

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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



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

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

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

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

**Materials:**

Music (youth appropriate)

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

This activity can be done twice.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

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### Closing

#### 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>	Condiment Paintings
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
 1 white railroad board per team  
 Ketchup and mustard (Packets)

### 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 Condiment Paintings and that they will pick their Fab 1 from their class to begin. Give directions to students
2. Students will begin painting a picture using the condiment packets.
3. Once students have created their paintings, the voting will begin. Each class has 3 votes. They can spend 1 minute discussing who they would like to give their votes to. The team with the most votes wins.
4. Audience should cheer and applaud the teams.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

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

**State the objective**

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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.

**Set Up**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Catsup packets  
Teddy Grahams

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

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### Debrief

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

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

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

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

**Materials:**

Music (youth appropriate)

2 orange cones per team

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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



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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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



## Consult 4 Kids Lesson Plans

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

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

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

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

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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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



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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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



## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Microphone

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

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

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage youth to build relationships during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

Pencils

Crayolas, marking pens, and/or colored pencils

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

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

Focus on engaging all youth in opening in some way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

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

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

## Consult 4 Kids Lesson Plans

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

## Consult 4 Kids Lesson Plans

Closing
<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>	Balloon Soccer
<b>Focus:</b>	Opening Routine

**Materials:**

1 latex Balloon per Class, blown up  
 2 small or medium size hula hoops per class  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

20 white ping pong balls  
 4 orange ping pong balls  
 1 large metal pizza tray  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

Place all ping pong balls on the metal pizza tray.

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

1 pair of chopsticks per class  
 30 buttons per Class  
 2 bowls per class  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

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

**Materials:**

Goggles for each team  
Whipped Cream  
Squirt Bottle for each team

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Boogie Oogie Partners and that they will pick a Fab 5 team to represent them
2. The Fab 5 teams will be competing to see who can be the last pair to find a partner.
3. When the music begins, student will mingle around. When the music stops, they will need to find a partner. Start off with odd numbers of participants.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b> Lifesavers Coffee Stirrers
----------------------------------------------------

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b> 10 Red Cups 2 Ping Pong Balls Music (youth appropriate)
------------------------------------------------------------------------------------

### Opening

**State the objective**

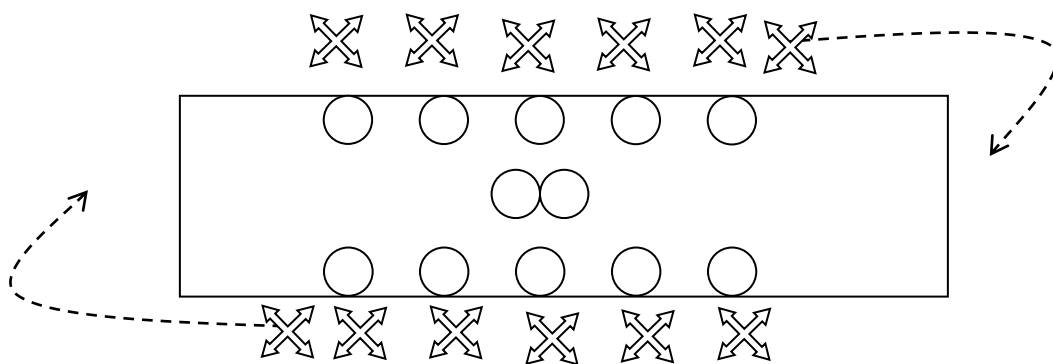
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

**Set Up**



## Consult 4 Kids Lesson Plans

### Opening Activity

**Directions:**

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

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

4 cones  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

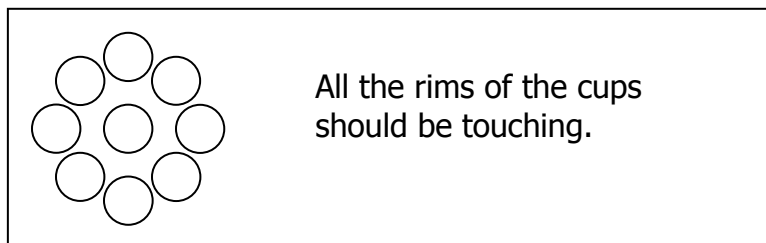
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

**Set Up**



### Opening Activity

**Directions:**

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

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

## Consult 4 Kids Lesson Plans

Closing
<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>	Keep It Up
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
1 latex balloon per class

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases Nice To Meet You Finnish
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "Nice to meet you." in Finnish.
3. Hauska tavata is pronounced (HOWS-kah TAH-vah-tah).
4. Select volunteers to say the phrase into the microphone.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in opening activity in same way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b>	
Empty Tissue Box	Yarn
1 Pair of Scissors	10 Ping Pong Balls
Music (youth appropriate)	

### Opening

#### State the objective

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

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

#### Suggested Routine:

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

#### Set Up

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

### Opening Activity

#### Directions:

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

Encourage youth to build relationships during opening.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

10 Red Cups  
 6 Ping Pong Balls  
 Music (youth appropriate)

### Opening

**State the objective**

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

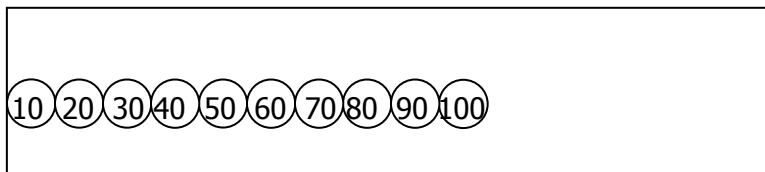
In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

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

**Set Up**

**Student  
Here**



### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.



## Consult 4 Kids Lesson Plans

### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

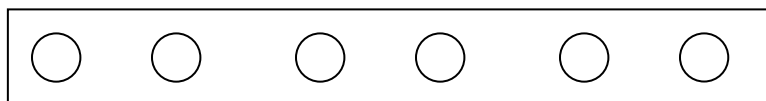
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

**Set Up**



### Opening Activity

## Consult 4 Kids Lesson Plans

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

**Materials:**

Bag of small water balloons (enough to give each class 40 balloons)  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in opening in some way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Best Food
<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 Food, and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Best Toy
<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 Toy, and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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



## Consult 4 Kids Lesson Plans

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

**Materials:**

Poster paper  
Pencils  
Color markers

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage all youth to participate in the opening activities.

### Closing

## Consult 4 Kids Lesson Plans

### **Review**

Program Leader should ask students to describe the opening activity.

### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

2 - 40 gal black bags per class  
 Scissors (youth size)  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Trash Monster and that they will pick a Fab 3 team to represent them
2. Explain that each Fab 3 team will be competing against to see which team can make the silliest, coolest, scariest monster by dressing up their program leaders with the black bags.
3. The Fab 3 will have a certain amount of time to cover their program leader. Use music to signal the start and stop of the time limit. The team with the coolest monster wins.
4. Audience should cheer and applaud the teams.
5. Fab 3s all get to leave early.

Encourage youth to participate in 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 to be an opening activity.

## Consult 4 Kids Lesson Plans

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

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

### Opening

**State the objective**

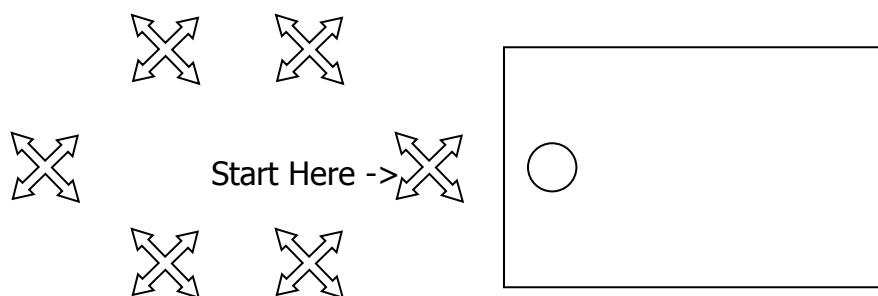
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

**Set Up**



### Opening Activity

**Directions:**

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

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

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

## Consult 4 Kids Lesson Plans

Closing
<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>	B-Ball Dribble Relay
<b>Focus:</b>	Opening Routine

**Materials:**

Basketball  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

For younger students give them an 8 second head start.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b> 1 Basketball per class Stop Watch Music (youth appropriate)
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### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be B-Ball Over and Under. Each class with participate as a whole.
2. Each class will line up and pass the basketball over and under to their teammates in front and behind them.
3. The team that completes the task first without dropping the ball wins.
4. If the ball is dropped, the team must start over.

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

\*To make it more challenging, blindfold students. Preferred to use with old youth.

You can also have them compete per grade.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

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

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

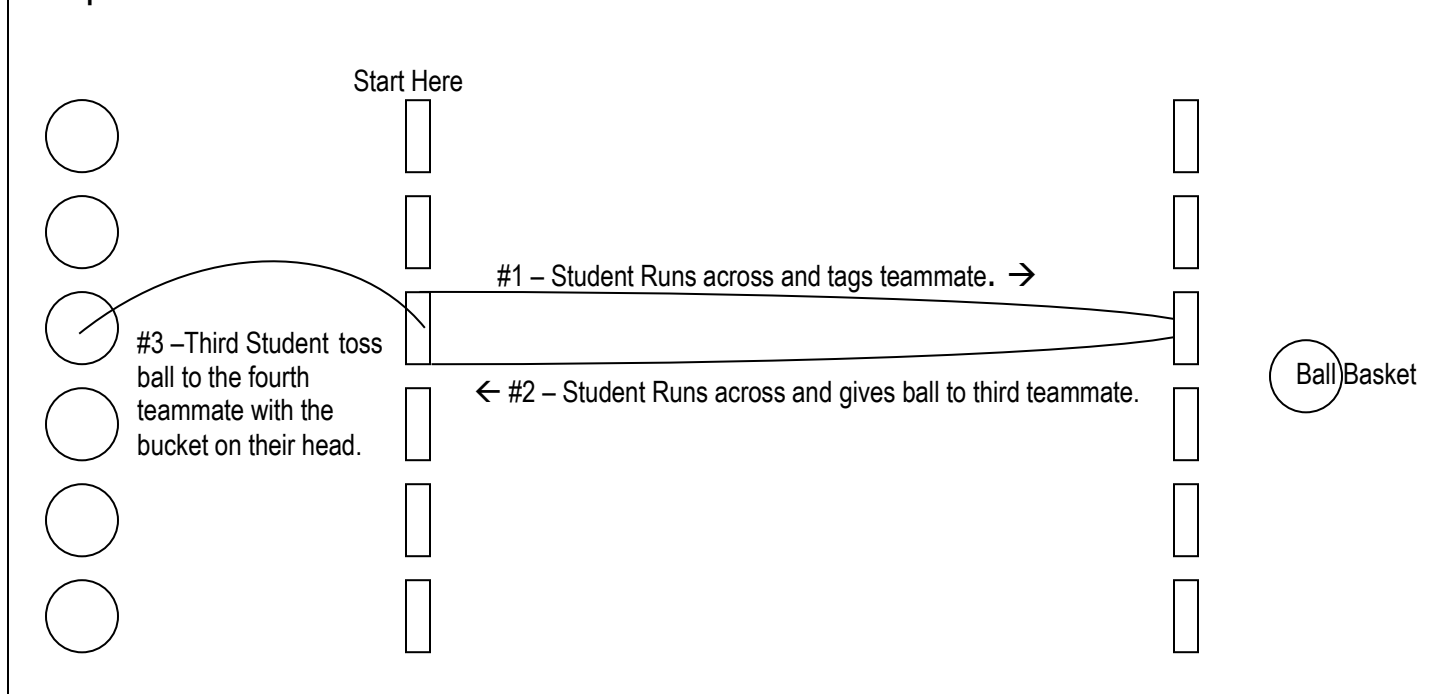
### Opening

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

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

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

**Set Up**



## Consult 4 Kids Lesson Plans

### Opening Activity

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

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

<b>Materials:</b>	
1 Bag of Skittles per student	1 Pair of chop sticks per student
1 Plate per student	Music (youth appropriate)

### Opening

#### **State the objective**

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

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

#### Suggested Routine:

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

#### **Set Up**

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

### Opening Activity

#### **Directions:**

1. Announce to the group that today's contest will be Chop Suey Rainbow and that they will pick one student from each class to represent them.
2. Explain that each student will be competing to see who can eat all of the skittles on the plate using the chop sticks to pick up the pieces.
3. Demonstrate to students how to use chop sticks.
4. Audience should cheer and applaud the teams.

Encourage youth to build relationships during opening activities.

### Closing

#### **Review**

Program Leader should ask students to describe the opening activity.

#### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b>	
1 Large Bag of M&M's	1 Pair of Gloves per Student
Large bowl	1 Piece of Construction Paper
Music (youth appropriate)	

### Opening

#### **State the objective**

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

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

#### **Suggested Routine:**

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

**Set Up:** Empty the bag of M&M's in large bowl. Give student gloves.

### Opening Activity

#### **Directions:**

1. Announce to the group that today's contest will be Color Wheel and that they will pick one student from each class to represent them
2. Explain that each student will be competing to see who can separate the bowl of M&M's by color.
3. Each student will get two minutes to sort through the M&M's.
4. Students who separate the most M&M's correctly wins.
5. Audience should cheer and applaud the teams.

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

### Closing

#### **Review**

Program Leader should ask students to describe the opening activity.

#### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Fear Factor: Mustard Cracker
<b>Focus:</b>	Opening Routine

**Materials:**

3 Saltine Crackers per Student  
 1 Packet of Mustard per Student  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Fear Factor and that they will pick 1 student from each class to represent them.
2. Explain that team that eats the packet of mustard and 3 saltine crackers wins.
3. Audience should cheer and applaud the teams.

Youth should be encouraged to build relationships during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

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

Encourage youth to build relationships during opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)  
6 Pictures of Fruits

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

Encourage youth to build relationships during opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases: Do you speak English? German
<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 "Do you speak English" in German.
3. Sprechen Sie englisch? is pronounced *shprekhen zee ENG-lish?*
4. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases Have A Good Day Finnish
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "Have a good day." in Finnish.
3. On hyvä päivä is pronounced HUU-vaa PIGH-vaa.
4. Select volunteers to say the phrase into the microphone.

Encourage youth to build relationships during opening.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

1 Object (Ball, Bean Bag, Stuffed Animal, etc)  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up:** None

### Opening Activity

**Directions:**

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

Encourage youth to build relationships during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

Encourage youth to build relationships during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Jumping Jack Relay and that they will pick their Fab 2 from their class to begin. They will compete in a robot style dance off! Bring your best robotic moves to the dance floor to win. They have 1 minute to show off their best moves.
2. Once students have demonstrated their moves, the voting will begin. Each class has 3 votes. They can spend 1 minute discussing who they would like to give their votes to. The team with the most votes wins.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in Opening Activities in some way.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Series Dance and that they will pick one representative from their class to begin.
2. The representatives will be competing to perform dances, each one having to create a move that reflects the decade of music. The catch is that each dance must be different but still reflect the decade.
3. Have representatives line up shoulder to shoulder, arms length apart.\*
4. When the music begins, students will begin. If they cannot think of a dance move, they will be asked to sit down. A new representative from that class will go up to compete in the next round.

Appropriate Music (Decades)

50's: Jailhouse Rock by Elvis Presley

60's: Surfin' Bird by The Trashman

70's: Car wash by Rose Royce

80's: Take on Me by A-ha

90's: Everybody by The Backstreet Boys

2000's: Rock Steady by Gwen Stefani

2010's: IMMA Be by The Black Eyed Peas

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

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

## Consult 4 Kids Lesson Plans

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

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b>			
5 Tennis Balls	8 - 1 Gallon Buckets	Tennis Racket	
Music (youth appropriate)			

### Opening

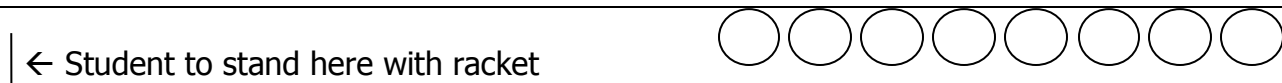
**State the objective**

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

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

**Suggested Routine:**

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



### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Tennis Bounce and that they will pick 1 student from each class to represent them.
2. Each student will compete to see who can make the most buckets. The student will hit the tennis ball with the racket and bounce it off the floor in the attempt to make it into the bucket.
3. The team to make the most buckets in 45 seconds wins.
4. Audience should cheer and applaud the teams.

Encourage youth to build relationships during opening.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

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

<b>Materials:</b>	
1 Baby Diaper per Student	Chocolate Pudding
Large Bag of M&M's	Music (youth appropriate)

### Opening

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

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

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

**Set Up**  
 Mix 20 M&M's and chocolate pudding into each diaper.

### Opening Activity

<b>Directions:</b>	
<ol style="list-style-type: none"> <li>1. Announce to the group that today's contest will be The Diaper Challenge and that they will pick 1 student from each class to represent them.</li> <li>2. Each student will search for all 20 M&amp;M's only using their mouth.</li> <li>3. The student who finds all 20 wins.</li> <li>4. Audience should cheer and applaud the teams. Clean student faces with napkins and baby wipes.</li> </ol>	

### 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>	The Line Walk
<b>Focus:</b>	Opening Routine

**Materials:**

Masking/ Book/Painter Tape  
 Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

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

Encourage youth to build relationships during opening activities.

## Consult 4 Kids Lesson Plans

Closing
<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>	Through A Needle Relay
<b>Focus:</b>	Opening Routine

<b>Materials:</b> 5 Plastic Sewing Needle per Class Timer or Clock	2 Feet of Yarn per Class 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**  
Have students sit next to their teammates in front of the group.

### Opening Activity

<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Announce to the group that today's contest will be Through A Needle Relay and that they will pick a Fab 5 team to represent them</li> <li>2. Explain that each Fab 5 team will be competing against another Fab 5 team, preferably the same grade level.</li> <li>3. The goal is to have 5 players pass the piece of yard through the plastic sewing needs that each of them have.</li> <li>4. The team to get all 5 needles on the yarn and tie a bow, wins.</li> </ol>	<p>Larger needle loops for younger, small for older.</p> <p>Encourage youth to build relationships during 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

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

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

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	What's in the box?
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Plastic Insects Empty Box of Facial Tissue 1 Blindfold per Student Music (youth appropriate)
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### Opening

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

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

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

### Opening Activity

<b>Directions:</b> <ol style="list-style-type: none"> <li>1. Announce to the group that today's contest will be "What is in the box?" and that they will pick 1 student from each class to represent them.</li> <li>2. Each student will guess what type of insect they are holding. They will be blindfolded and must reach into the box.</li> <li>3. Reveal the insect to the student.</li> </ol>	Encourage youth to build relationships with others.
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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-6
<b>Activity Title:</b>	Through A Needle Relay
<b>Focus:</b>	Opening Routine

<b>Materials:</b>	5 Plastic Sewing Needle per Class	2 Feet of Yarn per Class
	Timer or Clock	Music (youth appropriate)

### Opening

#### **State the objective**

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

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

Suggested Routine:

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

#### **Set Up**

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

### Opening Activity

#### **Directions:**

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

Encourage youth to build relationships during opening activities.

### Closing

#### **Review**

Program Leader should ask students to describe the opening activity.

#### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b>	
1 Blindfold per student	Music (youth appropriate)
1 small ball 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 Clap Radar and that they will pick one representative from their class to begin. They are going to try to find small objects hidden in the crowd. The crowd will clap softly or more frequently depending on the distance they are from the object hidden.
2. The representatives will place the blindfold over their eyes and put their hands over their ears. Hide the objects in the crowd. Have the crowd face out when sitting at the tables.
3. Once the objects have been hidden, let the students remove their blindfolds and search for the objects. Students will clap smaller if they are far away from the object and more frequently if they are close to the object.
4. The difficulty is, which claps should they listen to?
5. Once all objects have been found, ask for new representatives. There is no winner.

Encourage all youth to participate in 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 for an opening activity.

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Pick one student from each class to come up. Have them line up shoulder to shoulder by grade. If there are students from the same grade, then their birthdays will be the second filter.
2. The first student will do a dance move (start with younger grade). The next person will do their dance move and add their own. The next person will do the previous moves and add their own. This will go all the way down the line.

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-6
<b>Activity Title:</b>	Fear Factor: Combo Burrito
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

Napkins

Burrito contents: tortilla, pinch of brussel sprouts, pickled artichoke, spoonful of black beans and peanut butter.

Water and Cups

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Fear Factor: Combo Burrito and that they will pick one representative. The first representative to each all of their burrito win.
2. Students will begin by placing their hands behind their back. When the music begins, students may start to eat their food.
3. Audience should cheer and applaud the teams.

Encourage all students to participate in the opening activity 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 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: Just the Eyes
<b>Focus:</b>	Opening Routine

**Materials:**

Blindfolds  
 Cooked Top Ramen in a bowl for each player  
 Plastic spoon  
 Gum Ball Eyes

### 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. Place an equal portion of noodles and gumballs in each bowl.
3. Students are to be blindfolded with their hands behind their backs with the bowl of noodles and gumballs in front of them on the table.
4. When the leader calls, "GO!" the student has to sift through the noodles with their mouths to find all the gumball eyes.
5. The person who finds all of the eyeballs first, wins.

Encourage all youth to participate in the opening activities.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Funny Face
<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. Invite each of the groups to select a champion to compete in today's contest. Share with them that today's contest is about the ability to make a "funny face".
2. Champions arrive at the front of the multipurpose room or outdoor snack area.
3. Explain that the champions will line up and when you say "Go", each will make his/her "funny face".
4. Tell champions that you will walk behind each one of them and the audience will clap and cheer for them.
5. The winner is chosen as a result of which champion received the most applause and cheering.
6. Winning champion and his/her group 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

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

<b>Materials:</b> Music (youth appropriate) 1 Orange
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### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Gumball Challenge and that they will pick one representative from their class to begin.
2. Student will begin with their hands behind their back. Each student (or pair of students) will have 2 - 2 liter bottles; one 1/2 filled with gumballs and one empty.
3. Students have the option of how they want to transfer the gumballs. Hint: Most effective way is to hold the two bottles together where the opening meets and shake the bottles up and down or in a cyclone motion.
4. The first person to transfer their gumballs, wins. The game can be done in rotations so it can be 2 vs. 2 or 4 vs. 4 for multiple rounds.

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

## Consult 4 Kids Lesson Plans

<b>Components:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Hackie Sack Soccer
<b>Focus:</b>	Opening Routine

**Materials:**

- Music (youth appropriate)
- 1 orange cone per team
- 1 Pop Up Soccer Goal
- 5 hackie sacks

### 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 Bean Bag Sock and that they will pick their Fab 5 from their class to begin. They will compete in a relay race that requires them to make a goal by flicking the hackie sack into the pop up goal. Once they make the attempt tag their team mate. The process will continue until the last member on the team has completed the process. To extend the time of the game, have them complete multiple cycles.
2. Teams can go one at a time or all at once if you have multiple pop up goals.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in Opening in some way.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Human Pretzel and that they will pick one representative from their class to begin. They will be trying to work together to complete this puzzle.
2. Have the group stand in a circle. (If there are more than 10 people, break up into groups. Eight is a good number; less than 5 is too few.) Ask each person to put their right hand into the circle and grasp someone else's hand. Do the same with left hands. No one should grasp the hand of the person next to him, or hold both hands of the same person.
3. Ask the group to untangle this human knot, without breaking their grasp. (They can shift their grip with the person they are holding on to, but no let go to change their relationship to others in the group.)

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 for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Leader Challenge: Singing Itsy Bitsy Spider
<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. Have each leader come to the front of the group (on stage if possible).
2. Review the song the Itsy Bitsy Spider with the entire group, (students and adults) along with the hand motions.
3. One at a time the Leader sings the song.
4. Winner is determined by applause and cheering. (No booing!)

**\*Activity → Teachable Moment(s) throughout**  
Encourage all youth to participate in the Opening Activities

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Music (youth appropriate)  
2 orange cones per 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. Announce to the group that today's activity will be Jumping Jack Relay and that they will pick their Fab 4 from their class to begin. They will competing in a relay race that requires then to do 15 jumping jacks, power walk to the cone across from them, power walk back and tag their team mate. The process will continue until the last member on the team has completed the process.
2. Have students line up at their cone. Use the music to signal the start. The team that completes the process first, wins.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening activity.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases: Hey and Bye Finnish
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "Hey" and "Bye" in Finnish.
3. Let's start with hey. Hei is pronounced exactly the same as hey.
4. Now that was easy. Let's learn to say bye. Nakemiin is pronounced nack-ay-mean.
5. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

Encourage all youth to participate in the opening activities.

### 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: Very well thank you Welsh
<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 "Very well thank you." in Welsh. Da iawn diolch is pronounced "Dah yoww-n dee-olch".
3. Select volunteers to say the phrase into the microphone.
4. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

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

### 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

## Consult 4 Kids Lesson Plans

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-6
<b>Activity Title:</b>	Orange Pass
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
1 Orange

### 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 Orange Pass and that they will pick the Fab 3 from their class to begin.
2. Have the group stand in a circle. (If there are more than 10 people, break up into groups. Eight is a good number; less than 5 is too few.) Students will be passing the orange around the circle.
3. Students cannot touch the orange with their hands. They can use their neck, chin and shoulders to pass the orange. If they cannot pass the orange successfully, they are out.
4. Last students standing win.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

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<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Ping Pong Shake
<b>Focus:</b>	Opening Routine

**Materials:**

Ping pong balls

Yarn

Empty tissue box (can use the tissue box from Empty It

### 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 representative for each team.
2. Each student has an empty tissue box tied around his/her waist.
3. Fill each tissue box with ping pong balls
4. Student has 30 seconds to 1 minute to shake out as many of the ping pong balls as possible.
5. **Note:** Boxes can be tied with yarn

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>	Robot Dance Off
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Jumping Jack Relay and that they will pick their Fab 2 from their class to begin. They will compete in a robot style dance off! Bring your best robotic moves to the dance floor to win. They have 1 minute to show off their best moves.
2. Once students have demonstrated their moves, the voting will begin. Each class has 3 votes. They can spend 1 minute discussing who they would like to give their votes to. The team with the most votes wins.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in Opening Activities in some way.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Midway at the Fair
<b>Focus:</b>	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 a perfect Midway of games and activities at the Fair on the butcher paper on the table.
2. After talking over how to create their midway, youth should draw the midway—using the materials they have.
3. When the time is up, post the “midways” 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

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw their own cartoon show. Who are the main characters? Where does the story take place? What is the theme of the cartoon? How will the cartoon look? They will cover the butcher paper with their ideas and designs.

Encourage all youth to participate in opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b> Butcher Page to cover tables per Class Crayons per class 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**  
 Cover tables with butcher paper. Spread out crayons over table. Designate two students to collect when it is clean up time.

### Opening Activity

<b>Directions:</b> 1. Students will create and draw their own dream car. Does it fly? How big are the tires? Does it have any special abilities? What color will it be? They will cover the butcher paper with their ideas and designs.	Encourage all youth to participate in the opening activity.
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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>	Table Art: Mutated Fruit
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Butcher Page to cover tables per Class Crayons per class 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**  
 Cover tables with butcher paper. Spread out crayons over table. Designate two students to collect when it is clean up time.

### Opening Activity

<b>Directions:</b> 1. Students will create and draw their own fruit. Are you blending multiple types of fruits? What does it taste like? What does it look like? Does it grow on a tree or bush? Do you have to peel it or can you bite into it? Is it crispy or juicy? What is the name of your fruit? What color is it? Does it have seeds? They will cover the butcher paper with their ideas and designs.	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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Tutor Challenge: Pick Up Sticks
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

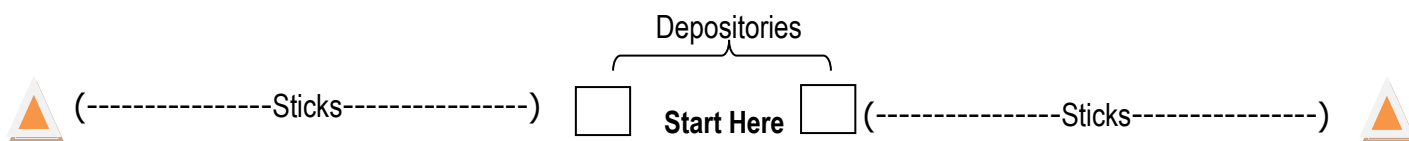
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

### Set Up



### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Jumping Jack Relay and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in a food eating contest.
2. Their task will be to pick up all the popsicle sticks on the floor. Popsicle sticks can be spread across a large or small area. They can only pick up on at a time but can carry up to five when depositing them.
3. Audience should cheer and applaud the teams.

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.



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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>Componet:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Yard Stick Transfer
<b>Focus:</b>	Opening Routine

<p><b>Materials:</b>                  Music (youth appropriate)                  2 Yard Stick                  20 Gumballs                  2 bowls</p>
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### Opening

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

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

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

### Opening Activity

<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Announce to the group that today’s activity will be Yard Stick Transfer and that they will pick one representative. Each representative will get 1 minute to use the yard sticks to grab the gumballs and transfer them from one bowl to the other.</li> <li>2. Have students go one at a time. Fill one bowl with the gumballs and place an empty bowl 2 feet away on a table. To help with runaway gumballs, place a plastic inflatable baby pool underneath the table or under the bowls.</li> <li>3. Start music to initiate the 1 minute, stop the music when it is over.</li> <li>4. Audience should cheer and applaud the teams.</li> </ol>	<p>Encourage all youth to participate in the opening activities in some manner.</p>
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## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Airplane Messages
<b>Focus:</b>	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.

## 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

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

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

<b>Materials:</b> Bandana Orange Cone Music (youth appropriate)
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<b>Opening</b>
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**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.

<b>Opening Activity</b>
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**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.

## 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



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

<b>Materials:</b> 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><b>Directions:</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>3. Each representative has 5 attempts. The team to make it to the farthest hoop wins.</li> <li>4. Audience should cheer and applaud the teams.</li> </ol>	Encourage all youth to participate in the opening activity in some way.
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## 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>	Do-Si-Do
<b>Focus:</b>	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.

## 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Fear Factor: Bubble Blowing
<b>Focus:</b>	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



## Consult 4 Kids Lesson Plans

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: Club Bubble
<b>Focus:</b>	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

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

**Materials:**

5 Hula Hoops  
 2 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**

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.



## 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Head in the Clouds
<b>Focus:</b>	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.

## 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 for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Jump! Jump! Jump!
<b>Focus:</b>	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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases—I Am Very Good Chinese
<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 "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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Learn Phrases: I don't like it. 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 "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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Lizard Tail Grab
<b>Focus:</b>	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.

## 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 for an opening activity.



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Pencil Catapult
<b>Focus:</b>	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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Ping Pong Bowling
<b>Focus:</b>	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><b>Directions:</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Explain that each student will be competing to see who can make knock off all of the ping pong balls.</li> <li>3. Each student will get 6 attempts per persons turn to knock off the ping pong ball.</li> <li>4. Each ping pong ball knocked off is 10 points.</li> <li>5. Audience should cheer and applaud the teams.</li> </ol>	<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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Silly Eggs
<b>Focus:</b>	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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Alphabet Quilt
<b>Focus:</b>	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

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and 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

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw their own 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	3 Strikes You're Out
<b>Focus:</b>	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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Tutor Challenge: Tower of Dominoes
<b>Focus:</b>	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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Learn Phrases: What's up? How's it going?
<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 "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.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	5 Ways to Find A Friend
<b>Focus:</b>	Opening Routine

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

Paper and pencil or small white boards

### 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 audience that they will need to select a Fabulous Five team to represent them in today's contest. Explain that today's contest will require the Fab 5 to share a list of 5 ways to find a friend
2. Prior to selecting the Fab 5 to represent them, the group should brainstorm at the table and decide the "top 5 ways to find a friend" for their Fab 5 team to bring to the front of the room. Give group 5 minutes for preparation
3. When the Fab 5 arrives, number them Fab 5 1, 2, 3, and so on
4. Fab 5 number 1 reads their list first, each team member saying one tip. When Fab 5 #1 gives a tip, if a team member from Fab 5 team 2, 3, 4, and so on have the same tip, then he/she should join the person to name the tip and they will move to the side.
5. Continue until team 1 has completed the process (matching as many times as possible with members from other teams); if there are other tips remaining, Fab 5 number 2 shares list, continuing process of joining the person who has named the tip, until all tips have been given
6. At the end, review the tips (a minimum of 5) by having each group rename their tip.

**\*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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7. Fab 5 teams leave the snack area first	
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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-6
<b>Activity Title:</b>	Animal Sounds in Unison
<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 the group that each group will be sending two contestants to the front of the multipurpose room or outdoor eating area.
2. Explain that the Dynamic Duo will need to make two animal sounds together, in unison
3. Ask the groups to select their Dynamic Duo
4. Introduce the Dynamic Duo to the group (group should cheer and applaud—offering support)
5. One Dynamic Duo at a time, have the two of them make the two animal choices
6. When all of the Duos have shared the animal sounds with the larger group have students vote for the Dynamic Duo they believe did the best job
7. Group who has the Dynamic Duo who wins leaves 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 attitudes, and 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

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

<b>Materials:</b>	
A few different types of generic baby food	One spoon per student
One plate per student	Napkins
Paper and pencil per student	
Music (youth appropriate)	

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

Add a spoonful of each of the different types of baby food to the plate per student. This may it will make it easier to not contaminate any of the food or spoons.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Baby Taste Test and that they will pick 1 student from each class to represent them.
2. Each team will be competing to see who guess the correct type of baby food by just tasting it. This can be done one at a time. Students will write down what they think the flavor is. Team with the most correct guesses, wins. Teams can tie.
3. Audience should cheer and applaud the teams. Interview some of the participants.

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

**Materials:**

Bag of Large Latex Balloons  
 Paper Slips with the Numbers on them  
 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**

Give each student a slip of paper and have them write a number between 1 and 100 on the piece of paper. Have them give you all the paper slips. Give them the rolled of slip of paper each, randomly. Have students place paper into the balloon without looking at it. Have students blow up the balloons to a medium size. That way it is a little tougher to pop the balloon.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Balloon Line Up Relay and that they will pick six students from each class to represent them.
2. Explain that each student will be competing to see which team can pop their balloon by sitting on it and collect the paper inside. From there, they have to line up in the order of the number they have on their paper slip.
3. The class that can line up least to greatest first wins.
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 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

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

**Materials:** (These materials are for the activity)  
Bubble gum (enough for 2 pieces per contestant)

### 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 will need to select one Champion to represent them in a bubble blowing contest
2. When students arrive at the front of the room, introduce the champions to the group (groups should cheer and applaud)
3. Tell the champions that they may select 1 or 2 pieces of bubble gum and will have 2 minutes to chew the gum and be prepared to blow a bubble
4. When the 2 minutes is up, call "Go" and champions blow a bubble
5. The champion with the largest bubble wins and his/her group needs to leave the cafeteria 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

<b>Component</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Buzz
<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 the students that they will need to select the Fabulous 5 to represent them in today's challenge
2. Each group sends the Fabulous 5 to the front of the multipurpose room or the outdoor eating area
3. When the groups of 5 arrive ask for one more volunteer to come and join the group
4. Have the Fabulous 5 from all of the groups line up in alphabetical order by the student's first name
5. Explain to the group that they are going to count by ones to 100 and then backwards.
6. Each time the number "5" or a multiple of the number "5" is to be called, the player must NOT say the number they must say "BUZZ". The next player would continue with the numbering
7. If student misses then, he she is "out" and must step back from the line
8. Winning team leaves the snack area first.

**Example:** 1, 2, 3, 4, Buzz, 6, 7, 8, 9, Buzz, 11, 12, 13, 14, Buzz, 16, 17, 18, 19

**\*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

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

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

### 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 Fantastic Four team to represent them in today's contest—Cartoon Mania. Explain that the team members will need to collectively name a cartoon character and then demonstrate how that character acts or sounds.
2. Prior to sending the Fantastic Four to the front of the room, the group should brainstorm the character they will name and the key characteristics that the Fantastic Four should imitate
3. The group will have 4 minutes for this part of the contest
4. Fantastic Four from each group arrives at the front of the snack space, and one team at a time they name and demonstrate the character
5. When all groups are finished (about 20 seconds each) have the audience vote by cheers and applause select the contest winner
6. Winning team and the group they are representing 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.

## 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

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

<b>Materials:</b> None
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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. You should have 1 participant from each homework group.
2. Each person will become a "cheerleader" to spell out either the school's name or the school's mascot.
3. Have a leader that will teach the group the cheer motions, on stage in front of the entire group, then have the cheerleaders lead the entire group in the cheer.
4. Winner is determined by the clapping and cheering of the students.

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



## Consult 4 Kids Lesson Plans

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: Veggie Voyage
<b>Focus:</b>	Opening Routine

**Materials:**

V-8 Juice  
 Mixed Vegetables (canned or frozen but thawed)  
 Cup

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. One player from each team.
2. In front of each team member place a cup with V8 juice and part of a can of mixed vegetables.
3. When you say "GO", each player eats/drinks the V8/vegetables in their cup.
4. Winner is the student who is finished first.

Encourage all youth to participate in the opening activities.





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### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

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

CD Player

Speakers

Appropriate Hip Hop music (be careful of the language used in the songs)

### 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 need to select a champion to represent them in this opening contest. Share with them that the contest will be to find the person with the "best" hip hop dance moves (15 -20 seconds of demonstration.)
2. When champion arrive, introduce them to the group at large.
3. Give the champions 2 minutes to practice to the music they will be dancing to.
4. Have all of the champions demonstrate own hip hop moves at the same time.
5. Then 1 at a time, give each champion 30 seconds to take Center Stage.
6. When all have been on Center Stage, audience votes for the champion with the best dance moves
7. Winning champion and his/her group 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.

## 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Learn Phrases: Do you know English?
<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 "Do you know English" in Finnish.
3. Puhutko englantia is pronounced poo-hoot-koh eng-lahn-tya
4. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

Engage youth in participating in the opening in some way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Learn Phrases: Nice to Meet You
<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 "Nice to meet you." in German.
3. Nett, Sie kennen zu lernen. is pronounced net zee KEN-en tsoo LER-nen.
4. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone. Ask students if they remember how to say "Nice to meet you." in Finnish.

Encourage all youth to participate in the opening activity.

### 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-6
<b>Activity Title:</b>	Name That Tune
<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 the students that each group will need to select a Terrific Trio to represent them in the contest—Name That Tune
2. Explain that the Terrific Trio will need to be able to name song titles, current, popular or obscure
3. Once the Terrific Trios have come to the front of the multipurpose room or outdoor snack area, tell them that they will have 3 minutes to think of three song titles that have the work LOVE in it (Example: Love Is a Many Splendor Thing, All You Need Is Love, Love Potion #9)
4. Ask them to write the titles on a white board (for Kindergartners and 1<sup>st</sup> graders you might want to write the titles for them)
5. Have the students vote for the Terrific Trio they believe has named the best three songs
6. The Winning Terrific Trio's group gets to leave the 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

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

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

Whiteboard and vis-à-vis or paper and pencil

### 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. Invite the group of students to select a Fantastic Four team to represent them in today's contest. Announce that this group will need to name things that naturally come in 4s (example: north, south, east, west; tires on a car)
2. When the Fantastic Four teams arrive at the front of the multipurpose room or outdoor snack area, explain that each team will have 3 minutes to come up with as many things as they can that "naturally" come in 4s.
3. While the Fantastic Four teams are working on this, invite each group to brainstorm and think of as many "fours" as they can. When their team is sharing it's list, if the audience came up with something the Fantastic Fur did not think of, they may say it and add to the point total.
4. The winning team is the one that between themselves and the support of the audience have the most items on the list.
5. Winners leave the snack space 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

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

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

Paper and pencil

### 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 Dynamic Duo to represent them in today's contest. Inform them that the Duo will need to list things that come in pairs
2. When the Dynamic Duos get to the front, tell them that they will have 2 minutes to name as many things as they can that come in pairs (examples: socks, shoes, ears, scissors, gloves)
3. While the Duos are at work, the groups that sent them should be brainstorming items so they can add to the list for their team
4. One team at a time, the Duos list their items and when they are finished, audience group adds any that were not named
5. Number of items that come in pairs listed will determine the winner who will, with his/her group, 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Pasta! Pasta! Pasta!
<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 they should select a Dynamic Duo to represent their group in the Pasta challenge
2. When the Dynamic Duo makes their way to the front of the multipurpose room or the front of the outdoor eating area, introduce them to the students
3. Explain to students that they will have two minutes to list as many pasta dishes that they can think of (check to be sure that they know what pasta is)
4. Students may write the names of the pasta on a white board, or be prepared to list them aloud (you might want to write the list for Kindergartners and 1<sup>st</sup> graders)
5. After 2 minutes call time and the team with the most pasta items listed wins
6. Wining team's group may leave the cafeteria first
7. Example: lasagna, spaghetti, linguine, rigatoni, macaroni, angel hair, etc.

**\*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

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

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

### 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. Invite each of the groups to select the Fabulous Five to represent them in today's contest. Share with them that today's challenge is the Pentathlon—5 physical events
2. When the Fabulous 5's arrive on stage ask them to number off 1 through 5
3. Let them know that they will be competing against the other teams. When they are tired, they may sit down—the last person standing in each group will be the winner. The Fabulous 5 team with the most people standing at the end will win
  - a. Students #1" jumping Jacks
  - b. Students #2 hops (1 foot at a time)
  - c. Students #3 toe touches
  - d. Students #4 wiggling
  - e. Students #5 turning in slow circles
4. Winning Fabulous Five will be able 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.

## 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Round Robin Leaders
<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 the students that each group will need to select the Fantastic Four to represent them in today's contest (encourage students who have not participated already to come as part of the Fantastic Four)
2. Let the students know that the Fantastic Four will have to play a version of Round Robin Leaders
3. When the Fantastic Four arrive at the front of the multipurpose room or the outdoor snack area, ask each Fantastic Four to agree on a movement that will pass the role of "leader" from one student to another (Example: this could be three finger clicks, a shimmy, or some other dance move)
4. The Fantastic Four demonstrates their passing movement for the group
5. Number the Fantastic Four off from 1-4
6. Begin the contest with person #1 leading the group in some sort of body motion, when you call switch, #1 must use the passing movement to send the leadership to person #2 who then picks up the role of leader and the remaining students follow.
7. Repeat process until all have had the opportunity to lead.
8. Students get to vote for the group that was most original
9. Winning group gets to leave the cafeteria 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Table Art: Aged Self Portrait
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw what they think they will look like in 20 years. How old will you be? What style of clothing will you be wearing? How tall do you think you will be? Will your hair be long or short? Will you dress based on your career? Will you keep the style that you currently have? Will you change your look completely? They will cover the butcher paper with their ideas and designs.

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

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw the musical instrument of their choice. Is it an instrument that has already been created? Are you creating a new instrument? What design will be on your instrument? How does it reflect you? Why did you choose that instrument? They will cover the butcher paper with their ideas and designs.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Table Art: We bought a ...
<b>Focus:</b>	Opening Routine

<p><b>Materials:</b>          Butcher Page to cover tables per Class          Crayons per class          Music (youth appropriate)</p>
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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**

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 place or thing. Have students brainstorm a place or thing that they would buy if they had 1 purchase that they could make, regardless of the cost. What would it be? Would it be a place? Would it be somewhere you could take your family and friends? Is it a thing? What does this thing do? Why do you want it? They will cover the butcher paper with their ideas and designs.

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?"



## Consult 4 Kids Lesson Plans

### 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>	Whistling Happy Birthday
<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 the students that you are going to have a Whistling Challenge.
2. Announce that each group will send a "champion" to the front of the multipurpose room or outdoor eating area.
3. The group should select a champion who can whistle "Happy Birthday" to compete in the Whistle Challenge for them
4. When the "champions" get to the front, introduce each one to the group (group should cheer and support the person)
5. Tell the group that one at a time each student will whistle "Happy Birthday"
6. When all have taken a turn, the group will vote for the winner by cheering and clapping
7. Determine the winner by determining who received the most applause
8. The winning team gets 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, 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Around the World, Pong Shot
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

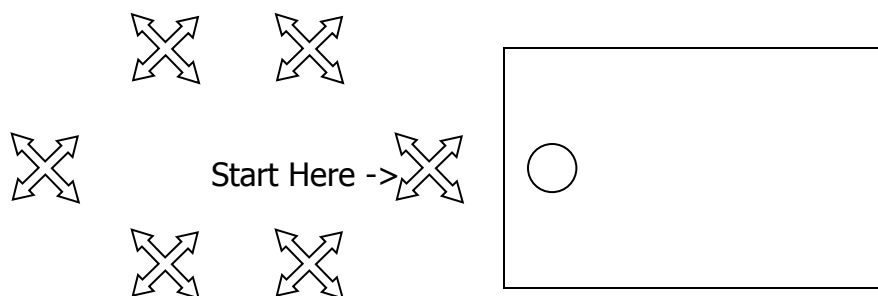
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

**Set Up**



### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Around the World and that they will pick one student from each class to represent them.
2. Explain that each student will be competing to see who can make all the ping pong balls into the red cup from six different locations.
3. Each student will get two minutes to take turns shooting a ping pong ball with the

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

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



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<p>goal of making a ping pong ball in the cup.</p> <ol style="list-style-type: none"> <li>4. Each location is worth 10 points. See how many points they can get in two minutes.</li> <li>5. Audience should cheer and applaud the teams.</li> </ol>	<p>for older grades, move the locations further away.</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-5
<b>Activity Title:</b>	Cell Phone
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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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. Students line up in each class.
2. Program Leader gives a sentence to the first student in line, the student then passes the message along to the next student and so on.
3. When the last student has heard the message, the student gives the message to the SC Team that gets the sentence correct wins.

Encourage all youth to participate in the opening activities.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Cotton Balls, Spoon or Hockey Stick, Orange Cones (optional: hula hoops, jump ropes etc.)  
 Music (youth appropriate)

### Opening

**State the objective**

Students race to the finish line with their cotton balls (cotton balls can be on a spoon or pushed with a hockey stick). First person to complete the obstacles wins (obstacles may vary, can be going around cones, jumping through ropes, limbo, etc.).

**Establishing A Routine**

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be about Cotton Ball Relay and that they will pick a Fab 5 team to represent them
2. Explain that each Fab 5 team will be competing to see who can get through the obstacles while keeping their cotton ball balanced on the spoon/hockey stick.
3. The team that gets all their players through the obstacles first without dropping the cotton ball first, wins!
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave first.

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Count By 2's
<b>Focus:</b>	Opening Routine

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest is Counting By 2s.
2. Invite each group to select a Dynamic Duo to represent them in today's contest.
3. When the Dynamic Duos arrive at the front of the snack area, explain that they will make one long line. In this contest the group will "collectively count by 2s. Example: Dynamic Duos are in a line of 10 people. Person #1 would say 2, person #2 would say 4, person #3 would say 6 and so on.
4. If the Dynamic Duo player does not state the next number immediately, then he/she is out.
5. After the first two rounds, to make it more interesting, let the remaining Dynamic Duos know that the contest will continue (counting by 2s) however you will call "freeze" and give them a new starting number. Example: counting is going on 2, 4, 6, 8, 10, 12. You say "Freeze" and counting stops and then you say 11—"Go!" and the next person would say 13, then 15, 17, 19 and so on until you say "Freeze" and continue with the process.

**\*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

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

**Materials:**

Baby food (1 jar per team)  
 Blind folds (2 per team)  
 Plastic spoons (1 spoon per 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. Each team should have 3 students: a feeder, an eater, and a navigator.
2. Blind fold the feeder and the eater.
3. By direction of the navigator, the feeder has to feed the jar of baby food to the eater.
4. Team who finishes first, wins.

Encourage all youth to participate in the opening activities.

### Closing

### Review



## Consult 4 Kids Lesson Plans

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	Month	Lesson 155
<b>Grade Level:</b>	K-5		
<b>Activity Title:</b>	Fear Factor: Cookies and Milk		
<b>Focus:</b>	Opening Routine		

<b>Materials:</b> Milk Oreos Napkins
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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. One participant from each homework group
2. In front of each participant, have a carton of milk and 6 Oreos (or another cookie)
3. When you say go, the representative begins eating the cookies, washing them down with milk
4. Winner is determined by the first person who can sing "We are the champions" after eating all of the cookies.

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>	Fear Factor: The Mummy
<b>Focus:</b>	Opening Routine

**Materials:**

Toilet paper (1 per team)  
 Scotch tape (1 per 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. Three participants from each homework group.
2. Each team of three is given a roll of toilet paper and scotch tape.
3. One team member is the Mummy, and the other two players will work together to "wrap" the Mummy.
4. Students will have 4 minutes to create the Mummy.
5. By applause and cheers, select the winner.

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>	Fill A Bucket
<b>Focus:</b>	Team Work, Fun

**Materials:**

- Small Bucket (One per Class or 2 )
- Small Objects (cotton balls, rice, water, paper, feathers)
- Orange Cones (One per Class or 2 )
- Music (youth appropriate)

### Opening

**State the objective**

In teams, students must be the first to fill their buckets to the line by working as a team to get the object from one area to their bucket

**Establishing A Routine**

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be to Fill a Bucket 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 fill their buckets to the line by working as a team to get the object from one area (orange cone) to the other.
3. The team that fills their bucket first, wins!
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave first.

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

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Can I Multitask?
<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 of putting all the letters in the correct order the fastest.
2. Have one student from each class come up at a time. There will be 3 students total from each class.
3. Time how fast they put their letter in order.
4. Once all students have gone, share how you can tell someone can multitask. When a student doesn't start from the letter A and work in order to Z and can put chunks of letter together to complete the order, it shows that they can multitask well.
5. This game is all for fun and not proven, just a leadership activity.

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

Encourage youth to participate in the opening activity.

### 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 for an opening activity.

## Consult 4 Kids Lesson Plans

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

**Materials:**

Hula Hoops (variety of sizes)  
 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.

**Importance of Routine**

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be about Hula Limbo 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 limbo through a variety of hula hoops.
3. The team that can go the lowest without touching the hula hoop wins. If a team member touches the hula hoop, they are out.
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave first.

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

Encourage all youth to participate in the opening activity.

## 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 and offer suggestions for opening activities in the future.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases: What is your name? (Swedish)
<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 "What is your name?" in Swedish.
3. Vad heter du? is pronounced Vaad HAY-ther doo?
4. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone. Ask students if they remember how to say "What is your name?" in Swedish.

**\*Activity → Teachable Moment(s) throughout**  
Encourage all youth to fully participate in 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>	Learn Phrases: What's up?, How's it going? 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 "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.

**\*Activity → Teachable Moment(s) throughout**  
Encourage all youth to participate in the Opening Activities

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Song lyrics written on sentence strips (divide lyrics into 4-6 cards)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Ask groups to send a Champion to the front.
2. Explain that you have several songs or parts of songs that are written on sentence strips.
3. The challenge for the Champions is to put the song lyrics in order and then for the entire group to sing that set of lyrics.
4. Play the game, and sing the lyrics

Example: Down came the rain and washed the spider out  
 Itsy, bitsy spider went up the water spout  
 Itsy, bity spider climbed up the spout again  
 Out came the sun and dried up all the rain

Encourage all youth to participate in the opening activities.

### Closing

## Consult 4 Kids Lesson Plans

### Review

Program Leader should ask students to describe the opening activity.

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	So, You Think You're a Chicken
<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 the group that today's contest is entitled "So, You Think You're a Chicken".
2. Share with them that they are going to select a Fantastic Four to represent them in today's contest.
3. Prior to coming to the front of the snack area, the group should brainstorm with their Fantastic Four as many different things as they can about what chickens do (Example: lay an egg, cluck, crow, become fried chicken). They have 5 minutes to prepare.
4. When Fantastic Four teams arrive at the front of the room, explain that the team will be expected to "act out" or "demonstrate" each of the items on their groups list.
5. One Fantastic Four Team at a time, shares with the audience the actual things that chickens do
6. At the end of the contest, all Fantastic Four Team members get to leave 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

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

**Materials:**

Cans of alphabet Spaghetti O's or Alphabet Cereal  
 Table cloth  
 Paper plates  
 Disposable gloves

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Each team sends 3 students.
2. Each team s 3 minutes to spell as many words as possible from the can of alphabet Spaghetti O's.
3. Winning team has the most words.

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-6
<b>Activity Title:</b>	Table Art: Home Greeting Sign
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. What is one thing every house need before having guests over? Students will create and draw their own house greeting sign? When some comes over to your home, what do you want your sign to convey? Do you want it to share that your house has a vineyard theme, that house is where your heart is, or that your house has a laid back environment?

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

Encourage all youth to participate fully 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

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw their very own private island? Where will your island be located? What type of scenery will it have? Will you just make enough living space for just yourself? What about friends and family, will they be invited to come see your island? Think that money doesn't have a limit. You can have anything that you want.

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

Encourage all youth to participate fully in the opening activity.

### 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>Components:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Table Art: Shoe Creation
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw their very own shoe. What style will it have? Will it have certain technology? Help with jogging? Is it a heel, wedges? For boys or girls? What colors will you use? What will it be made of? They will cover the butcher paper with their ideas and designs.

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

## 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 for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: "Your Favorite" Meal
<b>Focus:</b>	Opening Routine

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw their favorite meal. They should consider everything from the drink, to the dessert and everything in between. They will cover the butcher paper with their ideas and designs.

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





## Consult 4 Kids Lesson Plans

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-6
<b>Activity Title:</b>	Trash Can B-Ball
<b>Focus:</b>	Team Work, Fun

**Materials:**

- Trash Cans (One per Class or 2 )
- Basketballs (2 - 3 per Class or 4)
- Orange Cones (One per Class or 2 )
- Music (youth appropriate)

### Opening

**State the objective**

This activity can be done in teams or individually, any amount of students depending on supplies. Students stand on a line and shoot the basketball into large garbage cans (options: can be done as a race, by points, with passing involved, etc.)

**Establishing A Routine**

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be about Trash Can B-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 get the most shots made into the trash can, while standing behind the throw line.
3. The team that gets the highest score wins.
4. Audience should cheer and applaud the teams.
5. Fab 5s all get to leave first.

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

Move the throw line closer for younger students and farther for old students.



## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

- Music (youth appropriate)
- 2 basket balls
- 1 garbage can with liner per group (13 gallon size)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Backwards Shot and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in a "hoops" challenge.
2. Each person will get a chance to make a backwards shot into the "hoop", garbage can.
3. Students can stand 10 – 15 feet away from the can; tutors can stand 15-20 feet away.
4. Each person gets 30 seconds to make as many shots as they can. The person to make the most backward shots wins.
5. Audience should cheer and applaud the teams.

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

\*Delegate ball return to 2 student leaders.

## 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 for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Up In the Air
<b>Focus:</b>	Opening Routine

**Materials:**

Balloon (6 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. Each group selects 3 representatives
2. The players come to the front.
3. Each team is given 6 balloons (blown up.)
4. Challenge is to keep all six balloons up in the air for one minute.
5. Winning team is the team who is successful at doing this.

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>	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





## Consult 4 Kids Lesson Plans

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.

## 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 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**

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. 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.



## 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>	Empty It
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Kleenex
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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. 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**

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. 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.



## 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

<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**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. You will need 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.



## 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>	Fear Factor: Potato Roll
<b>Focus:</b>	Opening Routine

**Materials:**

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

### 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 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.

## 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>	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**

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**

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.



## 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

<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**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be 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.



## 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>	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).
- 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 "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.

## 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>	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.

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Ask 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

#### 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 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.

## Consult 4 Kids Lesson Plans

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

**Materials:**

Basketballs (one for each team)  
 Cones  
 Clearly marked start and finish line

### 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. Team selects one representative.
2. Student dribbles soccer ball in and out of cones to one end, gets the basketball and dribbles in and out of the cones on the way back.
3. Student to finish in the fastest time wins.

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>	Fear Factor: Find the Skittle
<b>Focus:</b>	Opening Routine

**Materials:**

Pie tin for each team  
Skittles  
Whipped cream can

### 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. In front of each student have a pie tin with one Skittle on the bottom of the tray, covered by whipped cream.
3. Without hands, the player must come up with the Skittle in his/her mouth.
4. **Note:** You might also want to use Cool Whip).

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>	Fear Factor: Does The Peanut Butter Stick to the Roof of Your Mouth?
<b>Focus:</b>	Opening Routine

**Materials:**

Peanut Butter  
 Plastic Spoon  
 Small Dixie Cups  
 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. One player from each homework group.
2. Give each a plastic spoon and a small Dixie cup full of peanut butter.
3. Each person should also have a cup of water.
4. When you say "GO", each player begins to eat the peanut butter.
5. The first person finished who "show" an empty mouth, wins.
6. **Note:** Be sure you have no one that is allergic to peanut butter.

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>	Frozen T-Shirt
<b>Focus:</b>	Opening Routine

**Materials:**

1 T-Shirt tied in knots and frozen

### 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. Select 3 students from each class
2. 2 members of the team try to untangle the frozen shirt and put it on one of his/her team mates.
3. The team who completes the task first wins.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.



## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Hula Hoop Pass
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Hula Hoops
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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. 2 students from each team stand in a circle holding hands.
2. One player has the hula hoop around his/her feet.
3. Player 1 must put his/her whole body through the hula hoop and pass to the next student before the music stops.
4. First team to succeed, 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-5
<b>Activity Title:</b>	I'm The Teacher
<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. Each group selects a representative to go to the front of the group and teach the entire audience a "trick" (popping a cork in your cheek, snapping your fingers, honking like a goose, whatever)
2. Entire audience participates.
3. Winner is determined by applause and cheering. (No booing!)

**\*Activity → Teachable Moment(s) throughout**  
Encourage all youth to participate in the Opening Activities

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Jump Rope Challenge
<b>Focus:</b>	Opening Routine

**Materials:**

Jump ropes 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. Five students per group.
2. Each student has 15 second to jump rope, counting each successful jump.
3. Player passes rope to next player, count continues as he/she jumps for 5 minutes.
4. Process continues until all 5 players have had 15 seconds of jump time.
5. Group with the highest # of jumps 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-5
<b>Activity Title:</b>	Knock It Down
<b>Focus:</b>	Opening Routine

**Materials:**

Bean bags  
 Glue bottle  
 Two cones  
 Bucket or table  
 Score keeper

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Each group selects a team of 4 to represent them.
2. Each team makes a line.
3. Each player takes a turn throwing a bean bag at the glue bottle to knock it down.
4. Count the number of times the glue bottle is knocked down.
5. After three rounds, total the number of times the glue bottle was knocked down.
6. The winning team has the highest number of knock downs.

Encourage all youth to participate in the opening activities.

### Closing

## Consult 4 Kids Lesson Plans

### Review

Program Leader should ask students to describe the opening activity.

### Debrief

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

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

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



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Last Player Standing
<b>Focus:</b>	Opening Routine

**Materials:**

3 circles of each color: red, yellow, blue, green, orange, purple

Boom Box

Music

Die

### 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. Place colored circles in a designated area scattered all over.
2. Team selects one player.
3. Select a DJ.
4. DJ "mans' the radio facing away from the students on the poly spots.
5. Music starts playing, students dance around.
6. When music stops, students must choose a color to stand on.
7. DJ rolls the die (1 = red, 2 = green, 3 = blue, 4 = orange, 5 = yellow, 6 = purple).
8. Players standing on that color of a dot are out.
9. Elimination continues until 1 student is left standing.

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>	Learn Phrases: Hello and Goodbye German
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone  
Music (youth appropriate)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "Hello" and "Goodbye" in German.
3. Let's start with Hello. Guten Tag is pronounced *GOO-ten tahk*.
4. Now that was easy. Let's learn to say goodbye. Tschüs is pronounced *chuuss*.
5. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

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

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



<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases—Thank You German
<b>Focus:</b>	Opening Routine

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

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "Thank you" in German.
3. Danke is pronounced dahn-kuh (accent on first syllable).
4. Select volunteers to say the phrase into the microphone.

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

Encourage all youth to participate in the opening activity.

### 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



## Consult 4 Kids Lesson Plans

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

**Materials:**

Small bags of M and M's for each team  
 Plate 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. 1 representative from each class has 1 minute to separate a bag of M & Ms into individual colors.
2. When you say "Go", players open the bag and begin.
3. Player who finishes first, wins.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Cotton Balls  
 Paper plate  
 Vaseline  
 Goggles

### 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. Team selects one person to represent them in this contest.
2. Representative puts on the goggles and a dab of Vaseline on his/her nose.
3. When you say "Go", players dip face into the plate of cotton balls.
4. Player then moves the cotton ball to another container and goes back for another cotton ball.
5. When time is called, player who has transported the most cotton balls, wins.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.



## Consult 4 Kids Lesson Plans

### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b> None
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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. Make 2 teams from students representing the entire group
2. Name a topic (U.S. Presidents, States, Bands, etc.)
3. The 2 team reps say how many of that topic they can name
4. They go back and forth until one of the reps calls the other's bluff and tells them to prove it.
5. If they name them, their team gets the point, if they don't; the other team gets the point.

Encourage all youth to participate in the opening activities.

**Example:** Topic is States

Kid #1: I bet I can name 2  
 Kid #2: I bet I can name 5  
 Kid #1: I bet I can name 10  
 Kid #2: Prove it  
 Kid #1: Alabama, Alaska, Arizona, Arkansas...

### Closing

## Consult 4 Kids Lesson Plans

### **Review**

Program Leader should ask students to describe the opening activity.

### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Shaving cream or whipped cream  
 Pieces of yarn or string  
 Cotton balls  
 Pieces of cardboard

### 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 a team project—all may participate.
2. Cardboard is the mat.
3. Use yarn, cotton balls, and shaving cream to make a snowman.
4. Winner is selected by audience cheers and applause.

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>	Starburst Face
<b>Focus:</b>	Opening Routine

**Materials:**

Starbursts—3 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. Team selects one player.
2. Player comes up and has a seat on the stage or in a chair.
3. Player tilts his/her head backward and places a Starburst on his/her forehead.
4. Player must slide the Starburst down his/her face and get it into his/her mouth without dropping it.
5. They can have 3 tries.
6. They can squint and move their face to maneuver the Starburst down.

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 Amusement Park
<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 Amusement Park, 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 Bug
<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 Bug, and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draw their dream bed. What size will your bed be? Will it be soft or firm? Will it be covered in pillows or stuffed animals? What design will your bed linen have? Will you have posts or a canopy? Will the head post have a cool design that reflects your personality or family heritage? They will cover the butcher paper with their ideas and designs.

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

Encourage all youth to participate in opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

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

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

**Set Up**

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

### Opening Activity

**Directions:**

1. Students will create and draft a carnival ride that they want to see at the fair.
2. Does the ride spin? How many people can ride it at one time? Is it tall? What is the name of the ride? Does it have a lot of lights? Is the ride super fast?

**\*Activity → Teachable Moment(s) throughout**  
 Encourage participation.

### 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>	Tutor Challenge: Milk Chug
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)  
 Milk (Organic / 1% / Almond Milk / Soy Milk)  
 8 oz - 10oz cups

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Jumping Jack Relay and that they will pick their Fab 1 from their class to begin. They will compete against their tutor in a milk drinking contest.
2. They will receive their cup of milk. Student and tutor will be seated with their hands behind their backs. Once the music begins, they must drink their milk the fastest. For young students, give them a head start.
3. Audience should cheer and applaud the teams.

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>	Water Balloon Pop!
<b>Focus:</b>	Opening Routine

**Materials:**

Balloons filled with water tied to a string  
Paper clip (extended)

### 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. Team selects two players to send to the front.
2. One player swing a water balloon tied to a string.
3. The second player tries to pop the water balloon with the extended paper clip.
4. Team who succeeds in popping the balloon first, wins.
5. **Note:** You may want to hold this activity outside.

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>	Acts of Kindness
<b>Focus:</b>	Opening Routine

**Materials:**

12" by 1" strip of construction paper for each student  
Pencils  
Staplers

### 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. Each team member writes and/or illustrates a "random act of kindness" on the strip of paper.
3. Group then chains the strips together to make a paper chain.
4. You can link the chains together to create a long group chain.

Encourage all youth to participate in the opening activities.

### Closing

### Review

## Consult 4 Kids Lesson Plans

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>	American Idol
<b>Focus:</b>	Opening Routine

**Materials:**

Boom box  
 Karaoke CD  
 Lyrics of 2-3 songs on the CD

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Each group selects one representative.
2. Player comes to the front and rolls the die—1 or 4, song 1, 2 or 5, song 2, 3 or 6, song 3.
3. Player is given the lyrics for the song with the number that corresponds with the number rolled on the die.
4. Turn on the music and student sings with the Karaoke music.
5. Winner is selected by crowd applause and clapping

Encourage all youth to participate in the opening activities.

### Closing

## Consult 4 Kids Lesson Plans

### **Review**

Program Leader should ask students to describe the opening activity.

### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

<b>Materials:</b> None
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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. This activity is for everyone on the team.
2. Students begin by finding one partner on the team.
3. Students talk to one another and determine something they have in common that is unusual.
4. Give them 1 minute to determine the commonality.
5. Pair then joins another pair and repeats the process.
6. Group of 4 repeats by joining another group of 4. Continue until the entire group is together.
7. Activity is over when group has 1 area of connection.

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>	Clay Critters
<b>Focus:</b>	Opening Routine

**Materials:**

Container of Play Dough 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. Team selects a champion to sculpture for them.
2. When all of the team representatives are in front, call out a critter name to be sculpted with the clay.
3. Group is give 2 minutes to make the sculpture.
4. Winner is determines by audience cheers and applause.

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>	Fear Factor: Flipper Flopper
<b>Focus:</b>	Opening Routine

**Materials:**

Rubber chicken for each team  
Penny for each team

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. You will need a rubber chicken and 1 penny for each homework group.
2. Each homework group sends two players to the front.
3. One is the flipper, and the other is the flopper.
4. The rubber chicken (or whatever else you can get) is about 10 feet away.
5. When you say "GO", the flipper flips the penny and lets it fall on the floor.
6. If it is heads, the flopper can move 2 steps toward the chicken
7. If it is tails, the flopper is frozen.
8. The first team to the chicken, wins!

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>	Fear Factor: Yogurt Worms
<b>Focus:</b>	Opening Routine

**Materials:**

Yogurt for each team  
 Gummy worms  
 Plastic spoons

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. One player from each team.
2. In front of each team member place a container of yogurt with Gummy Worms inside.
3. When you say "GO", each player eats the yogurt and the Gummy Worms in their container.
4. Winner is the student who is finished first.

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>	Friends for Life
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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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. This activity is for everyone on the team.
2. Student selects a partner, greeting them with an exchange of names and a strong handshake.
3. Players share their favorite food with this partner. This becomes Partner #1 who is their "High 5 Partner".
4. Students change partners several times:
  - a. Partner #2: Introductions, favorite color, Low 10 Partner
  - b. Partner #3: Introductions, favorite school subject, Elbow Swing Partner
  - c. Partner #4: Introductions, favorite TV show, Booty Bump Partner
  - d. Partner #5: Introductions, favorite movie, Patty Cake Partner
5. After introducing each new partner, review by calling out Low 10, or Booty Bump, or High 5 randomly, reminding students that they have to find the right partner.

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>	Group Juggle
<b>Focus:</b>	Opening Routine

**Materials:**

One piece of copy paper for each person

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. This is an activity for everyone in the group and should be done outside.
2. Give each person in the group a piece of paper to "crush" into a ball.
3. Ask the group to stand in a circle.
4. Group chooses a leader and then gives that leader the crushed paper balls.
5. The first round is to determine the pattern. The leader tosses an item to one person in the circle, calling his/her name. That person catches the item and tosses it to another person. When the last person gets the item, they pass it back to the leader.
6. Each time you play, the player tosses the item to the same person, and catches the item from the same person, no exceptions.
7. For round 2, each time the leader tosses an item, he/she picks up another item and tosses it as well.
8. The challenge for the group is to keep all of the balls up in the air at the same time.

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>	Guess Who
<b>Focus:</b>	Opening Routine

**Materials:**

Name Tags (place the name of a famous person—to youth—on each name tag), do not let any player see the names

### 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. Group should select two champions to represent them.
2. When each student comes forward have the group form a circle, face out.
3. Place the name tag on the back of each student.
4. When you say "GO", players must circulate and ask the others a "yes" or "no" question.
5. First player to correctly guess his/her mystery name wins.

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>	Hoop Target
<b>Focus:</b>	Opening Routine

**Materials:**

Hula Hoops (6 different hoops)  
Nerf Football (3)

### 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. Group selects 3 team champions.
2. Set up hoops at 3 different distances.
3. Player decides which hoop he/she will throw the ball through.
4. En you say, "Go", players throw the Nerf ball through his/her designated target.
5. Team gets one point for each successful throw.
6. Team with the most points, win.

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>	Human Knot
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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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. This is an activity for everyone in the group. Activity is done outside.
2. Ask each group of students to gather into a tight group.
3. Each person holds out their hands into the center of the group and grabs two hands.
4. They cannot be two hands of the same person or one of a person standing right next to them.
5. Now that the group is all connected into a large knot, the challenge is to untangle themselves without letting go of the hands they are holding.
6. The group should end up in a large circle.

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>	Math Quiz Relay
<b>Focus:</b>	Opening Routine

**Materials:**

Music (youth appropriate)

A sheet with 4 math problems reflecting the appropriate grade per class (Problems can be taken from homework assignments or scope and sequence of the instructional day.)

### Opening

**State the objective**

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

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

**Suggested Routine:**

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

### Opening Activity

**Directions:**

1. Announce to the group that today's activity will be Beat Ball and that they will pick their Fab 4 from their class to begin. They will competing in a relay race that requires then to do complete a math problem, power walk to the cone across from them, power walk back and tag their team mate. The process will continue until the last member on the team has completed the process.
2. Have students line up at their cone. Use the music to signal the start. The team that completes the process first, wins.
3. Audience should cheer and applaud the teams.

Encourage all youth to participate in the opening 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-5
<b>Activity Title:</b>	Not Me!
<b>Focus:</b>	Opening Routine

**Materials:**

Paper square—20” by 20”

### 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. Give each team (approximately 20 students) 1 piece of heavy paper.
2. The task is for everyone to touch the paper without touching anyone else in the shortest amount of time.
3. Everyone does not have to touch the paper at the same time, they must just touch it.
4. A good time is 2-3 seconds.
5. Let students work through a way to accomplish this task.
6. Let the team that does this in the shortest time share with the rest of the group.

Encourage all youth to participate in the opening activities.

### Closing

### Review

## Consult 4 Kids Lesson Plans

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>	Ping Pong Soccer
<b>Focus:</b>	Opening Routine

<b>Materials:</b> 2 Red Cups 1 Ping Pong Ball	Timer or Clock Music (youth appropriate)
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### Opening

**State the objective**

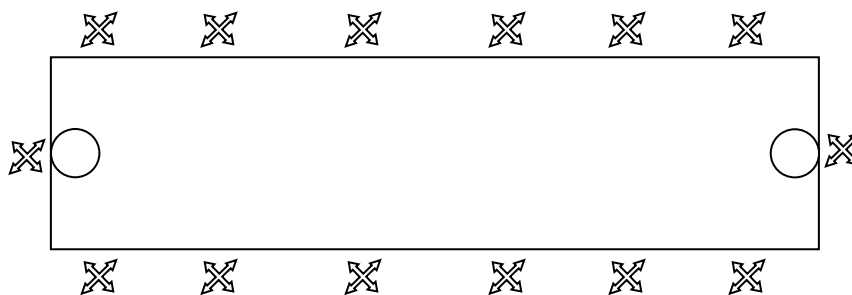
The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

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

**Suggested Routine:**

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

**Set Up**



## Consult 4 Kids Lesson Plans

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Ping Pong Soccer and that they will pick a Fab 7 team to represent them
2. Explain that each Fab 7 team will be competing against another Fab 7 team, preferably the same grade level.
3. The goal is to have 6 players and 1 goalie. Players can "flick" the balls and the goalie can only block the cup by "flicking" the ping pong ball away.
4. Each game is 5 minutes long. (Multiple games can be going at once.) The team with the most goals (ping pong ball into the red cup that is laying on its side, opening facing the field) wins!
5. Audience should cheer and applaud the teams.
6. Fab 7s all get to leave early

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

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Straws for each student  
 Plastic cups  
 M and M's (miniature)  
 Small cups

### 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. Team selects a champion to play the game.
2. Place empty cups in front of each player.
3. Give each player a straw.
4. On the whistle or count down, players must open M& Ms bag and suck up one M & M at a time and place it in one cup.
5. Each cup must have only one M & M color in it (1 cup = red, 1 cup = blue, etc.)
6. If player mixes up any colors, they are eliminated.

Encourage all youth to participate in the opening activities.

### Closing

## Consult 4 Kids Lesson Plans

### **Review**

Program Leader should ask students to describe the opening activity.

### **Debrief**

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

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

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

## Consult 4 Kids Lesson Plans

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

**Materials:**

Butcher paper  
Pencils  
Color markers

### Opening

**State the objective**

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

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

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. This is an activity for everyone on the team.
2. Ask group to select a cartoon character.
3. Divide students into pairs.
4. On the butcher paper in front of them, the pair creates a cartoon of a single event for the character that the team selected.
5. Team shares with 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: Congratulations! You're Amazing
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher paper  
Pencils  
Color markers

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. This is an activity for everyone on the team
2. Have students sit at the table with the butcher paper spread out in front of them. Each person should also have a pencil.
3. Student writes his/her name on butcher paper.
4. On your cue, students move one person to the right and write a compliment for the person whose name is written on the butcher paper. Younger children can draw a picture.
5. Continue moving youth along for 8 students.
6. Have youth return to their original spot and read the compliments.

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: One Color Only
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher Paper  
Box of crayons

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. This is an activity for everyone in the group.
2. Begin with the butcher paper down the center of the table and give each person one crayola.
3. Next, tell them they will have to work together to create a masterpiece.
4. They may not talk or whisper to each other.
5. They may not share their crayons with each other.
6. They must use non-verbal communication techniques to decide what to draw together.
7. If one person needs a color the other person has, they must find a way to communicate their wishes for the other student to execute.

Encourage all youth to participate in the opening activities.

### Closing

## Consult 4 Kids Lesson Plans

### **Review**

Program Leader should ask students to describe the opening activity.

### **Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

### **Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Table Art: Potpourri Quilt
<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 Potpourri Quilt (they can draw anything they would like) and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

Encourage all youth to participate in the opening activities.

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-6
<b>Activity Title:</b>	Tower of Cups
<b>Focus:</b>	Opening Routine

**Materials:**

20 red cups 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**

N/A

### Opening Activity

**Directions:**

1. Each class will be given 20 cups. The goal of this exercise is for the class to work together as a whole.
2. Students will work together to build a tower out of 20 red cups. The only rule is the cups are the only building material they can use.

Encourage all youth to participate in the opening in some way.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.

**Debrief**

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

**Reflection (Confirm, Tweak, Aha!)**

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Water Balloon Toss
<b>Focus:</b>	Opening Routine

**Materials:**

Water balloons (one for every two students)  
 Activity happens out of doors

### 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. Take the team outside and ask each team to divide into pairs.
3. Give one member of the team a water balloon.
4. Have team member pairs face each other, begin with the pairs 10 feet apart.
5. Have team member toss the water balloon back and forth one time.
6. Have one team member take three steps backwards, and repeat the process.
7. Continue until only one team has an intact water balloon.

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>	Where, oh where can it be?
<b>Focus:</b>	Opening Routine

<b>Materials:</b> 5 red cups 1 ping pong balls Music (youth appropriate)
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### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that today's contest will be Where, oh where can it be? 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 find the ping pong ball.
3. Have a tutor place the ball under one of the cups, quickly shift the cups around each time there is a new student.
4. Each person on the Fab 5 team will get a chance to guess which cup the ball is under. The team with the most correct guesses wins!
5. Audience should cheer and applaud the teams.
6. Fab 5s all get to leave early.

Encourage all youth to participate in the opening in some way.

## Consult 4 Kids Lesson Plans

Closing
<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>	Barnyard
<b>Focus:</b>	Opening Routine

**Materials:**

2 barnyard animal names on cards for each group of students that you have (lamb, chicken, pig, horse, cow, cat, etc.)

### 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. As group enters into the Opening area, give the Program Leader one of the cards, asking them to not share it with anyone at this time.
2. Invite students to share the two animals with students and ask them to decide as a group what noise will be made to represent the animal (moo, baa, meow, pluck, pluck, pluck).
3. Then, rapid fire, call out the names of the animals (don't wait too long in between calling the animals' names).
4. When the group hears the name of one of their animals, they must stand up and in unison, make the animal sound.
5. Winner will be selected as a result of sharing the animal sound loudly.

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>	Boom Chicka Boom
<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.

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 a chant for the entire group. The Leader will call out a line and the group will echo it.

Leader: I say a BOOM

Group: "I say a Boom"

Leader: "I say a boom-chicka

Group: "I say a boom-chicka"

Leader: I say a boom-chicka-boom

Group: "I say a boom-chicka-boom

Leader: "I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

Group: "I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

Leader: Oh yeah!

Group: Oh yeah!

Leader: One more time.

Group "One more time. (Repeat)

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>	Bop! Bop!
<b>Focus:</b>	Opening Routine

**Materials:**

Boom Box  
CD of popular music

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Groups select 2 representatives to play the game.
2. The players start by standing in a circle on a spot or piece of colored paper.
3. Select a leader and have them stand up and "bop" or dance around the inside of the circle to the music.
4. The leader then taps selected people on the head and says, "Start bopping right now."
5. These tapped people will join the leader in the middle. While they are bobbing take out one of the colored spots (piece of paper).
6. These boppers keep dancing and tapping until they hear, "Bop-Bop Over!" and the music is shut off.
7. Players then stop dancing and run back to a spot.
8. The person without a spot is eliminated.

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>	Bounce, Bounce, Bounce, Bounce, Bounce
<b>Focus:</b>	Opening Routine

**Materials:**

Oversize ball (one for each team)  
Hula Hoops

### 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. Set up 5 hula hoops in a straight line
2. Take an oversized bouncing ball and a representative from each class
3. Students take turns throwing the ball so it only bounces once in each hula hoop
4. Student, whose ball makes it through the course, wins.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.



## Consult 4 Kids Lesson Plans

### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Bumpity Bump
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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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 select 2 representatives to play the game.
2. All players stand in a circle with someone in the center.
3. The person in the center will choose someone in the circle to point at and will say, "Right, Bumpity Bump, Bump, Bump" or "Left, Bumpity Bump, Bump, Bump."
4. The person who is pointed at has to say the name of the person to their right or left (depending upon what is asked by the person in the center) before the phrase is finished.
5. If they fail to do this, they are out and must sit down, if they succeed, they become the leader in the center of the group.

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>	Car Trip
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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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 select 3-5 representatives to play the game, (you will want a total of 26 students).
2. Have all of the players from each group form a line, numbering them from 1 to 26.
3. Randomly select a letter of the alphabet. This letter is given to the first person in line.
4. Person gives a word that begins with that letter. The word must be something that you would take or see on a car trip.
5. Next player names a word that starts with the next letter, and so on.
6. When player comes to "z", the next player begins with "a" until everyone has named a word.
7. There are no winners in this game, just fun.

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>	Chicken Picks
<b>Focus:</b>	Opening Routine

**Materials:**  
Rubber chicken

### 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 select 2 representatives to play the game.
2. Players sit in a circle and one player goes into the middle.
3. A topic is chosen and the rubber chicken starts at one person and is passed around the circle.
4. The person in the middle must list as many things as they can from the topic, but they only have however long it takes for the chicken makes it around the circle once.
5. When the chicken gets back to the starting point, the person must stop talking.
6. The large group counts the number of items listed and that becomes the person's score.
7. The person that is able to list the most objects is the winner.
8. **Topic example:** Chocolate Candy Bars (i.e.) Hershey, Crispy Crunch, Snickers etc.

Encourage all youth to participate in the opening activities.



## Consult 4 Kids Lesson Plans

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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>	Dancing Statues
<b>Focus:</b>	Opening Routine

**Materials:**

Boom Box  
 CD of appropriate music  
 Empty container or cup

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each group selects 2 representatives to play the game.
2. Each player is given an empty yogurt cup or other container and they put it on their head.
3. When the music begins, all of the players must start dancing.
4. Whoever keeps the cup on their head the longest is the winner.

Encourage all youth to participate in the opening activities.

### Closing

### Review

## Consult 4 Kids Lesson Plans

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>	Dice Count
<b>Focus:</b>	Opening Routine

**Materials:**

Candy bar (one for each player)  
 Paper Towels  
 Oven mitts (one pair for each player)  
 Die

### 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. Group selects a representative to play the game for them.
2. Select one person from the audience to roll the die.
3. A chocolate bar is wrapped up in 5-6 layers of paper towel and placed in front of each of the players who are sitting in a circle.
4. The person selected to roll the die will begin rolling the die.
5. When the die roller begins the other players start to put on the oven mitts.
6. Once the oven mitts are on the player starts to unwrap the chocolate bar.
7. The unwrapping continues until the roller rolls a 6.
8. When that happens, the oven mitts are removed and when the roller starts again, the players continue where they were, until a 6 is rolled, and the process starts over.
9. The game continues until the chocolate bar is eaten.

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>	Do This! Do That!
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each group selects 2 representatives to play the game.
2. Select one student from the audience to be the leader.
3. The leader will say either, "Do This" or "Do That" and then do some sort of action.
4. For example, hand on head, flex muscles, act like a monkey, etc.
5. If the leader says, "Do This" then the players are supposed to copy the leader.
6. If the leader says, "Do That" the players are **NOT** supposed to copy and need to stay with the previous "Do This" activity.
7. If player makes a mistake then he/she is out and must sit down.

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>	Fear Factor: Hip Hop
<b>Focus:</b>	Opening Routine

<b>Materials:</b> Boom Box Music appropriate for youth (needs to have a beat)
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### Opening

**State the objective**  
 The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

- Suggested Routine:**
- WELCOME students to the after-school program.
  - Greet them by name (use name tags if you need to do so).
  - During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
  - Take roll call during this time. Welcome each student by name as they respond.
  - Make any necessary announcements at this time.
  - If it is someone's birthday, acknowledge the birthday.
  - After several days, give praises to students during this time for specific things they did the day before.
  - Conduct the team building activity below.
  - Dismiss students.

### Opening Activity

<b>Directions:</b> <ol style="list-style-type: none"> <li>1. One dancer from each homework group.</li> <li>2. You will turn on the music (pick something that is currently popular but be sure to check to see that the lyrics are appropriate) and call out one dancer at a time to compete for approximately 45 seconds to 1 minute.</li> <li>3. Winner is chosen by applause and cheering from the audience.</li> </ol>	Encourage all youth to participate in the opening activities.
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## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest 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: Jeopardy
<b>Focus:</b>	Opening Routine

**Materials:**

Jeopardy Board  
Questions

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. You will need to have a "Jeopardy" Board with three categories, and three questions in each category.
2. One player from each team comes up and selects a question, if they answer correctly, then they get a point for their team.
3. Categories and questions can be any that you choose.

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>	Fight For My Attention
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None
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### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each group selects 2 representatives to play the game.
2. Two players come to the front and are given a topic to talk about.
3. Both must talk about the topic for 30 seconds at the same time.
4. Audience then votes for the person who was able to "get their attention".
5. The person who wins goes to the end of the line. The other person sits down.
6. The next two players come forward and do the same thing.
7. The person who wins is the last person standing.

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>	Flying Fish
<b>Focus:</b>	Opening Routine

**Materials:**

Fish cut out of magazine pages (1 for each player)  
Newspaper

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each group selects 2 representatives to play the game.
2. Each player is given a paper fish and a piece of newspaper.
3. All players form a line.
4. A plate is placed on the finish line.
5. At the word "Go" each player places their fish on the ground and fans it with the newspaper towards the plate.
6. The winner is the player who gets his/her fish on the plate.

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>	Fold the Blanket
<b>Focus:</b>	Opening Routine

**Materials:**

Large Blanket or piece of plastic

### 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 select 1 representative to play the game.
2. Start by having the entire group "guesstimate" how many times the blanket can be folded and still have everyone of the representatives stand on the blanket.
3. Spread out the blanket and have all of the representatives get on it so that no appendages are touching the ground off the blanket.
4. If the group completes the stand, have them get off and fold blanket in half.
5. Repeat the above process for as long as possible.
6. As the blanket gets smaller allow time for the players to discuss ideas on how to work together to go smaller.

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>	Paper Plane Chain
<b>Focus:</b>	Opening Routine

**Materials:**

Piece of paper for each student  
Scotch tape

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each person on the team is given a piece of paper to fold into a paper airplane.
2. Team then joins all of the planes together with Scotch tape.
3. Teams then line up outside and each get to toss the team's airplane when you say, "Go".
4. Plane that flies the furthest, wins.

Encourage all youth to participate in the opening activities.

### Closing

**Review**

Program Leader should ask students to describe the opening activity.



## Consult 4 Kids Lesson Plans

### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Secret Identity
<b>Focus:</b>	Opening Routine

**Materials:**

Ten 9 "x 12" cards with cartoon characters or TV characters that youth will know. (Mickey Mouse, Peter Pan, Cinderella, etc.).

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each cluster of students sends one champion to the front of the room.
2. One at a time, the champion faces the audience. The Site Coordinator or activity manager holds up a card with a character's name on it. The Champion does not know what name is on the card.
3. Youth in audience get ready to give clues (wore a glass slipper, met Prince Charming at the ball, spell was broken at midnight) and the Champion calls on someone with his/her hand up, listens to the clue and then must guess what character he/she "is".
4. Count the number of clues that it takes for the youth to determine his/her character.
5. If someone in the audience says the character's name, a second name is held up.

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>	Snowball
<b>Focus:</b>	Opening Routine

**Materials:**

2 pieces of white copy paper for each group of students in your program

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Each cluster of students sends two champions to the front of the room.
2. Each person writes 3 things on the white paper about themselves (help Kinders and 1<sup>st</sup> graders do that).
3. Each youth then "balls" the paper up and throws it into the center. Youth then make one line across the stage.
4. Cluster then sends a Champion to the front, who selects a "snowball", reads what is said to the audience and then guesses who the clues are about.
5. Count the number of guesses it takes for the person to identify whose "Snowball" he/she has selected.

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 Cookie
<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 Cookie, 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 Game
<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 Game, 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 Movie
<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 Movie, 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 Sport
<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 Sport, 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>	Backward Rise
<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.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask each group to select two teams of 2 to send to the front.
2. When teams get to the front, explain that each pair will sit on the floor, backs together, feet out in front and arms linked.
3. The task is for them to stand up together.
4. The first team to stand up, wins.
5. Audience should cheer the group on.
6. When every pair is standing, the activity is over.

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>	Bring Back My Bonny
<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.

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 the group that each time the leader says a word that begins with the letter "B", the entire group must stand up, shout, "Yahoo!" and then immediately sit back down.
2. Either read the following yourself or have a student come up and read into the microphone:  
 My Bonny lies over the ocean. My Bonny lies over the sea.  
 My Bonny lies of the ocean. Oh bring back my Bonny to me.  
 Bring back, bring back, bring back my Bonny to me, to me.  
 Bring back, bring back, oh, bring back my Bonny to me, to me.

Note: If the leader can sing the song, even better. Repeat 2-3 times.

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>	Cereal Box Puzzle
<b>Focus:</b>	Opening Routine

<p><b>Materials:</b>          1 Cereal Box, ripped up in medium chunks          Tape          Music (youth appropriate)</p>
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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**  
 Rip up empty cereal into medium size chunks\*. Instruct students to use minimal amounts of tape.

### Opening Activity

<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2. Each student will have a piece of a cereal box that they will need to attempt to put it back together. They can use tape to piece it together.</li> <li>3. Student to complete his/her project first, wins.</li> <li>4. Audience should cheer and applaud the teams.</li> </ol>	<p><b>*Activity → Teachable Moment(s) throughout</b>          * Rip empty cereal into smaller chunks for older students and small chunks for younger students.</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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Desert Island
<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.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask the audience this question: If you were stranded on a deserted island for a month, other than essentials (food, water, shelter) you may take three items—one piece of music, one book, and one luxury item. What would you take?
2. Groups determine together what the three items would be.
3. Group selects a Champion to go to the front and read the list.
4. Audience then determines by cheers and claps (NO BOOING), which group had the best list.
- 5.

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>	Fact of Fiction
<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.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask each group to send a Champion to the front of the room. Ask them to select someone who can give a "fact" or a "fiction" about themselves in a convincing manner. For example, a person could say, "I've been to Disneyland 19 times." This could be fact or this could be fiction. They should be able to say it convincingly, no matter whether it is fact or fiction.
2. When the Champions arrive, explain to the audience that when a Champion from a particular group is up front, that group may not call out "fact" or "fiction", they must remain silent. The rest of the group will call out "fact" or "fiction" after the person states his/her comment.
3. The Leader then determines which way the audience has voted. If the audience is correct, then they get a point. If the Champion fools them, then the Champions group gets the point. If there is a winner, then that group leaves the area first.

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>	Fear Factor: Pork and Beans
<b>Focus:</b>	Opening Routine

**Materials:**

Pork and Beans  
 Plastic spoon  
 Dixie cup  
 Target  
 Bean Bags

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. One player from each team.
2. You will also need a can of pork and beans, plastic spoons, small Dixie cups (2 oz. size), bean bags and a target.
3. Create the target out of poster board.
4. Cut three holes, label two holes 1 cup, and 1 hole, NO Cups.
5. Child tosses the bean bag at the poster.
6. If the bean bag goes into a hole, then player eats that many cups of pork and beans.
7. If the bean bag does not go into the hole, then the player has 2 cups of pork and beans.
8. The player who has the least beans to eat, wins.

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>	Game Show
<b>Focus:</b>	Opening Routine

**Materials:**

Set of question cards (see attached)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask each group to send 1-2 Champions to the front of the room (you want a total of 10 people).
2. Explain that this is a Game Show and that each contestant (the Champions), will be asked one question and then give a response to the question.
3. At the end, audience will vote for the Champion whose answer was "best".
4. Audience will vote by cheering and clapping (Absolutely NO BOOING)

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.

#### Questions:

1. If you had a time machine that would work only once, what point in the future or in history would you visit and why?
2. If you could go anywhere in the world, where would you go and why?
3. If your house was burning down, what three objects would you try and save and why?
4. If you could talk to any one person now living, who would it be and why?
5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
6. If you were an animal, what would you be and why?
7. If you could have any pet in the world, what would it be and why?
8. Name a gift you will never forget and tell us why it is unforgettable.
9. What is your favorite thing to do during the summer and why?
10. What one thing do you like best in other people and why?
11. Who's your favorite cartoon character and why?
12. What is the hardest thing you have ever done? Why was it so hard?
13. What's the weirdest thing you've ever eaten? Why did you eat it?
14. What book, movie or video have you seen/read recently you would recommend? Why?

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Hand Clap!
<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.

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 the group that each time the leader crosses his hands (demonstrate), that the group must clap on loud clap all together.
2. Then begin by telling the story of the 3 Bears yourself, and while you are talking cross and uncross your hands so the crowd will clap.
3. Then ask for a volunteer to come and tell another fairy tale—Little Red Riding Hood, the 3 Little Pigs, or Snow White.
4. The “storyteller” should cross and uncross his/her hands and the audience will continue to clap one time.

Note: Try to trick the audience into clapping by nearly crossing your hands and then stopping short. Also, you might want to give the “volunteer” a heads up earlier so he/she can practice the story ahead of time.

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>	Last Person Standing
<b>Focus:</b>	Opening Routine

<b>Materials:</b> None	
<b>Opening</b>	
<p><b>State the objective</b></p> <p>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.</p>	
<p>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.</p>	
<p><b>Suggested Routine:</b></p> <ul style="list-style-type: none"> <li>• WELCOME students to the after-school program.</li> <li>• Greet them by name (use name tags if you need to do so).</li> <li>• 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.</li> <li>• Take roll call during this time. Welcome each student by name as they respond.</li> <li>• Make any necessary announcements at this time.</li> <li>• If it is someone's birthday, acknowledge the birthday.</li> <li>• After several days, give praises to students during this time for specific things they did the day before.</li> <li>• Conduct the team building activity below.</li> <li>• Dismiss students.</li> </ul>	
<b>Opening Activity</b>	
<p><b>Directions:</b></p> <ol style="list-style-type: none"> <li>1. Ask all of the participants in the program to stand up. Explain that as you identify a characteristic, any person who has that characteristic to sit down, or the reverse, anyone who does not have the characteristic must sit down.</li> <li>2. When all are standing, start listing the criteria until you have only one person standing.</li> <li>3. Examples: birthdays in a month that end in "ember"; shoes have laces; red hair, and so on.</li> </ol>	<p>Encourage all youth to participate in the opening activities.</p>

## Consult 4 Kids Lesson Plans

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on “What did you like about opening today?” “What suggestions do you have to make Opening even better?”

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest being an opening activity.



## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases: Excuse Me (Swedish)
<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 "Excuse me." in Swedish. There are
3. There are two different meanings of Excuse me. Ursäkta, pronounced Oor-sayk-tha, means to get attention. Förlåt, pronounced *Fur loot*, means begging pardon.
4. Select volunteers to say the phrases into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

**\*Activity → Teachable Moment(s) throughout**  
Encourage all youth to fully participate in opening activities.

### Closing

#### Review

Program Leader should ask students to describe the opening activity.

#### Debrief

This debrief should happen with the Program or Group Leader. Debrief should focus on "What did you like about opening today?" "What suggestions do you have to make Opening even better?"

#### Reflection (Confirm, Tweak, Aha!)

Ask students to think about an activity that they will suggest for an opening activity.

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	Learn Phrases: What is this? Finnish
<b>Focus:</b>	Opening Routine

**Materials:**

Microphone

Music (youth appropriate)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Announce to the group that they learn how to say a phrase in another language.
2. Today students will be learning how to say "What is this?" in Finnish.
3. Mikä tama on? Is pronounced mee-ka ta-ma ohn.
4. Select volunteers to say the phrase into the microphone. Have students remember past phrases that they remember and practice pronouncing them in the microphone.

Encourage all youth to participate in the opening 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>	Line Up!
<b>Focus:</b>	Opening Routine

**Materials:**

List of criteria (at end of lesson plan)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask each group to send 3 Champions to the front of the room.
2. Explain that you are going to give an instruction to the entire group of Champions.
3. Once the Champions have followed the instructions, the audience will vote as to whether or not the group successfully followed the instructions by cheering and clapping.
4. Here are the tasks: Line up, shortest to tallest; birthdays January through December; shoe size smallest to largest; ABC order by first name; ABC order by mother's first name; age; anything else you can think of

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>	Scramble
<b>Focus:</b>	Opening Routine

**Materials:**

Cartoon character names written on 8.5" x 11" paper, one letter per age (Shrek would be written on 5 cards)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask groups to send a Champion to the front.
2. Explain that you are going to place the letters that spell out the name of a cartoon character up out of order.
3. The Champion is then to rearrange the letters and shout out the name of the character
4. (With younger students you might want to create a buddy system so they have an older Champion with them to help with the spelling.)

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: Breakfast Cereal
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher paper for each group, crayolas, marking pens, pencils, and several pairs of scissors 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 a poster of different breakfast cereals by drawing as many different "boxes" as possible, on the butcher paper on the table.
2. After talking over how to create their Cereal Boxes, each youth should draw a specific Cereal Box, using the materials they have.
3. When the time is up, post the "Cereal Boxes" by hanging them around the opening area.

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: Creating a Team Flag
<b>Focus:</b>	Opening Routine

**Materials:**

Piece of butcher paper for each group, marking pens, crayolas, 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 the group that each group will have the opportunity to create a group flag.
2. Explain that the flag should have pictures and words that represent who the group is.
3. Explain that they will have 15 minutes to determine what the flag should have on it and then complete the flag.
4. When all flags are done, "hang" them around the opening space.

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: Fruit Bowl
<b>Focus:</b>	Opening Routine

**Materials:**

Butcher paper for each group, crayolas, marking pens, pencils, and several pairs of scissors 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 a Fruit Bowl with as many different kinds of fruit as possible, on the butcher paper on the table.
2. After talking over how to create their Fruit Bowl, each youth should draw a specific fruit, using the materials they have.
3. Fruits should then be cut out and placed in the group's fruit bowl in the middle of the butcher paper.
4. When the time is up, post the "Fruit Bowls" by hanging them around the opening area.

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: Vegetable Garden
<b>Focus:</b>	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 a Vegetable Garden on the butcher paper on the table.
2. After talking over how to create their garden, youth should draw the garden—using the materials they have.
3. When the time is up, post the “gardens” 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

<b>Component:</b>	Opening
<b>Grade Level:</b>	K-5
<b>Activity Title:</b>	We're Going to New York!
<b>Focus:</b>	Opening Routine

**Materials:**

Need 10 cards with action on them (Example: Laugh, cry, jump, giggle, smile, etc.)

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask each group to send a Champion to the front of the room who will be willing to become a silent actor.
2. While the Champions are coming up to the front, teach the group this chant:  
 Leader: We're going to New York.  
 Audience: What's your trade?  
 Leader: Lemonade  
 Audience: Give us some, or go away.
3. This is the signal for the Champions (1 at a time) to come forward and without word act out his/her word for the audience to guess.
4. When the audience guesses correctly, the Champion goes to the end of the Champions line and the Leader and Audience repeat the chant, bringing on the second Champion to act out his/her word.
5. Play continues until all of the Champions have had 1-2 turns.

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>	Whistle!
<b>Focus:</b>	Opening Routine

**Materials:**

Box of soda crackers

### Opening

**State the objective**

The purpose of opening is to demonstrate that the after-school program is the place to be. It is time for youth to check in, get a snack, build relationships, and participate in an engaging activity.

In the beginning, you will establish a routine for opening. As you move forward, students will have more and more input and how opening looks and feels, and will actually begin to plan the activities and team builders. The lesson plan below will be the activity to do with students.

**Suggested Routine:**

- WELCOME students to the after-school program.
- Greet them by name (use name tags if you need to do so).
- During the opening, interact with the students. Ask them about their school day, what they like to do, comment on haircuts, new clothes, and anything else you can think of. Really listen to the responses.
- Take roll call during this time. Welcome each student by name as they respond.
- Make any necessary announcements at this time.
- If it is someone's birthday, acknowledge the birthday.
- After several days, give praises to students during this time for specific things they did the day before.
- Conduct the team building activity below.
- Dismiss students.

### Opening Activity

**Directions:**

1. Ask each group to select a Champion that can whistle to send to the front of the room
2. Explain that each Champion must eat two crackers and then "whistle". The first person to whistle wins for his/her team the opportunity to leave first.
3. As each Champion whistles the order of the exit is determined.
4. Audience should cheer the Champions on to victory!

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>	Would You Rather?
<b>Focus:</b>	Opening Routine

**Materials:**

Set of question cards (see attached)

### 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 the audience that you are going to ask them a question that gives them 2 choices. Example: Would you rather be a dog or a cat?
2. Once the question has been asked, then explain that you will go back and state each of the options: "Dog" "Cat", and that when you say the option they would choose, they should stand up and cheer.
3. As the leader you will then say, it seems this group would rather ... listing the option that received the loudest cheers.  
List of questions follows.

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.

Would you rather...

1. Visit the doctor or the dentist?
2. Eat broccoli or carrots?
3. Watch TV or listen to music
4. Own a lizard or a snake?
5. Have a trip to the beach or to the mountains?
6. Be an apple or a banana?
7. Be invisible or be able to read minds?
8. Be hairy all over or completely bald?
9. Be the most popular or the smartest person you know?
10. Make headlines for saving somebody's life or for winning a prize?
11. Go without television or fast food for the rest of your life?
12. Always be cold or always be too warm?
13. See the future or change the past?
14. Be 3 inches taller or 3 inches shorter?
15. Wrestle a lion or fight a shark?