**Virtual Programming Information Needed**

Week of: July 13th, 2020

**Monday (Triple Play Social Recreation):**

**SOCIAL RECREATION**

Session 2: Stress Management

Session Objective: Youth will practice controlling the impulse to immediately react, and instead develop healthy responses to stress.

Community Builder (10 minutes)

The Fox and the Rabbit

• Have the group form a circle.

• Pass one ball around the circle like at hot potato.

• After the ball has gone around the circle once or twice, have youth pause.

• Explain that the ball in the circle is the rabbit. Now, you are going to add another ball to the circle that is the fox.

• Hand the balls out to two people on opposite sides of the circle.

• Explain that the fox and the rabbit should be passed – not thrown – around the circle in any direction. Each should be treated like a hot potato and should not be held for more than one second.

• When the fox catches the rabbit, start a new round.

Main Activity: Hula Hoop Challenge (20 minutes)

Preparation:

• Clearly define the start and finish line. • If you have a large group, consider getting a volunteer or junior staff member to assist and split the group into two smaller groups

Introduction to Youth Activity

Say, “Today we are going to play a game that requires you to watch closely and react quickly. You may have played it before. It is called Freeze.”

Step-by-Step Directions

• First, describe the rules of the game to youth. Tell members that the goal of the game is to move from the start line to touch the leader.

• Ask youth for a volunteer to be the first leader. If there are multiple volunteers, use rock-paper-scissors to determine who will be the first leader.

• Show the youth where the start and finish lines are. Have youth stand on the start line.

• Ask youth for a volunteer to be the first leader. If there are multiple volunteers, use rock-paper-scissors to determine who will be the first leader.

• Explain that when the leader’s back is turned, youth can move forward.

• When the leader turns around to face the start line, youth must freeze where they are. If youth are caught moving after the leader has turned around, they must go back to the start line.

• The first person to tag the leader is the winner.

• The winner of the first game becomes the leader for the next game.

Youth Reflection (5 minutes)

Have youth respond to the following questions:

• What was the hardest part of this game for you?

• What did you have to focus on to try to win?

• What other places do you have to focus to be successful?

Recognition (5 minutes)

“Have members walk around giving each other high fives and fist bumps. When you say, “Freeze” they must stop moving and hold whatever position they are in.

**Tuesday (Welcome to the Club Week Themed Activity):**

Activity Name: Skills Challenge

Session Objective: For members to show off their special skills or talents.

Community Builder (10 Minutes)

**Exaggeration Circle**

In this game, players can stand in a circle or facing each other. The goal of the game is to gradually dramatize Player One’s gesture. Player One can start small, such as with a little finger pointing. Then, Player Two can make it bolder, with Player Three even adding a shout to the pointing, and so on. Obviously this can be rotated if you’re playing it with a smaller group. The thing to remember is that all players must maintain the integrity of the initial gesture. We find this game to be a handy start to larger themes for character development later on.

Main Activity (25 minutes)

Members will be asked to show off their special skills and talents. They can do this is groups, partnerships, or by themselves. They can do anything from gymnastics, to bird noises, singing, or even juggling if they can pull it off.

Reflection

Have members talk about their experience and what is was like to perform in front of everyone.

Recognition *(5 minutes)*

Have members vote for who they think was the best performance and winner gets a certificate.

**Wednesday (Torch Club):**

Torch Club Session 9: Stepping Up

Session Objective: The goal of the session is to give members practice in working collaboratively to make a group decision, set a goal and identify action steps to reach their goal.

Community Builder (10 minutes)

**Evolution**

• Ask members to find a partner.

• Explain that in this game, evolution happens in this order: first the egg, then the chicken, the dinosaur, the rock star and the superhero.

• Say that each stage of evolution is represented by an action. An egg sits low to the ground with their hands over their head, a chicken walks like a chicken and clucks, a dinosaur keeps their arms outstretched to look like big jaws, a rock star performs as if on stage, and a superhero keeps their arms stretched overhead as if they are flying. Demonstrate the different steps and order of evolution clearly. • Inform everyone that they’ll start as an egg.

• Ask members to turn to their partner and play a game of “rock paper-scissors.” Explain that the person who wins evolves to the next step, and the person who does not win moves down a stage. If the player is an egg, they remain an egg.

• Members pair up again, only now with someone at the same stage of evolution as they are.

• When a member evolves all the way to a superhero, they are finished and can fly around.

• The game ends when most members are superheroes or when time is up.

Main Activity *(25 minutes)*

*Youth Introduction to Activity*

Preparation

• Have all materials ready and set aside space for Club members to work.

• Decide on the type of timeline you want youth to use. “Project Timeline Ideas” shows two basic timeline forms you can use: 1) a horizontal timeline using a large sheet of Kraft paper (approximately 2' x 10'); or 2) a series of 12 sheets of construction paper to denote months of the year. Attach the timeline to the wall where youth can reach it easily.

• Make copies of the “Project Goal Worksheet” (one per team).

• Prepare a separate envelope for each member with his or her name on it.

• *Step-by-Step Directions*

• Remind youth that some of them have talked about different projects the group could do together. Refer to the flip chart pages where the project ideas are listed. Ask for a volunteer to briefly review them for any newcomers to the group.

• Guide the group as they decide on a project to pursue. Discuss each one. Think about which one would be the most feasible and which one would have the greatest impact.

• Once youth have decided, ask them to form several small teams. See “Groupers” in the Youth Development Toolbox app.

• Distribute a copy of the “Project Goal Worksheet” to each team.

• Tell them to talk about the project and answer the questions on the worksheet.

• Say that each team may come up with different action steps, but that’s OK because the process is meant to be a team effort.

• After groups have finished their worksheets, invite them to write their action steps and completion dates on the timeline you prepared in advance.

• Once all teams have placed ideas on the timeline, invite them to review all of the contributions. Ask them to correct any duplications and add any missing steps. Encourage them to give each other positive feedback, asking questions and making suggestions that the team can choose to include or not.

• Say that when they actually begin the project, they will conduct research beforehand

Youth Reflection *(5 minutes)*

What? – What happened when your team worked together to set a goal?

• So What? – What does this mean for projects you’re involved in?

• Now What? – How do you think knowing how to set a goal will help you as you plan and implement projects in the future?

Recognition *(5 minutes)*

Distribute small pieces of paper and writing utensils to all participants.

• Ask them to write a quick thank you to someone in the group who helped them feel like they were an important part of the team.

• Instruct them to place the notes in the envelopes you prepared in advance. • Give youth their envelopes when the session has ended.

**Thursday (Welcome to the Club Week Themed Activity):**

Who cooked it better?

Session Objective: a friendly game to compete against each other to see who can cook a certain dish better.

Main Activity (25 minutes):

Each member will be given a supply of ingredients and it is up to them to choose which ingredients they will put into making their Ultimate Grilled Cheese sandwiches. Members will wash their hands thoroughly and wear gloves while doing this activity. Voting will be down by taste testing judges to see who made the best one.

**Friday (Kids Choice Friday):**

The Show is All Wrong!

* “Rehearse a show” in which EVERYTHING GOES WRONG! (On purpose) It’s fun but not easy to do. Example: The emcee trips over the microphone cord, or models wear things that don’t fit—and don’t go together. Think of all the silliness you can and be as creative as possible! Record your final product to show off just how clever and silly you can be!