

Energy In/ Energy Out



Energy comes from food that is eaten and is used during activity. If too much energy is put into the body, the body will become fat. The only way to use more energy is by doing activities.

Supplies:

- Foam Balls
- Cones

How To:

1. Choose 3-4 taggers (fatty food such as doughnuts, French fries, potato chips, etc.). Fatty foods stand in the center circle which is the "body". Everyone else is spread out around the gym.
2. When the staff gives the signal, fatty foods leave the body and attempt to tag as many people as possible with a foam ball.
3. If someone gets tagged by a fatty food, it represents calories going into the body. The tagged person goes to the body (the center circle) and lays down on their back with their feet touching the circle and their hand clasped under their head.
4. No one is allowed to run through the body.
5. Calories may be rescued by another student who represents activity and pulls them out of the body by their feet gently.

- 6.** The game should be played for 2-4 minutes and then new taggers are chosen. The staff should explain how diet and activity affect the amount of fat stored in the body.
- 7.** To show how an imbalance of diet and activity affect the outcome of the game, add more fatty foods (taggers). Play continues until the staff stops the activity.
- 8.** Try asking the group a reflective question afterwards such as "What can a person do to maintain a healthy level of body composition?"



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FIRST OF SPRING PAPER FLOWERS

Component: Art

Time: 25 minutes



Goal: To explore how cutting different shapes in folded paper produces different patterns.

Materials:

- Variety of Colored Paper – Origami paper is best
- Scissors
- Glue
- Optional: felt, buttons, craft sticks

Procedure:

1. Engage and Connect—5 minutes: Pull out the art supplies for this activity and begin making a few flowers. Invite student to help you fold some of the paper.
2. Introduction and Set Up—5 minutes: Tomorrow is the first day of spring. What do you think of when you think of spring? (brainstorm) What are the first signs of spring? (brainstorm) What are some of your favorite things about spring? (brainstorm) One of my favorite things about spring is watching the flowers begin to bloom. Today we are going to make paper flowers to celebrate the beginning of spring.
3. The Activity—15 minutes:



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1. Start out with a square piece of paper. Try not to use thick or heavy paper as it may be difficult to fold and cut.



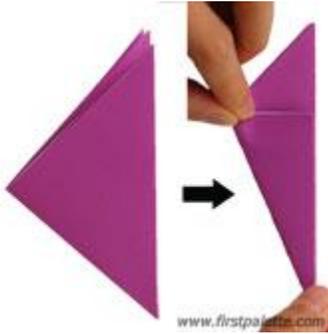
2. Fold the square diagonally in the middle to come up with a triangle.



3. Fold the resulting triangle along the middle to come up with a smaller triangle.

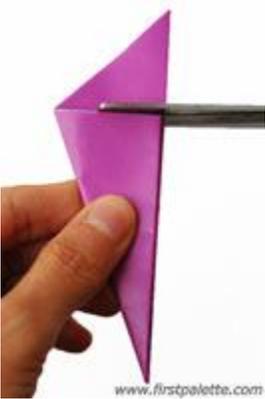


4. Fold the resulting triangle again in the middle to come up with an even smaller triangle.

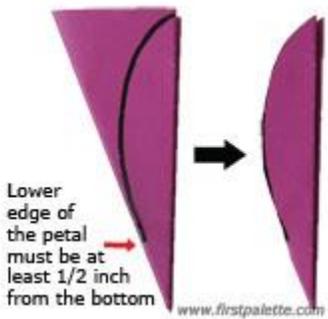


5. Rotate the triangle so that its longest side is positioned vertically and its solid corner (the corner corresponding to the paper's center) is at the bottom.

Bring the short side closest to the bottom towards the triangle's long side.



6. Trim off the extra triangle above the straight edge.



7. Draw half-a-petal starting from the top corner of the triangle's vertical side and ending about a half-inch from the bottom of the triangle's long side. Cut along the outline.



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8. Gently open up the paper to reveal an eight-petaled flower. Cut out a circle from paper, felt, craft foam, or fabric. Glue it at the center of the flower.



Create a variety of flowers by using different colors and patterns of paper. Also try varying the size and shape of the petal you draw in Step 7 to come up with unique flowers.





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Glue two 8-petal flowers together to come up with sunflowers, daisies, and other many-petaled flowers.



Create a set of leaves by cutting green paper into a slightly larger 8-petaled flower. Glue this under one or more layers of 8-petaled flowers.



Make stemmed flowers by gluing the flowers onto dowels, craft sticks, or even pencils. Arrange them in a tall cup or vase.

You can also glue on buttons at the center of each flower for added texture.

Reflection: What happened when you folded and cut the paper? How did the number of folds determine the number of petals? What are some tips you would give other students if they were to do this activity?

SOURCE:

http://www.firstpalette.com/Craft_themes/Nature/foldingpaperflowers/foldingpaperflowers.html

SKILL: Development of Creativity

Hero Car Lot

(You could use hero or super hero)



Materials:

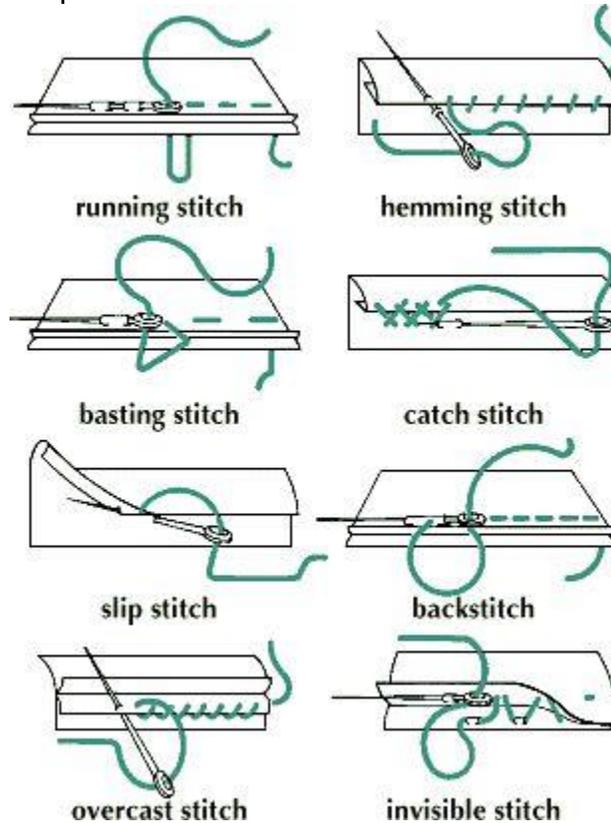
- None

Instructions:

1. Decide if you are going to use super heroes or any personal heroes.
2. Choose 2 people to go to the center of the gym and be “it”.
3. Everyone else lines up along one wall.
4. The “its” will choose 3 super heroes or personal heroes, and yell them out to the rest of the players.
5. The players choose which they will be in their mind, without saying it out loud.
6. The “its” call out one of the three hero names and the kids who chose that name have to run to the other end of the gym without getting tagged.
7. If a player gets tagged they have to freeze where they are, but can help tag by standing where they are frozen. If someone is tagged by a frozen player, they are out too.
8. The last two people untagged will become the new “its”.

Simple Sewing

Component: Learning/ Development **Time:** 30 Min



Goal: Learning Basic Life Skills that may or may not be taught in school, Sewing

Materials:

- Needles
- Thread
- Fabric From Build a Blanket
- Scissors

Procedure:

1. Engage and Connect— 5 minutes:
 - a. Explain to the kids that it's important to know basic skills.
 - i. Being able to sew on a button
 - ii. Mend a sock
 - iii. Fix a hole in your favorite shirt
 - b. Reduce, Reuse, Recycle.
 - i. This is the reuse and recycle aspect
 1. Reuse: Fix things when they are broken. Just because you have a rip in something it doesn't mean that you should just throw it out.
 2. Recycle: Remember that clothes that aren't wanted anymore can be donated
 - a. Olympia Co-Op Free Store
 - b. Goodwill
 - c. Value Village
 - c. Explain to the kids that today you're going to build those basic skills while making a big blanket for the homeless.



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2. Introduction and Set Up—10 minutes:

- a. Explain to the kids the importance of safety
- b. Let them know what kind of stitches there are
- c. if you've created a demo then show them that

3. The Activity—30 minutes:

- a. Supply the kids with everything they need.
- b. Show them how to do one stitch at a time.
- c. Help them along the way.
- d. Have the kids partner up if they need to, to sew their fabric squares together.

Reflection: Deeper, open-ended questions.

- Why is it important to have basic skills
- talk about logistics of how to donate the blanket to someone in need
- talk to a parent about doing it with their kid (Making that personal connection concrete)
- Explain to the kids how we need to support those in our community

SOURCE: <http://otohime0394.deviantart.com/art/Hand-Sewing-Basics-Tutorial-295623037>
<http://dmsartclub.blogspot.com/>

SKILL: Life Development Skills, Fine Motor Skills, Safety

Krazy Kickball



An all-time favorite of gym class has definitely got to be Kickball. Everyone can play and everyone can have fun doing it! There is a creative twist to the game kickball, and is definitely one that kids will love to play.

Supplies:

- Three hula hoops
- Something to designate home-plate
- Kickball
- Enough players for two teams

How to Play:

The rules of Krazy Kickball are very different than the rules of regular kickball. First, set up the bases by placing the three hula hoops in place of where the normal 1st, 2nd, and 3rd, bases would go on a baseball diamond. Also, place home plate where that belongs.

1. Each team on defense must make 2 outs, not 3.
2. There is no "kick 4 foul balls and you're out" rule.

3. You run the bases backwards. Normal 3rd base now becomes 1st base. 2nd base is the same. Normal 1st base now becomes 3rd base.
4. Each player must round the bases **two times** before coming to touch home plate. For example, if you kick a long ball that would normally look like a homerun, it may not be. You must run and touch inside each hula hoop representing 1st, 2nd, and 3rd bases and then instead of going home, **go back to first base**, and round the bases again. Once I reach 3rd base a second time, then you can try to make it home.
5. You do not need to run to the next base when the ball is kicked. If you are on 1st and the ball is kicked between 1st and 2nd, you can stay inside the hula hoop on 1st base.
6. You may have multiple people on any base. There is no limit to how many people can be on base, as long as you have the next person in order kicking, and everyone fits on the base.
7. You may lap people that have kicked before you. If you are on 1st base and someone is on 2nd base when the ball is kicked, you may pass that runner on 2nd without penalty.
8. If you commit to going to the next base, you must go. Once both feet are out of the hula hoop, you must proceed to the next base, regardless of where the ball is. If you return to the base you came from, you are out.
9. You may start running to the next base when the pitcher starts to pitch the ball. You don't need to wait until the ball is kicked to start running.
10. Runs are scored every time someone touches home plate.



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MEALS ON WHEELS LUNCH BAGS

Component: Art and Service Learning

Time: 25 minutes



Goal: To have students decorate lunch bags for Meals on Wheels recipients

Materials:

- Paper lunch bags
- Markers

Procedure:

1. Engage and Connect—2 minutes: Pull out materials and set up your samples. Invite students to come look over the bags you already decorated.
2. Introduction and Set Up—5 minutes: Hold up two bags – one plain and one decorated. Ask, “Which one of these would be more exciting to get a gift in?” What happens when people can’t go get food anymore? Meals on Wheels helps them stay at home and get food, kind of like your school lunch program, but with delivery. In addition to receiving the hot portion of the meal in a tray, Meals on Wheels recipients get the cold portion in a lunch bag. Today we’re going to add life to their meals by decorating lunch bags for them!
3. The Activity—15 minutes:
Simply buy paper lunch bags and use your creativity, crayons, markers, stickers, or any art materials you have on hand to create cute and/or inspiring lunch bags for people who can’t get around easily.

Reflection: Do you think it will make a difference to receive a lunch in a decorated bag? Why? Why is presentation important?

SOURCE: <https://meals-on-wheels.com/other-family-volunteer>

SKILL: Development of Creativity. Development of Giving.

Dead Ant Tag



A tag game that will wear your kids out!!

How To:

1. Make really big boundaries.
2. One person is "it." This person has to chase the others.
3. When he tags someone, that player must lie down with both hands and feet sticking straight up, like a dead ant (because everyone knows that's what dead ants look like).
4. In order for the dead ant to come alive, four people must tag one limb each.
5. Once someone has been a dead ant three times (this is on the honor system), they are now "it".
6. It's always possible to have multiple people being "it", and makes it even more fun when you don't know who to run from!
7. You can even change it up a bit and create "Safety Zones" out of a few hula-hoops spread out around the playing area. If you enter a "Safety Zone", you cannot be tagged, but instead must do an exercise like sit-ups, push-ups, jumping jacks, scissor legs, etc. It works best if each hula-hoop is labeled with the exercise that goes with it. Children usually will get tired of that exercise and re-enter the game on their own, but you could also put a time limit or activity limit (such as 30 jumping jacks) on the "Safety Zones" as well.



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Hand Warmers *Make Copies*

Component: Service Learning

Time: 45 minutes



Goal: Build on top of the sewing skills while giving to those in our community

Materials:

- Fabric
- Needle
- Thread
- Rice
- Funnel
- Scissors

Procedure:

1. Engage and Connect—5 minutes:
 - a. Talk with the kids about how sewing pieces of fabric together. What stitches are they planning to use.
 - b. Remind the kids that some people might not be able to stay as warm as them and that our community needs support.
2. Introduction and Setup—10 minutes:
 - a. Measure the piece of fabric you have.
 - b. Have the kids help to calculate and cut out dozens of small squares (4" and 5") in sets of four (two squares per hand warmer, two hand warmers to make a pair).
3. The Activity—30 minutes:
 - a. Have the kids sew three sides of the fabric together by hand.

*Sadie
Seasonsgoods*



- b. Turn the whole thing right-side out.
- c. Measure out an appropriate amount of rice and fill the handwarmer up to about $\frac{3}{4}$ of the way full



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Seasonsgoods*

- d. Sew the last side closed
- e. Make sure to give them a copy of the heating instructions.

Reflection: Deeper, open-ended questions.

- Let's keep our community warm
- Who can you gift this to? Someone who may need it (The elderly, the homeless, college student, another child, a family member)
- Make a plan for who they are going to give their hand warmers to.

SOURCE: <http://www.sadieseasonsgoods.com/flannel-scrap-reusable-hand-warmers/>
<http://www.lovepomegranatehouse.com/wp-content/uploads/2012/10/Hand-Warmers-Tags-JPG1.jpg>

SKILL: Learning and Development, Life Skills, Fine Motor Skills



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Hand Warmers

Heat in the microwave for 30-60 seconds & enjoy 30 minutes of heat

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Animal Game



How To:

1. You'll need at least 10 kids playing including the caller.
2. All the players must first line up in front of the caller and the caller whispers an animal name to each player that they will be in the game.
3. Once all the names are given out, the caller gives them ten seconds to run around.
4. Afterwards, the caller starts calling animals out.
5. When the caller calls an animal, that person has to run from everyone and all the other players have to tag that person to get him or her out, but the caller doesn't have to wait until the person is out to call the next animal.
6. The caller can call another animal before or after the person is tagged, it's up to the caller.
7. This goes on until there are only two players left.
8. The remaining players must go to a designated area with boundaries to do a sudden death.
9. They do the same thing, but this time they are not allowed to step out of the boundaries.
10. If they step or are tagged, they are out and the last one standing is the winner. The winner will be the caller in the next game.

Recycled Fabric Necklace



Who knew an old pair of pants could turn into such a cute necklace, or even a headband. Simply cut, add beads, tie it together, and voila--an instant accessory. This idea can be adapted for any holiday, using special colors or festive fabrics.

Materials:

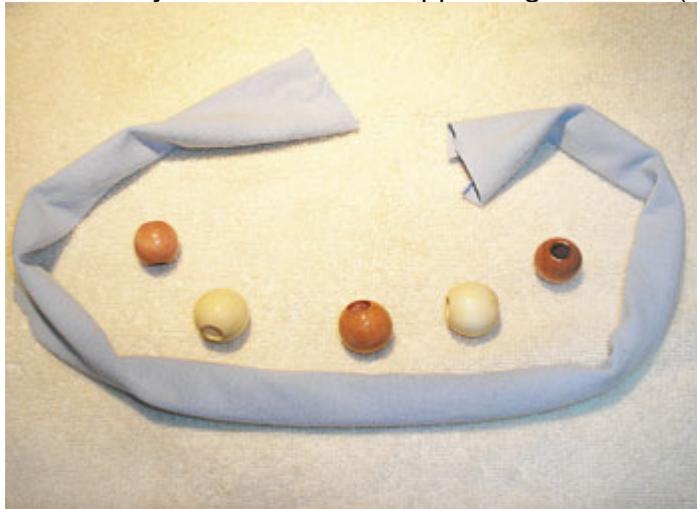
- An old piece of stretchy clothing (like stretch pants) that can be cut into a strip approximately 24" by 2".
- Large beads with holes wide enough for fabric to fit through.
- Scissors
- Needle nose pliers

Instructions:

1. Cut fabric into a strip approximately 24" by 2". (See photo.)



2. Lay out beads in an appealing manner. (See photo.)



3. String beads onto fabric, using needle nose pliers to pull, if necessary.
4. Space beads according to your taste.
5. Tie ends together!

Tips:

- The more stretchy the fabric, the better for pulling the necklace over your head.
- This piece may also be used as a cute headband with a coordinating outfit.
- Many combinations of beads may be used and can even be changed out for different looks!

Website source:

<http://crafts.kaboose.com/fabric-necklace.html>