

Consult 4 Kids Lesson Plans

Component	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Food Challenge
Focus:	Let's play with food.

Materials:

See below in activities

Opening

During snack or when the entire program is together in one facility, welcome students to the afterschool program. Give the following information about what they will be doing on this special Fun Friday.

Today's awesome Fun Friday is all about food—and all of the things you might want to do with food other than simply eat it. Raise your hand if you like food? Keep your hand raised if you like fruits, keep them raised if you like meat, keep them raised if you like vegetables! Today you will compete for points as well as eat some dirt! Who's ready?!

Overall organization:

Divide students into cross-age groups, each team should include students of all grade levels. Each team should have one Program Leader or volunteer with them. Teams will have about 20 members. Teams will rotate through five different activities. If you need to duplicate activities because you have more than 5 teams, that is okay. Come up with your own point system. Tally the points at the end to find out who the winner is.

Activities

Spaghetti-Marshmallow Tower – (Points)

Activity Set Up / Materials

Divide the team into groups of 4-5 students (some students from each grade level in each group)

Materials:

20 pieces of spaghetti for each group	1 large marshmallow for each group
1 yard of string for each group	1 yard of masking tape for each group

Challenge:

Using only the materials listed above build the tallest, free-standing tower that you can build.

The marshmallow must remain whole and must be on the top of the structure
Other than the marshmallow, you may use as much or as little of the other materials as you would like.

When time is called (you will have 15-20 minutes) all group members must back away from the structure and the leader will measure the height of each of the structures. Record the height of the tallest structure for the team (this will be compared to the other teams).

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

Encourage youth to participate fully in the Fun Friday challenge.

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Egg and Spoon Race – (Points)	
<p>Activity Set Up</p> <p>Divide the team into 2 groups—equal size with students from all grade levels balanced in the 2 groups.</p> <p>Materials</p> <p>Plastic spoon for each group member Hard Boiled or plastic egg for each group</p>	
<p>Challenge:</p> <p>Using cones designate a start and a finish line. Have all group members line up behind the start line.</p> <p>One at a time, the group member will hold the spoon in his/her hand, place the egg in the spoon, and move as quickly as possible to the finish line and back, passing the egg to his/her group member. Next group member does the same thing, down to touch the finish line and then back to pass the egg to his/her next group member.</p> <p>When everyone in the group is finished taking the egg to the finish line and back, the entire group links arms and hurries to the finish line to win the race.</p> <p>Note: If the egg drops, player must pick up the egg, count to 10, and then continue with the relay.</p> <p>Leader keeps the time it takes for both groups to finish, adds the two times together, and this becomes the time for the team. Points are awarded when you compare all of the teams' times. Go in reverse order, the shortest time wins 10 points, and then move down 1-2 points for each place.</p>	<p style="text-align: center;">*Activity → Teachable Moment(s) throughout</p> <p>Encourage youth to participate fully in the Fun Friday challenge.</p>
Worm Dirt Cake – (No Points)	
<p>Activity Set Up</p> <p>Divide team into partners (probably older and younger will make the project work best)</p> <p>Materials</p> <p>Cup of chocolate pudding for each student 3 Gummy Worms for each student 1 Oreo for each student Clear 8 ounce plastic cup Plastic spoon Plastic baggie</p>	
<p>Directions:</p> <ol style="list-style-type: none"> 1. Place the Oreo into the baggie and crush (pound with your hand or squish in between your hands). 2. Place the Gummy Worms in the bottom of the clear plastic cup. 3. Cover the Gummy Worms with chocolate pudding (use spoon to scoop it out). 4. Sprinkle the crushed Oreo on top. <p>Teach students the song below. If you don't know the tune, this can be done as a rap, as long as students provide the beat.</p> <p>Nobody Likes Me (Guess I'll Go Eat Worms) Lyrics</p> <p style="padding-left: 40px;">Nobody likes me, everybody hates me,</p>	<p style="text-align: center;">*Activity → Teachable Moment(s) throughout</p> <p>Students should enjoy this activity. Be sure they wash hands.</p>

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I think I'll go eat worms!
 Big fat juicy ones,
 Eensie weensy squeensy ones,
 See how they wiggle and squirm!

 Down goes the first one, down goes the second one,
 Oh how they wiggle and squirm!
 Up comes the first one, up comes the second one,
 Oh how they wiggle and squirm!

 I bite off the heads, and suck out the juice,
 And throw the skins away!
 Nobody knows how fat I grow,
 On worms three times a day!

 Nobody likes me, everybody hates me,
 I think I'll go eat worms!
 Big fat juicy ones,
 Eensie weensy squeensy ones,
 See how they wiggle and squirm!

When song is over, have students eat the Worm Dirt Cake.

Fruit and Vegetable Prints – (No Points)

Activity Set Up

Table cloth or butcher paper to cover the tables

Clean the fruits and vegetables. Wash and towel dry.

Prepare the fruits and vegetables by cutting or trimming them. Here are some suggestions:

Apples and pears- cut lengthwise in half; **Bananas**- cut in half; **Oranges and lemons**- cut crosswise in half;
Corn- cut in half and insert a stick to make a handle; **Bell peppers**- slice crosswise in half, remove the seeds; **Broccoli and cauliflower** - separate into individual florets; **Mushrooms**- slice button or any round mushrooms lengthwise in half;
Potatoes and carrots- slice into quarters, wedges or cut into specific shapes such as a flower or star; **Chinese cabbage**- trim off the base, we are going to use this part for painting.

Materials

Staff

Fruits (apples, pears, oranges, bananas, lemons)

Vegetables (broccoli, cauliflower, bell peppers, potatoes, carrots, corn, mushrooms, Chinese cabbage)

Knife

Chopping board

Students

Poster paint

Plastic plates or trays and cups of water

Construction paper

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<p>Instructions</p> <p>Use fruits and vegetables to create exciting prints on paper or fabric. Make fun random prints or combine them to create interesting images.</p> <ol style="list-style-type: none"> 1. Pass out construction paper, one to each student. 2. Pour paint into small plates, doing multiple plates for each color so that students can share the paints. 3. Pass out cut foods to the students. Let them choose a few designs. 4. Have students create a picture by pressing the food into the paint, making sure that they bottom of the food is evenly covered, and pressing it onto the construction paper. 5. Promote using different colors and different fruits and vegetables. 	<p>*Activity → Teachable Moment(s) throughout</p> <p>Use student leaders to distribute supplies.</p> <p>Modification of Lesson: Reuse the same food for each rotation by dipping the food in water and placing it on a paper towel.</p>
<p>Eat a Donut Relay – (Points)</p>	
<p>Activity Set Up</p> <p>Divide team into 3 groups</p> <p>Materials</p> <p>1 small donut per student</p>	
<p>Instructions</p> <p>Members of the group line up, approximately 2 feet apart. Each group member has his/her donut on the string.</p> <p>When leader says go, the end person moves to the front, holds the end of the string, dangling the donut in space.</p> <p>Player number 1 has to eat his/her donut off of the string.</p> <p>When he/she is finished, then he/she holds the string of the next person's donut in the same way, allowing the person to eat the donut off of the string. Play continues until all youth have eaten the donut off of the string.</p> <p>Note: If the donut falls to the ground uneaten, the team does not get a point for that donut. If the donut is ½ eaten or more, the group gets a point for that donut. The total number of points (adding all of the groups together) is the team's total number of points.</p>	<p>*Activity → Teachable Moment(s) throughout</p> <p>You can use bagels, pretzels, or other food if you want.</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 today's activities.
- 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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Component	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Healthy Routine
Focus:	Students will learn how to live a healthy lifestyle that includes healthy choices and promotes wellness.

Materials:
 Please note this Fun Friday is a template. More than one activity can be done in each section. This Fun Friday can be done as a class or with the entire student body.

Opening

Welcome students to today's Fun Friday. Let them know that this Fun Friday we will explore what it means to be well and truly healthy.

Activities

Healthy Routine

Healthy Brainstorm - 15 minutes
 Healthy Choices - 25 minutes
 Pre-Work Out Stretching - 10 minutes
 Let's Do Some Work - 25 minutes
 Cool Down - 10 minutes
 Yoga / Relaxation - 20 minutes
 Positive Self Image - 30 minutes
 Healthy Snacks - 15 minutes

Healthy Brainstorm

Activity Set Up / Materials
 White board and dry erase marker

- Instructions:**
1. Have students meet in a circle, sitting "criss-cross, apple sauce" on the floor.
 2. Ask students what they think it means to be healthy. Write their answers on the board.
 3. Here are some examples of what is considered healthy: positive attitude, low fat and salt consumption, watching the how many calories you eat, making positive food choices, relaxing, exercising regularly, stretching to promote flexibility, going to the doctor's for a regular check up, and drinking at least 8 glasses of water a day.

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

Take all answers and write them on the board. Remember that all responses are important.

Healthy Choices

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<p>Activity Set Up / Materials Depends on the activity chosen.</p>	
<p>Instructions</p> <ol style="list-style-type: none"> 1. There are many activities that can be done to work with students on what it means to make a healthy choice. Below are a few ideas for activities that can be done with youth to promote healthy choices. 2. Matching Game: Print out pictures of healthy foods and pictures of unhealthy foods, two pictures per item. Cut them out and glue them on index cards. Choose at least 15 foods per category, 30 total. That means you will have 60 cards. Have students find the pairs. If they find a pair, they must decide if it's a healthy choice or an unhealthy choice. 3. T Chart: Print out pictures of healthy foods and pictures of unhealthy foods. Create a T chart on the board. Show each picture and have students discuss why it is a healthy choice or an unhealthy choice. Place the picture of the food on the correct side of the T chart. 	<p>*Activity → Teachable Moment(s) throughout</p> <p>Making healthy choices is a learned activity This will reinforce the skills.</p>
<p>Pre-Workout Stretches</p>	
<p>Activity Set Up / Materials This activity needs to be done in a place where students can spread out.</p>	
<p>Instructions</p> <p>Begin by having students stand arm length away from each other. This will promote safety. Demonstrate each of the following stretches for the students and have them do each one for 15 second.</p> <ul style="list-style-type: none"> • Right Arm Circles • Left Arm Circles • Knee Circles (Have students place their hands on their knees with feet together while circling their knees) • Jumping Jacks • Jump Rope • Knee Highs • Neck Rotations (Left, Center, Right) • Across the Body Arm Stretch (Right) • Across the Body Arm Stretch (Left) <p>It is important to stretch before being physically active. Nice dynamic stretching can lower the risk of injury. Warming up the body allows for the body to be more flexible and sustainable to active movement. This will need to be conveyed to the students.</p>	<p>*Activity → Teachable Moment(s) throughout</p> <p>Modification of Lesson: Have butcher paper already posted where you would like the group to work.</p>
<p>Let's Do Some Work</p>	
<p>Activity Set Up / Materials This activity needs to be done in a place where students can spread out. A TV or projector with screen may also be required.</p>	
<p>Instructions</p>	<p>*Activity → Teachable</p>

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<ol style="list-style-type: none"> 1. Since there are so many exercise routines that are out there for youth and adults, it is better to let the professionals lead this activity. Choose something upbeat and modern. 2. Using a TV or projector, play an exercise DVD. Many exercises can also be found online for free. 3. Have water accessible during this workout period. Students should workout for at least 25 minutes. 4. Most exercises have a cool down period. If not, move on to the Cool Down section. 	<p style="text-align: center;">Moment(s) throughout</p> <p>Encourage youth to talk about how they might do this workout at home.</p>
<p>Cool Down</p>	
<p>Activity Set Up / Materials</p> <p>N/A</p>	
<p>Instructions</p> <ol style="list-style-type: none"> 1. Ask two volunteers to become leaders. (One will be at the front of the line and the other at the end.) 2. Students form a line between the leaders, facing toward one and following that leader. 3. The leader moves around and does cool down stretches: <ul style="list-style-type: none"> • Sit on your bottom with your legs spread open. Inhale and extend arms up. Exhale and reach over to your right side. Repeat for left side and for the middle. It's important not to let your legs bounce. We don't want to hurt ourselves. • While still sitting on your bottom with legs out in front of you, clasp your hands behind your lower back and stretch. Lift your chest towards the sky. • Stand up. Take a big inhale in, circling your arms up towards the sky. Exhale and circle your arms back down to your side. • Take your right arm and reach behind you. Lift your left foot to mean your right hand. Hold at the ankle and feel the thigh stretching. Repeat for other side. • Repeat this 3 times: Take a big inhale in, circling your arms up towards the sky. Exhale and circle your arms back down to your side. 4. Repeat several times, reversing the leader to make the activity more lively. 	<p style="text-align: center;">*Activity → Teachable Moment(s) throughout</p> <p>Remind students that just like it is important to warm up prior to working out it is equally important to cool down when the activity is over.</p>
<p>Yoga / Relaxation</p>	
<p>Activity Set Up / Materials</p> <p>This activity needs to be done in a place where students can spread out. A TV or projector with screen may also be required.</p>	
<p>Instructions</p> <ol style="list-style-type: none"> 1. Just like before with the Workout session, do the yoga relaxation section in the same manner. 	<p style="text-align: center;">*Activity → Teachable Moment(s) throughout</p>

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2. Soothing music can also be found. A great artist for soothing music is All India Radio. A majority of their music is youth appropriate. Many of their songs are instrumental.	
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Positive Self Image

Activity Set Up / Materials

Construction Paper (per student)	Glue, Scissors
Old Magazines (fitness / healthy / life style)	Coloring Utensils (Crayons, Pencils, Markers)

<ol style="list-style-type: none"> 1. Have students think about all the healthy things they did today. 2. Students will create a portrait of themselves on the construction paper. They will fill the void area of the portrait with magazine clippings of what they think it means to them to be healthy. 3. Let students work on this activity for a while. Let them do a lot of reflecting. 4. Give students 5 minutes at the end of the activity to share out their portraits. 	<p>*Activity → Teachable Moment(s) throughout</p>
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Healthy Snacks

Activity Set Up / Materials

A variety of fruits, vegetables, nuts and spreads (almond butter, peanut butter) Plates, Napkins and Plastic Utensils.
 * A buffet style set up will work well.

<ol style="list-style-type: none"> 1. Students will create their own healthy snacks. 2. Let 5 - 6 students go to the buffet at a time. 3. If you already have a particular snack that you want them to make, you can do that as well. 4. Students like to eat the foods they like so a buffet style set up may work out best. 5. Have students create goofy names for the snacks they create. 	<p>*Activity → Teachable Moment(s) throughout</p> <p>Modification of Lesson:</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 today's activities.
- 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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Component	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	Secret Agent
Focus:	Students will work together and become secret agents. They will be problem solving, observing details, and using strategies to make conclusions.











<p>Materials:</p> <p>See below in activities</p>

Opening
<p>During snack or when the entire program is together in one facility, welcome students to the afterschool program. Give the following information about what they will be doing on this special Fun Friday.</p> <p>Welcome to today's Fun Friday event! Today you will be going through Secret Agent School. You will master the skills it takes to be a Secret Agent.</p> <p>Overall organization: Divide students into cross-age groups, each team should include students of all grade levels Each team should have one Program Leader or volunteer with them. Teams will have about 20 members. Teams will rotate through five different activities If you need to duplicate activities because you have more than 5 teams, that is okay.</p>

Activities	
<ul style="list-style-type: none"> – Finger Print Art – Coin and Texture Rubbings – Scavenger Hunt – Solve the "Crime" – What's That Flavor? 	
Finger Print Art	
<p>Materials: Construction Paper per Student Child Proof Ink Pads (1 for each 4 students)</p> <p style="text-align: right;">Felt Tip Pens Crayons, markers, coloring pencils and/or watercolors</p>	
<p>Instructions:</p> <p>Use childproof ink pad... washable. Put your finger the ink ... then press it onto a piece of drawing paper.</p> <p>Use marker, or pen to draw the outline of your object/character. Use crayon, marker, coloring pencil... watercolor paints... whatever you enjoy doing your art projects with to finish up your fingerprint projects.</p> <p>HINT: For the dots... dip in paint with the end of paint brush... dot the end into the paint...</p>	<p>*Activity → Teachable Moment(s) throughout</p> <p>Remember that all fingerprints are different.</p>

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then onto the monkey for his eyes.

1.		2.		3.	
4.		5.		6.	
7.		8.		9.	
10.					

Coin and Texture Rubbings

Materials

Construction Paper per Student
Coins

Crayons or Colored Pencils
Other objects that is textured (leaves, wood, etc)

Instructions:

1. Lay a coin on a flat surface.
2. Cover the coin with a sheet of white paper.
3. Rub a crayon horizontally, with medium pressure, over the section of paper that is on top of the coin until the image of the coin appears.
4. Lift the paper and turn the coin over, or place a different coin on the flat surface.
5. Repeat Steps 1-3 to create a rubbing of the back side of the coin or the new coin.

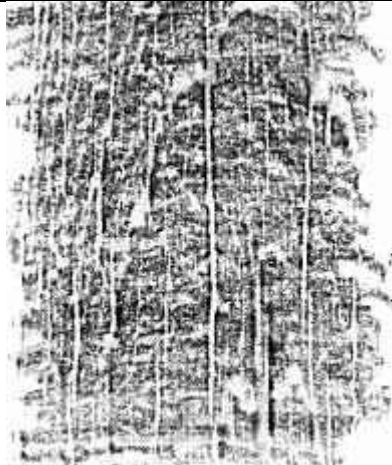
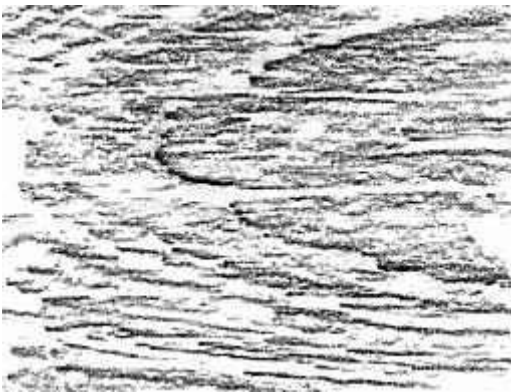


***Activity → Teachable Moment(s) throughout**

Encourage youth to find other items with texture to do rubbings of.

This is the same piece of wood rubbed in different directions.

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<p style="text-align: center;">Other things you can consider having children do rubbings of include: the sidewalk, a plaster wall, the seat of a chair, sandpaper, and a notebook. They should label each rubbing. Ask them to think of other items that could have interesting textures.</p>		
<h3>Scavenger Hunt</h3>		
<p>Materials Stack of old newspapers Red pen, crayon, marker or colored pencil</p>		
<p>Directions:</p> <p>You don't have to travel far to do a scavenger hunt. Simply pass out newspapers to kids and have a newspaper scavenger hunt, recommends the Scavenger Hunt Fun website. Make a list of items for kids to find and cut out. They can include a picture with a swimming pool, a picture of an athlete and an ad for a church fundraiser. Tailor the items to the appropriate age level. Older kids can find more advanced things like a spelling error or typo in a story.</p> <ul style="list-style-type: none"> • picture of a swimming pool • picture of an athlete • picture of a famous person • ad for shoes • picture of a smiling face • ad for a dentist • picture of sports equipment • picture of a winner • picture of a loser • picture of weather 		<p>*Activity → Teachable Moment(s) throughout</p> <p>Remember that part of the fun of a Scavenger Hunt is looking for all of the items and having them be just challenging enough and just easy enough to be interesting.</p>
<h3>Solve the "Crime"</h3>		
<p>Activity Set Up / Materials Depending on what "Crime" students will be solving</p>		
<p>Instructions</p> <p>When a crime occurs, there can be direct evidence such as eyewitness accounts, circumstantial evidence, and trace evidence. Trace evidence is when a clue is transferred from one person or place to another. Ahead of time, ask a student willing to play along as the perpetrator of the "crime."</p>		<p>*Activity → Teachable Moment(s) throughout</p> <p>Remind students that this is like CSI.</p>

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In this activity, students find and examine the trace evidence. Then they decide which classmate committed the “crime.”

Have these items on or near the station for students to help solve the crime:

- soil tracked into the classroom or on a shoe
- a used facial tissue
- something broken
- a fiber from clothing
- pet hair
- other

What's That Flavor?

Activity Set Up / Materials

10 different flavors of yogurt

One spoon for each student, several spoons for each yogurt

10 cards, each with a different number (1, 2, 3, 4, 5, 6, 7, 8, 9, 10)—matched to a different flavor of yogurt

Instructions

Team tastes the different yogurts and as a group decides what the flavor is and writes the flavor on a piece of paper with a grid on it

1	2	3	4	5
6	7	8	9	10

To ensure that you are not spreading germs, give each youth his/her spoon, and then take the yogurt spoon and put a small dollop on each spoon for the taste test. Be sure to let them know the number of the taste/yogurt.

Let group see what the correct flavor is.

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

If you don't want to use yogurt, then use different flavors of drinks.

Closing

Clean up

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- Apply: How can you use the skills or your key learning in your future?

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Component	Fun Friday
Grade Level:	K-5 Grades
Lesson Title:	We're in the Band
Focus:	Everyone loves to feel they are a part of something. A band is a great place for creativity. Let's make music together.

Materials:

Brainstorming: Depending on style of brainstorming: white boards, dry erase makers or poster board and marker.

Band Name and Logo Creation: Scratch Paper and Pencils, 1 Railroad board per band, markers

Song Writing: Scratch Paper and Pencils

Band Look: Scrap fabric or felt, combs, hair spray, costume make-up (optional), and other glamour accessories that can be found like costume jewelry.

Opening

During snack or when the entire program is together in one facility, welcome students to the afterschool program. Give the following information about what they will be doing on this special Fun Friday.

Raise your hand if you would like to be famous like Justin Bieber, Selena Gomez or Lady Gaga? Keep it raised if you want to travel to different locations, performing for fans who love your music. Raise your hand if you love music? Raise your hand if you have ever wanted to write a song. What would you write about? (Select a few students to share out what they would sing about.) Today you are getting the opportunity to be in the BAND! We are going to play Band Roulette.

For this Fun Friday, students will be separated into groups of 10, varying in age. A good way to have students get into groups of 10 randomly is to play Band Roulette. Depending on the amount of students you have in your program, divide by 10 to get the number of spots you will need. Once you have designated the spots, dismiss students to pick a spot. Once students have picked a spot, have them move to another spot. The catch is that they cannot pick a new spot with any of the same people that are in their current spot. Repeat this a few more times for students to get mixed.

Give instructions for Band Roulette. Demonstrate and check for understanding before beginning. Once students have gotten to their final spot, have them introduce themselves to one another and share something cool or they like. Let them chit chat for about 7 minutes. Use an attention getter before beginning to give instruction about what they will be responsible for as a new band.

Band Responsibilities

- Band Name and Logo: The band will be responsible for agreeing on a band name and creating their band logo.
- Hit Song: The band will be responsible for writing a song. This includes the lyrics and the music.
- Gig Time: The band will be responsible for 1 gig.

Band Name and Logo

Activity Set Up / Materials

Scratch Paper and Pencils

1 Railroad Board and Markers per Band

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<p>Instructions:</p> <p>What goes into a name? Have students brainstorm different names for bands. What style of music does the band play? What name suits the band well? What name would stand out to the audience/listener?</p> <p>Once students have agreed upon a band name, it's time for the logo. Does the logo correspond with the style of music? Give students scratch paper to doodle their logo ideas. Have them share the ideas with their other band members. Have them work together to tweak their favorite idea so that everyone likes the logo. Once they have agreed upon rough draft, give them a railroad board and markers to create their logo poster. They will need to take this with them when they perform at their gig. Allot for about 10-15 minutes for this activity.</p>	<p>*Activity → Teachable Moment(s) <i>throughout</i></p> <p>Have staff walking around to each of the band to assist with discussions. It's important to make sure that younger students give their input and that they take ownership and even lead certain discussions.</p>
Song Writing	
<p>Activity Set Up / Materials</p> <p>Scratch Paper and Pencils</p>	
<p>Instructions</p> <p>Students will now begin the song writing process. Ask the students the following questions as a group then allow them time to discuss amongst themselves.</p> <ol style="list-style-type: none"> 1. What genre of music will you choose? Country, alternative rock, hip-hop, classic rock, dance, techno, rap, metal, blue grass, pop? 2. What will your song be about; something that happened in your life, someone you care about, things that you like to do, anthem for fun, a topic or issue you are passionate about, going to school, or a dream you wish to fulfill? 3. Who will be singing? Who will be the instruments? Who will be the beat box? 4. Think about the message your song will send. Is it a positive message? <p>Let students brainstorm for about 5 minutes. Once students have agreed upon the song they want to write, let them create the lyrics and music. The song should be longer than 2 minutes and under 4 ½ minutes. Give about 20-25 minutes for them to create their song.</p>	<p>*Activity → Teachable Moment(s) <i>throughout</i></p> <p>Make it a challenge by having each student include 1 word to the song. It must be a recent vocabulary word or have a list per grade of words that they must include. This list can be compiled by using the vocabulary words that they are learning / learned in instructional day.</p>
Rehearsal and Get Geared Up	
<p>Activity Set Up / Materials</p> <p>Scrap fabric or felt, combs, hair spray, costume make-up (optional), and other glamour accessories that can be found like costume jewelry.</p>	
<p>Instructions</p> <p>Students will rehearse the song that they have created. Let them spend about 15 minutes rehearsing so that they may work through the kinks of their performance.</p> <p>Before instructing students to start their rehearsal, ask them this question, How will you performance stand out from the rest?</p> <p>After the 15 minutes, students have the choice to glam up and get ready for their gig or continue to rehearse for an additional 15 minutes.</p>	<p>*Activity → Teachable Moment(s) <i>throughout</i></p> <p>Remind students that the more they practice the better the performance.</p>

Consult 4 Kids Lesson Plans

Performance – Big Time Gig

Activity Set Up / Materials

N/A

Instructions

Welcome students to the [school name] Music Festival. Get them pumped up for the show! Students should be excited to share and hear music created by the bands. Students will come up one band at a time and perform their song. Make sure they bring up their poster. The students or you can introduce the bands. Promote clapping and cheering at the end of each performance. Use an attention getter before introducing the next band.

*Activity → Teachable Moment(s) *throughout*

Encourage youth to cheer for one another.

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 today's activities.
- 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?