Welcome Club

February 12 2021~ 3:30pm-4:30pm

 Character lesson of the month:

Perseverance- Setting a goal

* Keep going, even when it’s hard

**3:30-3:35**

Introduction to Welcome Club  - (Coach DeVon)

-Build friendships

-Help each other

-Discuss problems and issues with coaches and students

-Have fun!

 \*Review Welcome club’s foundation for how we treat each other: Treat others the way you want to be treated.

-**Transition**- (Coach Megan) “Ok let’s have the coaches introduce themselves and say what is their favorite thing to do outside!”

**3:35-3:45**

 Introduction of Coaches- We will take turns sharing our name and share what you like to do outside.

-**Transition**- (Coach Amy) “Now I want to introduce our lesson for today.”

Introduction of Character Lesson- “Today we are going to talk about perseverance- setting a goal.

-**Transition**- (Coach DeVon) “Let’s get into our breakout rooms and we can start with a game! Everyone make sure you have your Welcome Club bag.”

**3:45-3:55**

- Coaches, start your group time by having each student introduce himself or herself. Next, you will need to explain the rules of the game. Assistant coaches are encouraged to participate.

ICEBREAKERS  - Trivia

Directions:   Coach will read out the question and 4 answer options. Students can either answer in-group by raising hand or type answer in the chat. Option- coach can take a poll for the answer so group answers together.  **\*Please read through questions and pick top 10 you feel are age appropriate for your group.**

**Animal Trivia:**

**Trivia question #1:**

What is the largest big cat?

A. Lion

B. Tiger

C. Cheetah

D. Leopard

**Answer: B. Tiger**

Here’s the answer for the first of our trivia questions for kids: The tiger is the biggest big cat around. The largest tiger subspecies, the Siberian tiger, can weigh over 650 pounds and measure more than ten feet in length. But other cats have their claim to fame, too: The lion’s roar can be heard five miles away, and the cheetah is the fastest land mammal on Earth.

**Trivia question #2:**

What land animal can open its mouth the widest?

A. Alligator

B. Crocodile

C. Baboon

D. Hippo

**Answer: D. Hippo**

The hippopotamus has the widest mouth of any land animal. It can open its jaws more than three feet and 150 degrees! Inside the mouth are huge teeth, which can grow to over a foot and a half long. But these mouthy traits aren’t really for eating—the hippo diet is mostly grass. Instead, these mouth displays are mainly used for showing dominance and fighting with other hippos. Their massive mouths and teeth also make them a danger to humans, too, if they feel threatened.

**Trivia question #3:**

What is the largest animal on Earth?

A. The African elephant

B. The blue whale

C. The sperm whale

D. The giant squid

**Answer: B. The blue whale**

The African elephant may be the biggest land animal, but the largest animal anywhere on Earth is the blue whale, which can weigh up to 400,000 pounds (or 200 tons)—that’s approximately 33 elephants! They are also the loudest animal, with their calls able to be heard by other blue whales hundreds of miles away. Sperm whales are the largest *toothed* whales but are comparatively much smaller at “only” up to 45 tons. The mysterious giant squid is tiny by comparison, at less than one ton.

**Trivia question # 4:**

What is the only flying mammal?

A. The bat

B. The flying squirrel

C. The bald eagle

D. The colugo

**Answer: A. The bat**

The flying squirrel and the colugo (also sometimes called a “flying lemur,” although it’s not really either) only glide, and the bald eagle is a bird, not a mammal. That leaves the bat! This notorious nocturnal animal isn’t actually scary, but quite cool. It’s able to fly with winged membranes stretching over thin bones that allow it to flap its wings.

**Trivia question #5:**

What is an animal called that eats plants *and* meat?

A. Carnivore

B. Herbivore

C. Omnivore

D. Pescatarian

**Answer: C. Omnivore**

Carnivores eat meat, herbivores eat plants, and omnivores eat basically anything—in Latin, “*omni*” means “all.” (Pescatarian is a human diet similar to a vegetarian, but which also includes fish.) Omnivores are opportunistic eaters that will eat many things they come across; for example, omnivorous bears will eat berries, twigs, fish, other animals—even sometimes dead ones. Raccoons, foxes, birds, dogs, and even most humans are omnivores.

**Trivia question #6:**

Why do sea otters hold hands?

A. Because they love each other

B. To show they’re in the same family

C. So they don’t float away when they’re sleeping

D. Because they’re playing

**Answer: C. So they don’t float away when they’re sleeping**

This has to be one of the most adorable sights in the natural world: Sea otters stay together in floating groups called “rafts” and sometimes link their paws to hold on. But, they also keep from floating away by listening for each other and keeping close body contact—even if that doesn’t include holding hands. They also wrap themselves in seaweed called kelp to anchor themselves.

**Trivia question #7:**

How can you tell an insect and a spider apart?

A. Insects have three body parts; spiders have two.

B. Insects have six legs; spiders have eight.

C. Insects can have wings but spiders can’t.

D. All of the above.

**Answer: D. All of the above.**

Although they’re often lumped in with other creepy-crawlies, spiders are not insects but arachnids. And actually, spiders survive by feeding on insects. You can recognize a spider because it has two body sections, eight legs, and doesn’t ever have wings; insects have three body sections, six legs, and can have wings. In addition, spiders have eight eyes and no antennae; insects have two eyes and do have antennae.

**Trivia question #8:**

What does the duck-billed platypus do that hardly any other mammals do?

A. Quacks like a duck

B. Lays eggs

C. Builds nests

D. Waddles

**Answer: B. Lays eggs**

The duck-billed platypus is one of only two mammals that lay eggs, called “monotremes”: the other is the echidna, or spiny anteater, which looks kind of like a porcupine. Both animals live in Australia and have evolved little since prehistoric times. The platypus lays one or two eggs in her burrow, keeping them warm with her body, while the echidna develops a pouch to keep her egg in until it hatches

**Trivia question #9:**

Why do snakes stick out their tongue?

A. To scare predators

B. To lick their prey

C. To make a hissing sound

D. To “smell” the air

**Answer: D. To “smell” the air**

The snake sticks out its tongue to gather chemical info from the environment around it, and then carries it back to two receptors on the roof of its mouth. This is also why its tongue is forked: one for each receptor. This isn’t the only cool snake sense: Some, like pythons and rattlesnakes, have “pit holes” under their eyes that can sense heat from prey.

**Trivia question #10:**

What is it called when there are no more of one kind of animal left on Earth?

A. Evolution

B. Conservation

C. Extinction

D. Endangered

**Answer: C. Extinction**

The most famous animals to have become extinct are the dinosaurs, which died out about 65 million years ago. Scientists don’t know exactly why, but it was likely a mass extinction event, either a meteor slamming into Earth or a massive volcanic eruption. But since then, many other animals have gone extinct as well; today, many animals are endangered, or are in danger of becoming extinct, because of human actions such as hunting the animals or destroying their habitat. That’s why conservation, or protecting animals and their habitat, is so important.

**Astronomy trivia:**

**Trivia question #11:**

What’s the biggest planet in our solar system?

A. Jupiter

B. Saturn

C. Neptune

D. Mercury

**Answer: A. Jupiter**

Jupiter is a massive planet of swirling gasses, twice as big as all the other planets combined. Jupiter is made up mostly of hydrogen and helium, but scientists don’t know if there’s a solid core below—if there is, it’s probably only the size of Earth. This “gas giant,” though, could fit 11 Earths across it; for comparison, if the Earth was a grape, Jupiter would be a basketball. Its Great Red Spot is a storm that’s been going on for more than a century. Mercury, on the other hand, is our solar system’s smallest planet.

**Trivia question #12:**

What planet has the shortest day?

A. Mercury

B. Earth

C. Neptune

D. Jupiter

**Answer: D. Jupiter**

It’s Jupiter again! Despite its massive size, its rotation is quick: It turns around on its axis once every ten hours, which is called a Jovian day. But Jupiter also has a long year: It takes 12 Earth years for Jupiter to make just one rotation around the sun. Surprisingly, even though Mercury is the smallest planet, it has the second-longest day, at 1,408 hours; Venus has the longest day at 5,832 hours.

**Trivia question # 13:**

What star is closest to the Earth?

A. The North Star (Polaris)

B. The Dog Star (Sirius)

C. The sun

D. Andromeda

**Answer: C. The sun**

Yep, our own solar system has a star right in the middle of it: the sun. A star is a mass of gas that produces light and heat from nuclear fusion in its center. The planets orbit around the sun and reflect its light during the day. The stars we see in the night sky, such as Polaris and Sirius, are all within our own galaxy, the Milky Way; Andromeda is another nearby galaxy..

**Trivia question #14:**

Who was the first person to walk on the moon?

A. Buzz Aldrin

B. Neil Armstrong

C. Michael Collins

D. Alan Shepard

**Answer: B. Neil Armstrong**

Part of the three-man crew of Apollo 11, which also included Buzz Aldrin and Michael Collins, Neil Armstrong was the first man to step onto the moon, on July 20, 1969. “That’s one small step for a man, one giant leap for mankind,” he famously said. Aldrin soon followed, but Collins stayed with the Apollo capsule and circled the moon. Armstrong and Aldrin walked around for three hours studying the surface and gathering samples. Alan Shepard also walked on the moon as part of Apollo 14 in 1971; he was also the first American ever in space, in 1961. In total, 12 people have walked on the moon.

**Trivia question #15:**

What’s a blue moon?

A. When the moon turns blue

B. When the moon falls on Halloween

C. The second full moon in a month

D. When a Hunter’s Moon falls on Halloween

**Answer: C. The second full moon in a month**

While not an official astronomy term, a blue moon generally means the second full moon in a month. But the actual reason why it’s called “blue,” since it’s not actually blue in color, isn’t totally known. The Harvest Moon is the full moon closest to the first day of autumn (September 22, 2020), and the Hunter’s Moon is the first full moon after that. In October 2020, the first full moon of the month, the Harvest Moon, happened on October 1. This made the full moon on October 31 a Hunter’s Moon *and* a blue moon. The last time a full moon appeared on Halloween in all US time zones was back in 1944; the next time will be 2039.

**Trivia question #16:**

What’s a lunar eclipse?

A. When the Earth is in between the sun and the moon

B. When the moon is in between the Earth and the sun

C. When the sun is in between the Earth and the moon

D. When the moon is closest to the Earth

**Answer: A. When the Earth is in between the sun and the moon**

Lunar eclipses happen during a full moon when the Earth gets in between the sun and the moon, and the moon appears orange-red from the light going around the Earth. It doesn’t happen that frequently because the Earth has to be in just the right position to totally block the sun. Total solar eclipses, in which the moon is in between the Earth and the sun and “blocks” the sun, are very rare: They’re visible from any specific spot on Earth only every 375 years. The sun doesn’t move, so it can never be between the Earth and the moon.

**Trivia question #17:**

What direction does the sun rise in?

A. North

B. South

C. East

D. West

**Answer: C. East**

Technically, the sun doesn’t actually rise or set—it’s the Earth that’s moving, not the sun. But the sun appears to rise in the east every morning, and set in the west every night, because of the direction the Earth rotates each day. North of the Arctic Circle and south of the Antarctic Circle, the sun doesn’t set during parts of the summer (called a “midnight sun”) and doesn’t rise during parts of the winter (called a “polar night”) because of the tilt of the Earth’s axis.

**-Transition-** (coaches) “You guys did great! So smart. Now we are going to jump into our character lesson ”.

**3:55-4:15**

 Lesson:    Perseverance

Coaches:

“Let’s review the definition of perseverance. Who can tell me our definition of perseverance? (Call on student). Yes, perseverance is to keep going, even when it’s hard.

To keep trying something even what it’s hard, it is important to know your goal. What are you working so hard for?

Last week we talked about somethings we want to grow in, some goals we have. Who can remember what goals they shared last Welcome Club? **(Call on student)**. I shared that I wanted to grow in------- (give an example of a goal you have).

When we think about setting a goal it’s important that the goal is **SMART**. That means **S-specific**, **M-measurable**, **A-attainable**, **R-realistic**, and **T-timely**.

The goal needs to be specific. If I say I want to be better at school, that’s not very specific. Who can make “get better at school” more specific? (Call on student)*Answer example- get better at math*.

The goal also needs to be measurable, that means we need to be able to see growth. What if I said I want to exercise more? How can I measure that? Who can make the goal exercise more, more measurable? (Call on students) *Answer example-I want to exercise 3 times a week*.

The goal needs to be attainable. Attainable means to be able to reach that goal. And, the goal needs to be realistic. What if I said it was my goal to be the tallest person in the world? Is that realistic? No!

Lastly, the goal needs to be timely. We need to put a time line on our goal. What if I said I want to travel more? Did I put a time line on that? No! Who can give me a time line for my goal of traveling? (Call on students) *Answer example-I want to travel more this summer*.

So think about a goal you have and write it on a piece of paper. Now, make your goal specific, measurable, attainable, realistic and timely. We can help you if you want.

**Transition**- “You all have things you want to grow in and learn more about. To do that you set some goals. That means you will need to persevere to reach your goal. Our craft this week is cube puzzles you get to decorate yourself. This is a reminder to you that you can keep working hard at your goal even when it’s hard, just like sometimes puzzles can be hard.”

**4:15-4:30 Craft** – Heart Cube puzzle

Have students color in their cube heart puzzle with the markers provided. While coloring use fun questions below to chat or continue reviewing goals set by students.

Conversation starters and fun question ideas-

7. Would you rather eat donuts or candy?
8. Would you rather fly a kite or ride on a scooter?
11. Would you rather be able to create a new holiday or create a new language?
12. Would you rather be the funniest person alive or the smartest person alive?
13. Would you rather be a famous singer or a famous actor?
14. Would you rather be able to fly or be invisible?
16. Would you rather have the chance to design a new toy or direct a movie?
17. Would you rather be ten years older or four years younger?
18. Would you rather be able to control the weather or have the ability to talk to animals?
19. Would you rather be a master at painting or an amazing dancer?
20. Would you rather live on the Moon or live on Mars?
22. Would you rather only be able to whisper or have an incredibly loud voice?
23. Would you rather eat a raw potato or a whole lime?
24. Would you rather be invisible or be able to fly?
25. Would you rather speak every language or play every instrument?
26. Would you rather live without a TV or without a phone?
27. Would you rather be a bird or a horse?
28. Would you rather live in the desert or on a deserted island?
29. Would you rather go on a rollercoaster or go sky diving?
30. Would you rather live in the sky or under the sea?
32. Would you rather have a pet dinosaur or a pet dragon?
34. Would you rather have butterfly wings or a horse tail?

**4:30**

 Wrap up and Goodbyes

* Updates and information- (Coach Makayla)
* Tutoring- Thursday 2:30pm  Reading pod- Monday 3:30(Coach Megan/Makayla)

**\*Coaches stay on for quick debrief**