

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Balloon Buns
<b>Focus:</b>	Opening Routine

**Materials:**

Balloons (two for each team)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Two players from each team brought to the front and give each a balloon.
2. Have all participants blow up the balloon given to them, tying a knot in the end of the balloon.
3. Entire group sits in a circle and when you say "Go", each person tries to pop his/her balloon by sitting on it.
4. Team (2 players) that pops the balloons first wins.

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

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

**Materials:**

Music (youth appropriate)  
3 inflated latex balloons per student

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Balloon Juggle and that they will pick one representative. Each representative will get 3 inflated balloons to juggle. The one to keep all 3 balloons up the longest wins.
2. The rules are that the same balloon cannot be touched twice in a row and if a balloon is touched twice or falls, the student is out. A new student from the class can come up and try.
3. Audience should cheer and applaud the teams.

Encourage youth to participate in opening in some way.

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Dance Off
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Boom Box Music (rap or hip hop)
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### Opening

**State the objective**

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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. Team selects dancers to go to the front of program to demonstrate the best dance moves.
2. Play two different pieces of music and have players dance to each of them.
3. Audience votes for favorite dancer by cheering.
4. Loudest cheers win.

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.

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<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Empty It
<b>Focus:</b>	Opening Routine

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

**State the objective**

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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. Gather one representative from each team
2. Give each student a box of Kleenex or other tissue
3. Give each student 1 minute to pull all of the tissue out of the box, one at a time.
4. Student who finishes first or the student with the least amount of tissue left, wins class points.

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

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

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

Sports cards—on 3 x 5 cards (one per card) name of a sport—you will need 2 for each group

Examples: football, volleyball, dodge ball, tennis, boxing, soccer, track, weight lifting, swimming, gymnastics, etc.

### Opening

**State the objective**

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**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. Invite the groups in the audience to select a Terrific Trio to represent them in today's contest. Share with the group that they will need to be able to list at least 3 different sports activities (traditional and non-traditional)
2. When the Terrific Trios get to the front tell them that they will need to pantomime three different sports (this means that they will act out the sport without words).
3. As they are acting out the sport, the audience will guess which sport they are seeing. When the audience gets the sport right, the team will give the stage up to the next Terrific Trio.
4. Distribute the sports cards to the teams (2 per team)
5. The Terrific Trios will 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Fear Factor: Icy Feet
<b>Focus:</b>	Opening Routine

**Materials:**

Ice (enough to place in a bowl before each player)  
 Container for ice  
 Smaller container to transfer the ice into

### Opening

**State the objective**

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**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. You will need ice, bowls, and one large container that will hold the ice.
2. The container needs to be big enough so that all team members can sit around the container.
3. One member from each homework group sits around the container with their shoes off.
4. When you say go, each player puts his/her feet into the ice and tries to remove a cube of ice and place it into the container.
5. The person with the most ice cubes wins for his/her team.

Encourage all youth to participate in the opening activities.

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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Fear Factor: Potato Roll
<b>Focus:</b>	Opening Routine

**Materials:**

Potato for each team  
Clearly marked "Start" and "Finish" lines

### Opening

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**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 each student a small potato.
3. There is a start and a finish line.
4. When you say go, player must push the potato from the start line across the finish line.
5. They may **NOT** use their hands or feet.

Encourage all youth to participate in the opening activities.

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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Bag of Large of Cotton Balls  
 2 Medium Size Bowls  
 A Tub of Petroleum Jelly  
 Music (youth appropriate)

### Opening

**State the objective**

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**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**

Fill up one bowl with cotton balls and leave the other bowl empty.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Ghost Poop Relay 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 transfer the most cotton balls from one bowl to the other by using their nose. Apply a little bit of petroleum jelly on the tip of students' nose to make it adhesive to the cotton balls.
3. Each student will get 45 seconds to see how many they can transfer.
4. Award points based on what place they received. If 7 classes, 70 points will be given to 1<sup>st</sup> place and last place will receive 10 points.
5. Audience should cheer and applaud the teams.

Encourage 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

<b>Program Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Hot Spot Matches
<b>Focus:</b>	Opening Routine

**Materials:**

20 Flat Mouse Pads  
 Stickers (10 pairs - 2 of each kind)  
 Music (youth appropriate)

### Opening

**State the objective**

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**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 Hot Spot Matches and that they will pick one representative from their class to begin.
2. The representatives will be competing to see how many matches they can get versus the other team. (If odd number of representatives, have old youth challenge a tutor/frontline staff.
3. Representatives will take turns selecting 2 mouse pads. If they get a pair they get to go again. If they do not, it is the other representatives turn.
4. When the music begins, students will begin. Teams will cheer on their classmate.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

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### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases—How Are You? French
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "How are you?" in French.
3. Comment allez-vous? is pronounced come-on-tally-voo.
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.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases Excuse Me French
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
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- 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 "Excuse me." in French.
3. Excusez-moi is pronounced ex-kewzay mwah (making a lip pucker motion at the end).
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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Fear Factor: Marble Grab
<b>Focus:</b>	Opening Routine

**Materials:**

Marbles  
 Water  
 Small bowl  
 Container (like a large bowl)  
 Water

### 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. A large container with marble on the bottom and filled with about 3" of water.
2. One player from each homework group.
3. Player takes off shoes and socks and sits in a chair around the tub.
4. When you say "GO", each player tries to get as many marbles out of the water as they can with their feet, placing each captured marble in a container.

Encourage all youth to participate in the opening activities.



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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Rainstorm!
<b>Focus:</b>	Opening Routine

**Materials:**

None

### 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.

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**Suggested Routine:**

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- Greet them by name (use name tags if you need to do so).
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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.

### Opening Activity

**Directions:**

1. Ask for five volunteer from the audience. When each volunteer gets to the front, assign them with one action:
  - #1: Snapping fingers
  - #2: Rubbing hands together
  - #3: Clapping hand quickly (not so much loudly)
  - #4: Patting hands on thighs
  - #5: Stomping his/her feet
2. Once each volunteer has his/her job, explain to the group that together you are going to create a "Rainstorm". Explain that once volunteer at a time will pass them and as they do, the audience must do what the volunteer is doing and NOT STOP until the next person has come by, and then they must join that person.
3. Send the volunteers across in front of the audience one at a time, repeating his/her action. When one volunteer is about  $\frac{3}{4}$  of the way across, start the next volunteer.
4. Once all five have crossed in front, reverse the order. In other words, the person

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

<p>stomping his/her feet will cross one way, and then upon arriving at the other side of the audience, will return the other direction, followed in reverse order.</p> <p>5. You will create a rain storm that starts light, progresses to heavy, and then returns to light.</p>	
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<b>Closing</b>
<b>Review</b>
Program Leader should ask students to describe the opening activity.
<b>Debrief</b>
This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”
<b>Reflection (Confirm, Tweak, Aha!)</b>
Ask students to think about an activity that they will suggest being an opening activity.



## Consult 4 Kids Lesson Plans

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

**Materials:**

3 Ping Pong Balls  
 6 Red Cups (labeled)  
 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**



Lay cups face open on their sides, taping them to the table to make them stable.

Label cups with point value  
 Ex: 100, 200, etc)

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Roller Ball and that they will pick a Fab 5 team to represent them
2. Explain that each Fab 5 team will be competing to see who can roll a ball into a cup for points. Each person on each Fab 5 team gets 3 balls.
3. The total from all Fab 5 players determines the winning team.
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave early

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

## Consult 4 Kids Lesson Plans

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Box of Alphabet Magnets (including A – Z) per team  
 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 do an exercise, simultaneously. The objective of the exercise is to put a box of alphabet magnets into alphabetical order.
2. Have one student from each class come up at a time. There will be 2 students total from each class.
3. Time how fast they put their letter in order.
4. Once all students have completed the exercise, share how you can tell someone can go things simultaneously. An example of this is being able to multitask. If you start by organizing it by order, starting with A, then B, then C and so forth, that may indicate how you think of completing an exercise. If you start by chunking them together, grabbing from the middle to other areas where it may be quicker to organize them together. Speed in this activity indicated how fast your brain has processed the information.
5. Do a quick debrief and ask the students what they thought about the activity and explain their experience.

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

## Consult 4 Kids Lesson Plans

Closing	
	Review
N/A	
	Debrief
Do a quick debrief and ask the students what they thought about the activity and explain their experience.	
	Reflection (Confirm, Tweak, Aha!)
Ask students to think about an activity that they will suggest being an opening activity.	

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: American Folk Lore
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher paper the length of the table (12' – 20')  
Pencils  
Crayolas, marking pens, and/or colored pencils

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

Pencils

Crayolas, marking pens, and/or colored pencils

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Best Outfit to Wear Swimming
<b>Focus:</b>	Opening Routine

**Materials:**

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

Pencils

Crayolas, marking pens, and/or colored pencils

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Butcher paper the length of the table (12' – 20')  
Pencils  
Crayolas, marking pens, and/or colored pencils

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Tail Tag
<b>Focus:</b>	Opening Routine

**Materials:**

Bandanas or square of cloth  
Cones

### 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. Designate space with cones
2. One representative from each team comes to the front and puts a bandana in his/her back pocket. (**Note:** bandana or cloth must be hanging out of the pocket.)
3. When you say "Go", players try to steal each others' bandanas.
4. Winner collects the bandanas and the player with the most at the end of the game, wins.
5. **Note:** Once the player's bandana has been pulled, he/she is frozen.
6. **Note:** Make sure the students agree to stay in the area and not jump over each other.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.



## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Taste the Rainbow
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Skittles Chop Sticks
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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. Groups are represented by two students.
2. Give a plate full of Skittles to each group.
3. First group to finish eating the Skittles on the plate (using chopsticks of course) wins.
4. You can also time this event.
5. **Note:** Since they all just ate candy, they all really win.

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Two Truths and a Lie
<b>Focus:</b>	Opening Routine

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

None

### 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 students that each group needs to select a Terrific Trio to come to the front of the multipurpose room or front of outdoor eating area
2. Tell the group that they need to send a group that can come up with 2 truths and one lie
3. When the Terrific Trios get to the front of the room tell them that their challenge is to have 2 people in the group tell unbelievable truths and 1 person tell a very believable lie.
4. Example: My dog licks my face when I see him after school (could be a lie if the person doesn't have a dog); I play the piano at church when my mom sings (could be the truth if the person has taken lessons)
5. One team at a time, the Terrific Three comes to the front of the room.
6. Each student tells either the truth or a lie (remember 2 people have to tell the truth and only one can lie)
7. Groups of students vote to see if they can uncover the lie
8. Terrific Trios who are uncovered, win and can 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.