Week of July 27th, 2020

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

Triple Play Social Recreation Session 3: Impulse Control and  
Stress Management

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

Community Builder *(10 minutes)*

*Dead Fish*

* Ask youth to show the group what kind of face a dead fish makes. Ask them to show the group how a dead fish act.
* Explain that when youth hear the words “dead fish,” they should do their best impression of a dead fish. This could even involve lying down.
* When youth are doing their dead fish impressions, they can only move to blink.
* Start the game by having youth run around the space and make as much noise as they want. If you are sharing the space with other groups, have members walk and talk quietly.
* Randomly yell out “Five-four-three-two-one, dead fish!” and have youth become a dead fish as quickly as possible.
* If anyone is moving, they will step out to perform 10 jumping jacks. After that, they are free to return for the next round.

Main Activity: Simon Says (*15 Minutes)*

*Step 1*

* First, describe the rules of the game to youth. Let them know that you will start as Simon and they will be the players.
* Standing in front of the group, Simon tells players what they must do. However, the players must only obey commands that begin with the words, “Simon Says.”
* If Simon says, “Simon says touch your nose,” then  
  players must touch their nose. But, if Simon simply says, “Jump,” without first saying, “Simon says,” players must not jump. Those who do jump must run and find a new spot to play from.
* Play until most youth have changed positions.
* Ask for a volunteer to lead the next game.

Youth Reflection:*(5 minutes)*

1. Have youth respond to the following questions:
   * How did Simon try to trick you into making a mistake?
   * How did you avoid making a mistake?
   * When are other times where you have to control how you react to someone or something?

Recognition: *(5 minutes)*

1. Tell the group, “Simon says to give three people a high five.”

**Tuesday (Club Spirit Week Themed Activity):**

Draw Your Dream Club

It’s Club spirit week here at our Virtual Club! Have you ever wanted to make any changes to your club? Maybe you think your club should have a game system? Or maybe you want different chairs in the education room? This is your chance to submit your ideas! Today we’re drawing our dream club. Get out a piece of paper and some writing and drawing utensils and get to creating. The sky is the limit, don’t forget to name your club, write out what rooms you want your club to have, and draw all the things you want in each room. You could even write out what activities you want to do in each room! If you complete this activity, make sure to send over a photo of what you come up with!

**Wednesday (Torch Club):**

Torch Club Session 11: Good Graffiti

Session Objective: In this session, members reflect individually on what they have learned about the group process including respect, diversity, inclusion, listening, empathy, teamwork and important considerations to remember when working as a member of a team.

Community Builder *(10 Minutes)*

*Telephone*

Divide the group into two teams.

**•** Ask for a volunteer from each group to meet together and create a message.

**•** Explain the rules:

* › Once signaled to start, the first person on each team

whispers the message to the next person on their team.

* › That person whispers the message to the next person and so on.
* › The original message cannot be repeated. This is a relay type game, so members should pass on whatever they hear.
* › The last person to receive the message will run to the flipchart and write the message.
* › The team that is closest to the correct message gets a point.

**•** If time allows, choose new players to create the message and play again.

Main Activity *(25 minutes)*

*Preparation*

* Have all materials ready and set aside space for Club members

to work.

* Attach five large sheets of kraft paper (approximately 4' x 4' each) to the wall to create a drawing space youth can reach easily.
* Make copies of “What I’ve Learned about Being a Member of a Team” (one per youth).
* Make one copy of “Visual Note-taking/Brainstorming Tips” (enlarged, if possible, 200 percent) and post this somewhere visible.
* Create a lanyard for each participant with the message, “Thank you for helping me today.”

*Youth Introduction to Activity*

* “What have you learned about working as a member of team? What things are important for teams to be effective?”
* “Today you’re going to become aware of what you’ve learned and share it with the group in a visual way.”
* “Learning to work well as a member of a team and contribute your leadership strengths is an important skill for you to know now and in the future.”

*Step-by-Step Directions*

* Distribute a copy of “What I’ve Learned about Being a Member of a Team” to each team.
* Instruct them to take a few minutes to jot down notes about anything new they understand about these topics that they didn’t understand before participating in this group. Assure them that nobody will see their worksheets. The worksheets are just to help them remember important things.

Youth Reflection *(5 minutes)*

* What? – What did you learn about yourself today?
* So What? – Did this surprise you? How does it relate to what you thought about yourself?
* Now What? – How does knowing this about yourself affect the way you’ll participate in this group and in Torch Club?

Recognition *(5 minutes)*

* Ask members to do a “You rock!” clap to take turns thanking someone in the group who helped them identify a leadership quality in themselves.
* Group members stand in a circle and clap twice, then say, “You rock!”
* After each “You rock!” youth take turns saying the name of someone they want to acknowledge for helping or inspiring them

**Thursday (Club Spirit Week Themed Activity):**

My Area

To continue with the theme of Club spirit, we are going to write about of favorite area at your Club. Which area and why it is your favorite area? What is your favorite activity to do in that area? If you could change anything about that area what would it be and why? If you could run that area for a day what activities would you do and why? Let your creative side come alive during this journaling time. Keep in mind there are no wrong or write answers to the questions it is all about what you think. Take a picture of your journal entry and send it to us! We would love to see what you have to say!

**Friday (Kids Choice Friday):**

Giant Human Board Game!

For this activity you can go outside or stay inside! Find some blank paper (construction would work best), and on one piece of paper write start and then write finish on another piece of paper. Don’t forget to write down the rules to your game. Next, write different things on the other pieces of paper. Things like twirl, touch your toes, or return to start just to name a few. In regular sized board games, you have a little game piece, but in giant human board games you are the game piece. Role a pair of dice to see how many times you will move. The first one to the finish line wins! You could play this with the whole family and divide into teams if you’re feeling competitive! Good luck and have fun!