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

Triple Play Social Recreation Session 6: Teamwork

Session Objective: Youth will be able to work effectively with others.

Community Builder *(10 minutes)*

*Tornado*

• Ask members to stand in one big circle.

• Ask for a volunteer to be the tornado who will stand in the middle of the circle.

• Give one person in the circle the ball.

• The tornado in the middle will spin around 10 times.

• While the tornado spins, members should pass the ball quickly to the member next to them.

• The goal of this game is to NOT have the ball when the tornado stops spinning.

• When the tornado stops spinning, whoever has the ball becomes the next tornado.

• Play several rounds of this, until multiple people have had a chance to be the tornado.

Main Activity: Turnstiles *(25 Minutes)*

*Preparation*

* Make sure you have a long jump rope and a large open space.

*Introducing Youth to the Activity*

* Say, “Today we will be playing a game called Turnstiles. You will have to work together to get our whole group past the spinning jump rope.”

*Step-by-Step Directions*

*Step 1*

• Ask for one member to volunteer to help you turn the jump rope during the activity. You can switch volunteers throughout the activity to make sure everyone has a chance to participate.

• Ask members to line up facing the long jump rope.

• You and your helper will turn the long jump rope toward the members.

• One at a time, members must make it past the turning rope without touching it.

• If a member touches the rope, the member must go to the back of the line to try again.

• When a member makes it past the jump rope, they wait on the other side of the rope and cheer on their other group members.

*Step 2*

• Once everyone makes it to the other side, repeat the activity, except this time have members get past the rope in pair, or groups of four or eight.

• Turn the rope slower if members are struggling to get past it, or turn the rope away from the members to make it more challenging to get past.

Youth Reflection:*(5 minutes)*

* What was challenging about this activity?
* What was different about trying to get past the rope alone versus trying to get past it as part of a group?
* What could make this activity easier next time?

Recognition: *(5 minutes)*

* Ask youth to raise their hands and give a shout out to another member who displayed great teamwork.

**Tuesday (STEM Week Themed Activity):**

Watermelon Seed Spitting Experiment

For this activity you’ll need the following supplies!

* Measuring tape
* Sidewalk chalk
* Seeded watermelon

Eat your watermelon and set aside the seeds. Make a start line on the sidewalk where the kids will stand to spit the seeds. Have the kids do a practice spit to see how far they can spit the seeds without trying too hard. Measure the distance of each “pace” seed and mark it with sidewalk chalk. Our first “pace” seed traveled about 100 inches. Take turns trying to spit the seeds as far as you can.

If you want to challenge yourself even more, try these out:

* Measure the distance between each seed after it lands.
* Calculate the average distance that the speeds traveled.
* Calculate the probability of landing seeds in the same spot.
* Make a graph that shows the distance of all seeds.
* Determine if height, age, or spitting technique affects how far a seed can go.
* Try to spit a seed to a pre-specified distance.
* Measure the angle of the spitting technique that makes the seeds travel the greatest distance.

**Wednesday (Torch Club):**

Torch Club Session 7: Where Do You Stand?

Session Objective: The goal of the session is to give members a chance to explore decision-making and problem-solving and to understand that there’s often more than one choice in a situation, and that choice has its own consequences. They also recognize the usefulness of listing the pros and cons in making a choice. By working together as a team to respond to a challenging problem, youth practice negotiation and principled decision-making.

Community Builder *(10 minutes)*

*Foot Signing*

• Give youth washable markers and tell them they have five minutes to get as many signatures on one bare foot as possible.

• When the time is up, count the signatures to see who the winner is.

• Give all participants wet wipes so they can clean the markers off their feet before putting their shoes back on

Main Activity *(25 minutes)*

*Preparation*

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

• Make a copy of the “Where Do You Stand? Scenarios” and cut them apart

*Youth Introduction to Activity*

• “What are values? How would you describe values?”

• “Values are the things that are most important to us. Even if we’re not always aware of it, values are what guide our decisions. For example, if your friendship is important to you, you probably will not make a choice that would intentionally hurt or harm a friend.”

• “Closely related to values is the idea of principles. What are principles?”

• “A value is a belief about what is most important to us. A principle is a belief about what is right and wrong. These are sometimes the same, but not always. For example, you may value friendships very much, but if a friend wants you to do something that you believe is wrong, will your friendship or values become more important?”

• “Today you’re going to practice solving problems and making decisions based on principles, which are the ideas of what is right and what is wrong.”

*Step-by-Step Directions*

• Ask youth to form three small teams. See “Groupers” in the Youth Development Toolbox app.

• Tell them that each team will read about a challenging situation in which a decision has to be made, and they will work together to decide the best course of action.

• Ask youth if they know what “compromise” means. Say that compromising is a way of coming to an agreement where each person gives up something they wanted in order to end a conflict.

• Point out that members may have a different opinion about what they believe to be right in the situation. Even though they may have different values, they should work together to come to an agreement that they are all comfortable with. Distribute a scenario to each small group and instruct them to discuss it. Instruct them to put themselves in the role of the person making the decision and think about:

› Challenge: what is the decision to be made?

› Choices: what are all the possible choices?

› Consequences: what will happen if you make each choice?

• Ask teams to come to an agreement about the right thing to do in this situation.

• Bring the group back together and ask teams to share their scenarios and responses.

• Invite teams to give feedback to each other on their choices.

• Ask members to reconsider each scenario to see whether they would make a different choice now after hearing others’ opinions.

Youth Reflection *(5 minutes)*

* + What? – What happened when your group tried to make a decision? How did you feel?
  + So What? – Why does this matter?
  + Now What? – How can principles influence the way you may make decisions in the future?

Recognition *(5 minutes)*

* Ask youth to stand in a circle and bounce a beach ball around the group.
* As each person receives the ball and bounces it to another person, ask them to say the name of someone in the group who helped them understand principles, which are the right things to do

**Thursday (STEM Week Themed Activity):**

Cornstarch Quicksand Experiment

For this experiment you will need the following supplies:

* 1 box of corn starch
* Water
* A large bowl
* Food coloring

Mix the corn starch and the water together at a ratio of about 10 parts starch to 1 part water. Start the mixture by adding about ½ of a cup of cornstarch to about 1 cup of water. Play with the mixture until it reaches the consistency that you want. You’re aiming for a texture that is runny when relaxed, but still firm enough to seize up when they hit the mixture. Once mixed, enjoy!

**Friday (Kids Choice Friday):**

Frozen T-Shirt Race

Soak a bunch of t-shirts in water, place them in plastic bags, and then stick them in the freezer overnight. The next day, hold a race to see who can "defrost" and pull on a frozen t-shirt the quickest. This is a great choice to play on a sweltering day--you'll want to keep the chilly t-shirt on even after the race is over!