

## Consult 4 Kids Lesson Plans

<b>Component:</b>	Fun Friday
<b>Grade Level:</b>	K-5 Grade
<b>Lesson Title:</b>	Choose Your Game 1
<b>Focus:</b>	Physical activity, team work, strategy activity

**Materials:**

Checkers, Chess, Bingo, Sorry, Monopoly, Trivial Pursuit, UNO, Connect Four, Scrabble, RISK, Old Maid, Mancala, Yahtzee, Clue, Candyland, Shoots and Ladders, decks of cards, dominoes and any other board games youth enjoy  
Bases, ball for kick ball

### Opening

#### State the objective

Give youth a choice between board, card, or physical game

#### Prior Knowledge

Gain prior knowledge by asking students, "What do you know about playing these games?"  
You may want to preview the games during the weeks before this Game Day.

#### Activity Set Up

Select an area (multipurpose room or cafeteria or outdoor eating area would be best) to set up the games. On Thursday have youth sign up for the game they are interested in starting with. Be sure that you have the materials needed to play each game (for example Yahtzee needs dices, pencil, and pre-printed score sheet). If more than two teams of youth signed up for the kickball game operate two games (probably 9-12 students per team.)

### Rules of the Game

Youth will go to the game they selected. If you are going to let them change after a designated time, set that up and have youth reconvene before going to the new area. Youth who want to repeat at the same game should be allowed to do that.

### Content (the "Meat")

#### Instruction / Demonstration ("I do" – "We do")

- **Step One:** Send youth to the game they have selected (you may want to have an older student or volunteer to support several games)
- **Step Two:** Check in with youth to be sure they understand the rules
- **Step Three:** Circulate throughout the playing area to be sure that youth are engaged and having a good time
- **Step Four:** If you are going to allow a second choice, announce and set the timer.

#### Students practice ("You do")

- Enjoy the games

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

Use an attention getter to gather students at the end of the day.

\*Watch the 3 minute mini in our online instruction, "Attention Getters."

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### Closing

#### Review

Physical and mental activity is an important part of staying healthy.

#### Debrief

Now that students are all back together, it is time for the most important part of the day. A very good debrief to do for an in class activity like this is LBNT (Like Best, Next Time).

- What did you like best about each activity?
- What would you do differently next time?
- What do you feel the main learning way for this Fun Friday?

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

- Ask students to think about what they did today during Fun Friday
- Ask them to comment on what they did today that was something they already knew how to do. (Confirmation)
- Ask them to comment on what they did today that was like something they had done before except in one particular way which was new to them. (Tweak)
- Ask them to comment on something (if anything) they have learned today that was brand new to them. (AHA!)

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<b>Component:</b>	Fun Friday
<b>Grade Level:</b>	K-5 Grades
<b>Lesson Title:</b>	Collage IV
<b>Focus:</b>	Student Choice, Team Work, Fun

**Materials:**

**Games:** Checkers, Chess, Old Maid, Bingo, Sorry, Monopoly, Connect 4, Mancala, etc.

**Arts and Crafts:** fuse beads, fuse bead plastic templates, wax paper, iron and 2 large bath towels

**Cooking:** graham crackers (3 for each student that could be in this group—120), frosting, sour straws, plastic knives, small plates

**Mini Sports:** 5 x 8 cards, colored dots, CD Player, CDs

**Sports:** Volleyball, volleyball net and court

**Visual and Performing Arts:** Marshmallows (miniature and colored) toothpicks

### Opening

**State the objective**

The purpose of Fun Friday is to allow students to choose activities of interest to them and to focus on fun

**Preview of activities**

- Bring all students to the multipurpose room or snack area.
- Review all of the activities that are going to be offered today during Fun Friday (have the leaders share this so students will know both what and who).
- Remind students that there will be 2 rotations—they will be able to choose 2 different things to do today.
- Remind them that they will return to this spot at the end of the first activity to select activity #2.
- Check to see if there are any questions.

### Fun Friday Schedule

**Schedule**

Students should be allowed to self-select two activities, one for each period. (Daily schedule: opening, Activity #1, reconvene students and have them make a second choice for Activity 2. Bring them back together at the end so they return to the program leader for theme and closing.

Offer activities in the following categories (note you may only offer the number of categories as you have staff to lead).

- **Board or Card Games**
- **Arts and Crafts**
- **Cooking**
- **Mini Sports**
- **Conventional Sports**
- **Music, Performing Arts, and Art**

### Fun Friday Activities

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### Board or Card Games

**Choice of** Checkers, Chess, Old Maid, Bingo, Sorry, Monopoly, Connect Four and any other board game

### Arts and Crafts

#### Fuse Beads

**Materials:** Purchase a tub of fuse beads and shapes. You will also need an iron and wax paper.

Students select a shape and fill it with fuse beads. When they are finished, place wax paper over the beads, and place the iron on the wax paper, melting the beads into a permanent shape.

### Cooking

#### Frosted Flash Cards

**Recipe:** Graham crackers, frosting, sour punch straws.

With a plastic knife, spread the frosting on the graham cracker. With the straws, make the numbers to create a flash card (1 + 4, etc.)

### Mini Sports

#### Musical Dots

Create cards with a colored circle or dot in the center. Make 32 dots, 4 of each of 8 different colors. Spread the dots out in the play area. Turn on the music and children move around. When the music stops, the students must be on a dot. Call out one of the colors, and students on that color dot are out.

### Traditional Sports

#### Volleyball

### Performing Arts

#### Design A Bridge

**Materials:** small marshmallows and toothpicks.

Working together in small groups, students design a bridge that is at least 12" long and will stay up when it spans a space made by separating student desks.

## Closing

### Clean up

- Invite the last group of students at an activity to help clean up and return the items for storage
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there
- Thank students for their help when area is cleaned up

### Debrief

**Liked Best, Next Time (LBNT):** In this simple debrief, students talk about the activity or the day and share what they enjoyed most and/or what else they would have liked to have done, or what they would have liked to have spent more time on. LBNT allows students to express an opinion about the activity.

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<b>Component:</b>	Fun Friday
<b>Grade Level:</b>	K-5 Grades
<b>Lesson Title:</b>	Sandlot Softball And Other Games
<b>Focus:</b>	Have a fun team building event with students.

<b>Materials:</b>	
5 Bases including pitcher mount	Tennis Racket
1 Rubber Ball (6 inch diameter)	

<b>Opening</b>
Now that students have received a snack and are chilling out, it's time to revel an <b>AWESOME FUN FRIDAY!</b> Getting the students excited will set the tone for the day and help them remain engaged. The Special Fun Friday is "Sandlot Softball." 4th and 5th grade girls and boys will be competing against the tutors.

<b>Activities</b>	
<b>Sign Creation</b>	
<b>Activity Set Up / Materials</b>	
1 sheet of construction paper per student	Crayons, Markers, Miscellaneous Craft Supplies
<b>Instructions:</b> <ol style="list-style-type: none"> <li>Each student who did not volunteer to play in the game will create a poster supporting the program leaders or the 4th and 5th graders.</li> <li>Students who volunteered to play in the game will be consulting with their team.</li> <li>Classes will clean up and transition to the softball field. It is important to mention the set time in your daily schedule / agenda.</li> </ol>	<b>*Activity → Teachable Moment(s) throughout</b>

<b>Team Strategy</b>	
<b>Activity Set Up / Materials</b>	
None	
<b>Instructions</b> <ol style="list-style-type: none"> <li>One program leader will conduct the team strategy brainstorm for the students who volunteered to play against the program leaders.</li> <li>Get together a batting order (boy, girl) and who will be playing what position and in what inning since some will need to rotate so that they all get a turn.</li> </ol>	<b>*Activity → Teachable</b>

<b>The Game</b>	
<b>Activity Set Up / Materials</b>	
None	

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<p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Walk out and sit in designated safe area to observe the game.</li> <li>2. Since program leaders will be participating in the game, it is important to make sure that supervision is being covered in the crowd of fans.</li> <li>3. Designate a few student helpers to help with supervision. Make sure they know to just observe and be courteous when asking students to make good behavior choices.</li> <li>4. Students are to hold up posters while sitting on their bottoms and cheering for the teams.</li> <li>5. The game will be 7 innings. 3 strikes and you are out, 3 outs to end your turn, foul ball or tip only counts twice. Pitcher to your own team and it must be high arch and underhand.</li> </ol>	<p><b>*Activity → Teachable Moment(s) throughout</b></p> <p>Encourage all youth to participate in the theme activity in some way.</p>		
<b>Doogie Delite</b>			
<p><b>Activity Set Up / Materials</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">           6 blind folds            1 Blue Bucket            Scraps of cloth, preferably black            - Mix Ingredients and Cloth in the Bucket         </td> <td style="width: 50%; border: none;">           1 8lbs of cheap dog food            pint of water            1 pair of gloves per student         </td> </tr> </table>		6 blind folds 1 Blue Bucket Scraps of cloth, preferably black - Mix Ingredients and Cloth in the Bucket	1 8lbs of cheap dog food pint of water 1 pair of gloves per student
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<p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Each class will send up one student to represent them.</li> <li>2. The students will be complete to find as many strips of cloth in the bucket.</li> <li>3. Each team will get one minute to search while blindfolded and wearing gloves.</li> <li>4. Students will cheer on their teams.</li> </ol>	<p><b>*Activity → Teachable Moment(s) throughout</b></p>		
<b>The Jump Rope Challenge</b>			
<p><b>Activity Set Up / Materials</b></p> <p>1 Jump Rope per Student</p>			
<p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Each class will send up one student to represent them.</li> <li>2. The students will be complete to see who can jump rope the longest without messing up. If a student messes up in the first 15 seconds they get a retry.</li> <li>3. The teams that make it past the 4 minute time limit wins.</li> <li>4. Students will cheer on their teams.</li> </ol>	<p><b>*Activity → Teachable Moment(s) throughout</b></p>		
<b>Noodle Chain</b>			
<p><b>Activity Set Up / Materials</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">           3 spaghetti packs            1 bag of flour            Food coloring            Make a syrup using sugar, flour and water; mix with the cooked spaghetti noodles.         </td> <td style="width: 50%; border: none;">           1 bag of sugar            12 brown bags         </td> </tr> </table>		3 spaghetti packs 1 bag of flour Food coloring Make a syrup using sugar, flour and water; mix with the cooked spaghetti noodles.	1 bag of sugar 12 brown bags
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<p><b>Instructions</b></p> <ol style="list-style-type: none"> <li>1. Each class will send up two students to represent them.</li> <li>2. The students will be complete to see who can transfer all of their spaghetti from one bag to the other.</li> <li>3. The team that has the most spaghetti in their bag wins. Even if a team finishes first, other bags will be checked for greater amount.</li> <li>4. Students will cheer on their teams.</li> </ol>	<p><b>*Activity → Teachable Moment(s) <i>throughout</i></b></p>
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### Closing

**Clean up**

- Invite the last group of students at an activity to help clean up and return the items for storage.
- Ask students what they will need to do to be sure to leave the area in better shape than when you got there.
- Thank students for their help when area is cleaned up.

**Debrief**

Now that students are all back together. It is time for the most important part of the day. A very good debrief to do for a large activity like this is D.I.G.A.

- Describe: Have students share out about what they did during the Warfare Games. Did they like being in their
- Interpret: Ask if they have had any key learning while playing outside. Ask what skills they learned or had to use in order to participate in the games and activities they are playing. How did they feel when participating in the games and activities?
- Generalize: How can you use the skills or your key learning tomorrow at your program?
- Apply: How can you use the skills or your key learning in your future?

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<b>Component:</b>	Fun Friday
<b>Grade Level:</b>	K-5 Grades
<b>Lesson Title:</b>	Tribal Warfare Games
<b>Focus:</b>	Establish an after school culture of acceptance, tolerance and respect

### Materials:

#### Tribal War Paint

- Variety of Color Tempera Paint
- 1 Bottle of Lotion (4 oz, non-scented) per class
- 15 Wet Wipes per class
- 2 - 3 Dixie Cups
- 2 - 3 Paintbrushes

#### Prizes (suggestions)

- Participation Prize (enough per student in program)
  - Small Toy
  - Fruit Snack
  - 15 minute free recess coupon (this is given as a class)
- Winning Class Prize (Enough)
  - 45 minutes free recess coupon
  - Goodie Bag with donated items from stakeholders

#### Warfare Games

- Hula Hoops
- Bean Bags

### Opening

Now that students have received a snack and are chilling out, it's time to revel an **AWESOME FUN FRIDAY!** Getting the students excited will set the tone for the day and help them remain engaged. The Special Fun Friday is "Tribal Warfare Games" We will be promoting how to work together with one another to complete a challenge. We are also promoting good sportsmanship and how to promote others through encouragement. The big Challenge of the day is to see how long you can go without putting someone down. The best way to do that is saying nothing but positive things.

### Preview of Activities

#### Environment for Fun Friday

This Fun Friday can take place outside and in a multi-purpose room / cafeteria. The area in which the Tribal Warfare Games takes place is the "Tribal Hallowed Grounds."

#### Initial Thoughts to Consider

This Fun Friday requires set up for each activity. It is preferred to use youth leadership group, available site staff and volunteers to assist with set up. It is important to also designate a one person to lead the set up. As the facilitator it is preferred that you keep the students engaged and the Fun Friday moving forward.

### Tribal War Paint (Face Painting)

1. Mix the tempera paints and lotion together in the Dixie cup, using a balanced amount (half and half). This will allow the paint to be applied to the students' face easily. Once paint dries, it will start to crack and peel off, causing irritation to the



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face. The lotion reduces the drying effect.

2. While mixing the paint and lotion, ask students what kind of design they would like to have on their face. (two stripes under each eye, three horizontal stripes on the forehead, etc)
3. While you (as well as assistant or volunteer) are painting each student's face, reiterate the prior knowledge questions. Ask them to give you more examples. Keep them engaged.
4. Another thing to discuss is how they think they should behave once they are on the "Tribal Hallowed Grounds." What is the appropriate behavior to have? How should they treat others who they are competing against?

### Tribal Warfare Games (Tribal Hallowed Grounds)

*Tribal Warfare Games can be lead by the Site Coordinator, Lead Tutor, Youth Leadership Group, available site staff and Volunteers.*

#### **Facilitator of Tribal Warfare Game:**

Today's Tribal Warfare Games' challenge is to complete different tasks with the support of your tribe. Each tribe will be competing against each other for points. The tribe with the most points wins a prize. However, no matter what, all tribes will receive something very special.

#### **Point System:**

Each game will have different amounts of points to be earned. As long as students participate, they will receive points. Teams that excel will receive more points. Use a chart with each of the tribe's names to keep score.

During the games, youth caught encouraging others will be given special tickets handed out by their frontline staff (tutor/teacher). These tickets will be entered at the end of the Tribal War Games for a secret prize.

#### **Games:**

Choose as many of the following challenges as you need to do during the Tribal Warfare Games. Depending on time, choose a few extra in case the challenges take less time than anticipated. Explain the rules and concept of the game. Make sure students have a clear understanding of the rules by asking follow up questions. Reinforce the agreements by asking them what they need to do in order to make the game extremely fun while still being safe, responsible and respectful. Ask them what a reasonable consequence should be for someone who does not follow the agreements.

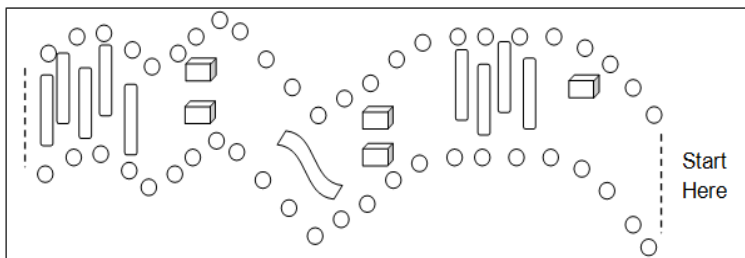
Have students practice the different skills they will need in order to play the game/activity correctly. Role model the skill first so students have an idea of what it is that they will need to do.

### Activities

#### Savage Escape

#### **Activity Set Up**

A mini obstacle course will need to be set up using orange cones, pool noodles, crates, balloons and foam knee pads. Use cones to design your escape route. Add pool noodles or other items as obstacles that students must go through. Have students use knee pads if they must go under anything. Any material can be added to the obstacle course. You can have your student leadership group or high school volunteers create their very own obstacle course. Let them be creative.



#### **Instructions:**

Students are on the hunt for an escape. Wait, what is that? A key to get out!

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

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They must balance the key (golf ball) on a metal or plastic spoon and make it through the obstacle course. The first one to make it to the end and back is the winner.

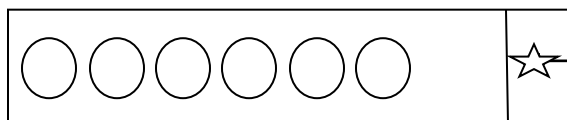
### Catapult

#### Activity Set Up:

Set Up:

Place 6 hula hoops on the ground starting 10 yards away from where students are standing, going back two feet from each hoop. 3 bean bags will be needed.

Ex:



Students Here

\*younger youth can move closer

#### Instructions

Each team will send up two students to participate. Each student will get three chances to "catapult" their bean bag into the "holes." Once the student has catapulted all three bean bags into the holes, tally up the amount of points and add it to their total score.

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

### The Cup Challenge

#### Activity Set Up

Place 30 red cups on each side of the "Tribal Sacred Grounds" with a line in the middle so they know where their sides are. Cups will need to be reset up between each bout.

Ex:



#### Instructions

Each team will send up 10 students to participate. Only two classes will compete at a time. Try to pair up tribes based off of grade level. If there are an odd number of tribes, older youth can go up against 5 tutors.

The goal of this game is to see how many cups they can turn over on the opponent's side of the court. The rules are you can only turn over or turn up on cup at a time and must brisk walk, not run.

Each tribe will begin with their cups flipped up. Once you signal go, tribes will have one and a half minutes to flip their opponents' cups over. After the minute and a half, the team with the most cups still turned right side up wins. The winning team receives 40 points while the other team receives 15 points.

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

Encourage all youth to participate fully.

### Tribal Spirits

#### Activity Set Up

- None

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<p><b>Instructions</b></p> <p>Each class will be given 10 minutes to secretly come up with a tribal handshake, tribal chant or tribal dance to represent their tribe.</p> <p>Once the 10 minutes is up. Each tribe will select a few students to show off their tribal spirit. Everyone will vote on which tribe had the most tribal spirit. First place received 50 points, second place received 40 points, third place received 30 and the remaining tribes receive 15.</p>	<p><b>*Activity → Teachable Moment(s) throughout</b></p> <p>Encourage youth to be creative.</p>
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### Closing

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