**Welcome Club – Introduction lesson**

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| Materials | |
| Social Contract Tree | Tree Posters, Leaves 2 per student, Markers, 2-3 per group, Tape/glue sticks |
| Windchimes | Markers, wind chime: 1 per student, crayons |
| Scavenger hunt | Color Scavenger bags, Candy as rewards, gloves |

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| Objective |
| Students are going to learn about how they want to be treated and how others want to be treated.  By the end of Welcome Club students will...   1. Understand the expectations of Welcome Club. 2. Understand that this is a weekly event. |

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| Welcome Students – *15 minutes* |
| Coaches go to Coach Jordan to get instruction on your roll.   1. Students enter classroom and are instructed to line up and sign-in. 2. Coach Chelsea signs-in students and given them their name tags. 3. Coach Jordan instruct students to sit at a particular table.   --Circles, squares, triangles, Smilies, Stars...   1. After students are sitting. Table Coach hands out snack bar, chips, fruit, and a drink.   Coaches: Other coaches Sit at a table and talk with the students while they have their snacks. Coaches can use questions bellow to start conversation.   * Prompt Questions: Would you rather go to go to a water park or an amusement park? What is your favorite color? Would you rather be good at football or American football? Would you rather ride a bike or a scooter? What class do you like the most in school? How many brothers and sisters do you have?   Materials: name tags, sign in sheet, pens |

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| Activity: Freeze Dance – *10 minutes* |
| Students will play Freeze dance after their snack break to let out some energy. The way to play this game is that students will be able to dance to music for a period of time. When the music is topped by the lead coaches, then the students must freeze in their position.  Lead Coach: *(2 minutes)* ‘Okay everyone 1-2-3 eyes on me!’ (Let the students respond) ‘We are going to play freeze dance. When you hear the music, you can dance. When the music stops you must freeze. What do you do when you hear the music?’ (let students respond) ‘If you don’t stop dancing when the music stops you will have to do 5 pushups! *(act shocked)* What happens if you don’t stop dancing?’ (Let the students answer) ‘ARE YOU READY!? Okay! Let’s go!’  *(7minutes)* Stop and start music. Have students who continue to dance do pushups.  Table Coaches: Dance with the students and encourage the students to dance.  Materials: Phone, optional: speaker  Rules: Students must not move when Coach Jordan tells them to stop.   * If the student doesn’t stop dancing, they must do 5 pushups. |

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| Activity: Welcome Club Tree– 25 *minutes* |
| Lead coach:(Makayla and Jordan) *(2-3 minutes)* ‘It’s time to sit down and listen! Do you remember when we made this two weeks ago?’ (point to the 4 squares of treatment and let students respond) ‘We want to commit to treating each other this way and solving our problems this way. We have some small green leaves to pass out. Please take some and write down the different ways we will be treating each other.’  Tables Coach: *(7minutes)* Help your students write down an important value from the for squares of treatment.  Lead coach:(Makayla and Jordan) *(1-2 minutes)* “Now that everyone has put an important value on their leaf; we are asking everyone to sign your names on the leaf. We commit to treating each other this way because these are own words and we mean what we say. We want to treat each other like family.”   * *(2 minutes)* Have students write down their name on a leaf.   Lead coach:(Makayla and Jordan) *(5-7 minutes) “* See this branch on the tree? We are going to stick our leaves on the tree. This tree is going to represent how we promise to treat our friends and our coaches. Coach (Mak or J) are going to call 1 table at a time. We need to be quiet and respectful. When other people are going up to the tree what do we do?”(pause to lest students answer) ‘that’s right we are going to be quiet.’ Start calling 1 table at a time to the front.   * Students will then paste or tape the leave to the “Growing Together” Welcome Club tree.   Lead coach:(Makayla and Jordan) *(1 minute) ‘*look at our tree! It is so beautiful! We have all committed to treating each other..(list some of the things on the leaves)’  Materials: boaster board, green leaves, markers, tape or glue sticks |

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| Activity: Color Scavenger Hunt – 20 *minutes* |
| Students will be in their groups with their coaches. Coaches will have the scavenger list bags with them and tell the students what color they are looking for.   * They will search around the allowed perimeter and find what is on the list * Once they are finished, they will meet with one of the lead coaches and show them their findings.   Lead Coach: *(3minutes)* ‘Okay everyone now that we have finished our tree we are going to go on a scavenger hunt. Raise your hands, What is a scavenger hunt? (let 1-3 students answer)  Table coaches: *(12 minutes)* Lead students around campus looking for items that match the colors on the paper bags. Make it back to your classroom in time, do not worry about finding all the colors.   * Come back to the classroom boys in boys classroom and girls in girls classroom   Lead Coach: *(5 minutes)* ‘Okay everyone sit down. Teams, can you show me what you found that was dark green?’ Hand out candy to the best find. Continue with a few more colors. Then collect paper bags  Materials: paper bags 1 per group, rubber gloves  <https://iheartcraftythings.com/simple-color-scavenger-hunt-kids.html>  Lead Coach: Explain the activity and go with the groups and encourage them.  Co-Coach: Encourage students to find what they are looking for but also being able to contain them and not grabbing things if not on the list. |

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| Craft: wind chime – 15 to 20 *minutes* |
| Instruct the student to color their wooden leaf. When the students are finished coloring tell the students to pick one of the treatments to write on their leaf that they want to remember. Help the students to write on their leaf with permanent markers. Finally, help the students tie the ribbon to the leaf.  Lead coach:  Table Coaches: (*2min)* ‘okay everyone we are going to color some leaf wind chimes. I want everyone to pick 3 markers. How many markers will you pick?’ Pause to let the students answer. ‘Good job, okay now everyone take only 3 markers.’ Hand out the markers   * *(5 minutes)* Hand out the wind chimes and have the students color the wind chimes. * *(7 minutes)* ‘Good job everyone now we are going to write 1 thing on our leaf we are thankful for. What are you thankful for?’ Let students answer then help the students write on their leaf. * *(1minute)* Tie the ribbon on the chimes   Materials: leaf [windchime,](https://www.orientaltrading.com/diy-unfinished-wood-leaf-shaped-wind-chimes-makes-12-a2-13747593.fltr?keyword=wind+chime) crayons/markers, permanent markers.  Lead Coach/Co-Coach: Decide who will lead the instructions and who will hand out supplies. |

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| Step Forward for Gratefulness– 20 *minutes* |
| This activity will allow students to reflect what they are grateful for and give some sort of reasoning behind it. This will also allow students to know the importance of being grateful for the small and big things in their lives.   * Students will be split into boys/girls. * Students will then line up with their groups and wait for instructions * Coaches will call out grateful statements and if it applies to the student, then they should take a step forward.   Lead Coach: *(7 minutes)* ‘Everyone line up on this line.’ Pause to help the kids get adjusted. ‘Now I am going to say a sentence. If you think it is true for you take 1 step forward. If it is not true do not take a step. How many steps forward do you take?’ pause to let the students answer. ‘Yes! 1 step! What if you don’t do something, ‘How many steps do you take?’ Pause for students. I expect them to get it wrong. ‘Remember it is 0 steps. Now let’s practice. Step forward if you like to eat Takis. Wow so many people like Takis! Step forward if you never go to school.’ Some students may step forward. This is a good time to be silly. ‘What (student's name) you never go to school?!?’  Grateful- feeling thankful for someone being nice to you.  Thankful- being happy that you can do something or someone gave you something   * *(10 minutes)* Continue to play the game with the provided list.   Example:   * I am grateful for my school * I am grateful for my family * I am thankful for my friends * I am thankful for always finishing my homework * I am thankful for people to help me in school * I am thankful for my brothers and sisters   Table Coaches: play along and encourage students to play |

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| Clean up – 10 *minutes* |
| Table Coaches: Instruct students to pick up and throw away trash before they leave.   1. Pick up and throw away trash. 2. Sweep floor 3. Clean up WC supplies   Coaches stay behind for a debrief   * What was a high from today? * What was a low? * Did you have any special moments with the students? * Was everything clear in the curriculum? |