 - a. **High 10**—partners face each other, raise arms like in a high 5, only connect with both hands to the high 10
 - b. **Elbow Swing**—partners face each other and link right elbows and each walk forward in a circle with elbows linked and after walking around one time, release right elbows, link left ones and reverse the circle
 - c. **Do-Si-Do** —partners face each other and WITHOUT turning around, they walk around each other—move to the left, move forward, step right-back-to back, step forward, and return to facing each other
4. Once they have practiced, put on the country music. Call out the action you want them to take. Line them up and let them dance for 1.5 minutes or so.

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

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

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Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-5
Activity Title:	Fear Factor: Bubble Blowing
Focus:	Opening Routine

Materials:

Bubble gum (your choice)—1 piece for each participant

Opening

State the objective

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

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

Suggested Routine:

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

Opening Activity

Directions:

1. One player from each homework group.
2. Give students a piece of bubble gum.
3. Give them a warm-up period to chew the gum and then practice blowing a few bubbles.
4. When you say go, student blows a bubble.
5. Each student can have up to 3 tries.
6. The biggest bubble wins the point.

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



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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-5
Activity Title:	Fear Factor: Club Bubble
Focus:	Opening Routine

Materials:

Club soda
 Straw
 Cup for soda (even amounts for all students)

Opening

State the objective

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

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

Suggested Routine:

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

Opening Activity

Directions:

1. One player from each homework group.
2. Give students 1 straw each.
3. Put an empty, clear cup in front of each player.
4. Fill the cups (almost to the top) with club soda and then say go.
5. The winner is the student who drinks all of the clubs soda first.

Encourage all youth to participate in the opening activities.

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Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Giant Horse Shoes
Focus:	Opening Routine

Materials: 5 Hula Hoops 2 Orange Cones 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

Place 2 cones across from each other about 10 feet away. Further for other students. Have one frontline staff member roll back the hoops once all 5 are thrown.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Giant Horse Shoes and that they will pick 3 students from each class to represent them.
2. Each team will be competing to see who can make the most hoops around the orange cone.
3. Students will relay with each other to toss the hula hoops in the attempts to make it around the cone. Each team has 1 minute to make as many as they can.
4. Audience should cheer and applaud the teams.

Encourage all students to participate in the opening activity in some way.



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Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Head in the Clouds
Focus:	Opening Routine

Materials:

Large Bag Cotton Balls
 Paper or Styrofoam Plate
 Plastic or Metal Spoon
 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

Spread cotton balls over table in front of each student representative.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Head in the Clouds and that they will pick 1 student from each class to represent them.
2. Each student will have a spoon and plate. They will place the plate on the top of their head and use the spoon to scoop up with cotton balls.
3. The students will compete to see who can scoop up the most "clouds" and place it on their head in 45 seconds. This game can be done multiple times.
4. Audience should cheer and applaud the teams.

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

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

Consult 4 Kids Lesson Plans

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

Materials: (These materials are for the activity)

Small jump ropes, one for each team

CD

Music (for jumping so it needs to be with a strong beat and energy)

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 will select a champion to represent them in today's contest: Jump! Jump! Jump!
2. Explain that in this contest, the champion will jump rope to the music being played
3. When the champion gets tired, he/she may stop jumping
4. Last champion jumping, wins.
5. Winning Champion and the group he/she represents will leave the snack area first

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

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



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-5
Activity Title:	Learn Phrases—I Am Very Good Chinese
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 "I am very good." in Chinese.
3. 我很好。 is pronounced Wǒ hěn hǎo. You can even show students the way that it is written.
4. Select volunteers to say the phrase into the microphone.

Encourage 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-6
Activity Title:	Learn Phrases: I don't like it. French
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 "I don't like it." in French.
3. Ça ne me plaît pas. is pronounced (sah ner mer play pah).
4. Select volunteers to say the phrase into the microphone.

Encourage 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 for an opening activity.

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Lizard Tail Grab
Focus:	Opening Routine

Materials:

1 Bandana Per Student (20 would be a good minimum. Larger programs 40 would be a good minimum.)
 4 Orange 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.

Set Up

Designate area of play with 4 orange cones. 15 feet by 15 feet.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Lizard Tail Grab and that they will pick 3 students from each class to represent them.
2. Explain that all students will be divided into 2 groups despite class. One group will be the lizards and one group being the tail snatchers.
3. The teams will start on opposite ends of the area of play. When the music starts, the teams will try the either save their tails or snatch the tails. Once you snatch a tail you become a lizard.
4. Audience should cheer and applaud the teams. There is no winner.

Encourage all youth to participate in opening activities at some level.

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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 for an opening activity.

Consult 4 Kids Lesson Plans

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

Materials:

12 Unsharpened Pencils
 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

Line up the 12 pencils on the end of the table with half of the pencil hanging of the side.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Pencil Catapult and that they will pick 2 students from each class to represent them.
2. The pair of students from each class will work together. One student will be the pencil catapult and the other student will catch the pencils.
3. The "Pencil Catapult" will strike the end of the pencil side that is hanging off the side of the table.
4. The team that catches the most pencils catapulted wins. Teams can tie.
5. Audience should cheer and applaud the teams.

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

Consult 4 Kids Lesson Plans

Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Ping Pong Bowling
Focus:	Opening Routine

Materials:

6 Large Marbles
 8 Ping Pong Balls
 Double Sided 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

Roll from
Here ->



Tape ping pong balls with double sided tape to the end of the tale.



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 Ping Pong Bowling 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 knock off all of the ping pong balls. 3. Each student will get 6 attempts per persons turn to knock off the ping pong ball. 4. Each ping pong ball knocked off is 10 points. 5. Audience should cheer and applaud the teams. 	<p>Encourage each student to actively engage in the opening activities.</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 for an opening activity.

Consult 4 Kids Lesson Plans

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

Materials:

One Plastic Egg Per Class
 Music (youth appropriate)

Opening

State the objective

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

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

Suggested Routine:

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

Set Up

Place a strip of paper containing a silly act that students must do since they dropped their egg. Silly acts can include: doing a funny dance, acting like an animal, try to say a tongue twister, eating something sour, etc.

Opening Activity

Directions:

1. Announce to the group that today's contest will be Silly Eggs and that they will pick 2 students from each class to represent them.
2. The pair of students from each class will work together. They will toss the egg to each other. Each time they make a catch, they must take a step back.
3. If the team drops the egg, they must perform the action on the strip of paper inside.
4. Audience should cheer and applaud the teams.

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

Consult 4 Kids Lesson Plans

Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-5
Activity Title:	Table Art: Alphabet Quilt
Focus:	Opening Routine

Materials:

Butcher paper for each group, crayolas, marking pens, pencils for each group

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. Explain to each group that they are going to work together to create an Alphabet Quilt on the butcher paper on the table.
2. After talking over how to create their Quilt, each youth should draw a Quilt Block, placing the first letter of his/her first name in the block and then sharing something they enjoy doing in the block—using the materials they have.
3. When the time is up, post the "Quilts" by hanging them around the opening area.

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:	Table Art: Music Video
Focus:	Opening Routine

Materials:

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

Opening

State the objective

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

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

Suggested Routine:

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

Set Up

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

Opening Activity

Directions:

1. Students will create and draft up a music video for a song they really like. Songs need to be appropriate.
2. What is the message behind the song? How does the video convey the message? What style of music is the song? Will you have someone guest appearance? Where will the video be shot? Who is the artist?

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-6
Activity Title:	Table Art: New Animal
Focus:	Opening Routine

Materials:

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

Opening

State the objective

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

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

Suggested Routine:

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

Set Up

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

Opening Activity

Directions:

1. Students will create and draw their own animal of the creation. They will cover the butcher paper with their ideas and designs.

Encourage all youth to participate in the opening.

Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening 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:	3 Strikes You're Out
Focus:	Opening Routine

Materials: (These materials are for the activity)

Small white boards and markers
Math problems +, -, X, ÷

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 need to select a Terrific Trio to represent them in today's contest—3 Strikes You're Out
2. Explain that this team will be completing math problems
3. When the Terrific Trios arrive at the front of the snack area have them line up in one behind the other—team 1, team 2, team 3 and so on
4. One Terrific Trio member from each group steps forward with the white board and vis-à-vis pen
5. Give them the math problem to solve, when completed, student turns white board around
6. If the answer is correct, player goes to the back of the line, if incorrect, it counts as one strike
7. Process continues until there is only one player left standing
8. Terrific Trios all get to leave the snack area first.

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

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



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Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Tutor Challenge: Tower of Dominoes
Focus:	Opening Routine

Materials:

Music (youth appropriate)
2 Set of Dominoes

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 Tower of Dominoes and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in a building challenge.
2. The person to build the highest tower using a set of dominoes. They will have 1 minute to complete the task.
3. Audience should cheer and applaud the teams.

Encourage youth to participate in the opening in some way.

Closing

Review

Program Leader should ask students to describe the opening activity.

Debrief

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



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

Reflection (Confirm, Tweak, Aha!)

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

Consult 4 Kids Lesson Plans

Component:	Opening
Grade Level:	K-6
Activity Title:	Learn Phrases: What's up? How's it going?
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 "What's up?, How's it going?" in French.
3. Quoi de neuf? is pronounced (kwah duh nuhf).
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 for an opening activity.