**Welcome Club - Lesson title**

Staff contact: Megan *916-937-1365*

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| Materials | |
| Friendship hearts | Rocks, pink and red paint, permanent markers multi colors, baby wipes, paper plates |
| Musical hearts | Large paper hearts laminated |

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| Objective |
| Students should be able to….   1. Have fun 2. Think about who are their friends and who they will give the friendship rock to. |

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| Welcome Students – *15 minutes* |
| Boys and girls will check-in at separate classrooms. (Boys-C4. Girls-C5).   1. **Coach #1** instructs students to line up outside and gives them their name tags. Have spare name tags and a sharpie for writing new name tags. 2. **Coach #2** take attendance. Be prepared to add new students to the roster. Ask the new student their *first name, last name, grade* and *teachers name* (if they don’t know the teacher’s name that’s ok...the first 3 are a must). 3. **Coach #3** unstacks chairs and puts snack (chips, granola bar, fruit and a drink) and hand sanitizer at each group’s table. 4. **All Coaches** talk with students while they have their snacks. Use questions below to start conversation.   **Prompt Questions**: Who is someone you care about? Do you have a best friend? What sports do you like? How do you show someone you care about them?  **Materials**: name tags, sign in sheet, pens, chips, granola bar, fruit, drink |

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| Craft/Activity: Friendship hearts– 10 *minutes* |
| (During snack and intro) Have each student make a fingerprint heart on a rock.  Table coach: has a plate of red paint. Have each student come 1 bye 1. Coach paints student’s thumb with a brush or a sponge and places it twice on the rock making the shape of a heart. Give the student a baby wipe to clean their thumb.   * Place the rock on a paper plate with the students name next to the rock.   Leave plates with rocks in a space in the back of the classroom away from the main activities.  Materials: rock, red paint, baby wipes, paper towels, plate, (brush or sponge), permanent marker, maybe folding table  <https://www.redtedart.com/friendship-rocks-valentines/> |

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| Activity: Musical Hearts – *15 minutes* |
| The aim of this activity is for the students to have fun playing the game and get their wiggles out. The students will walk around the hearts when the music is playing. When the music stops the Lead coach will pick a number or color depending on the game variation. The student(s) selected when then do a task.  Lead Coach: ‘Okay everyone. It is time to clean up from our snack!’ Take a few minutes to clean up. *‘good job everyone! Now I need your help to push all the chairs and tables to the side.’ Move chairs and tables.* **This could also be played outside if the weather permits**. ‘Everyone I want you to come and stand on a heart. When year the music play you need to walk in a circle this way. When the music stops you need to stop on a heart. I will call a number and we all have to do what the number says. Are you ready?!’ Let the students respond.   * Turn on music. Then stop music and call out a color. ‘Blue hearts You need to complement the person to your right.’ * Continue to play the game. The next time the students stop have a student who was picked last time pick the new color.   Variation: The hearts are numbered, when the music stops the coach calls out a number. The students standing on that number reads the challenge on the heart.  Table Coach: PLAY THE GAME, Encourage the students to participate, be buddies with students who struggle.  **Go back inside and discuss the game with the students at your tables.**   * How did the coach feel when they received the compliments? * How do you show someone that you care about them? * Who are the people you care about or love? * Was it easy to say kind things during the game?   Materials:[Musical hearts](https://teachmama.com/musical-hearts-reading-moving-crazy-fun-kid-game/) Large paper hears with activities written on them, stickers, a Bluetooth speaker, painter tape |

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| Craft/Activity: Friendship hearts– 15 *minutes* |
| Students are going to be making friendship rocks. They will have made fingerprint hearts with red paint earlier and now that it has dried they will color their rock.  Table Coach: Tell the students we are going to make heart friends on the rock. Each student is given a sharpie. The students are instructed to draw arms, legs, and a face on the finger print heart.  After students have decorated their rock have them write a note to the friend they will be giving the rock to.   * Examples: You are a good friend, thank you, I like you, you are nice.....   Finally, use glue dots to stick the rock to the note.  **Discussion questions**:   * Who are people you care about? * Do you know what valentines day is about? * Is there anyone you love? (I have love for my friends. Love for other people means that the person is special to you like family or friends) * Who are you going to give this friendship rock to?   Materials: rock with finger print heart, permanent markers fine tip multiple colors  <https://www.redtedart.com/friendship-rocks-valentines/> |

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| Homework – *40 minutes* |
| Table coaches sit with your table and ask the student:   * Can you take out your homework from your backpack? * What subject is the hardest?   Let’s work on our homework.....   * Have all the students start working on homework or read a book or do a worksheet.   Coaches: roll and responsibilities  resources: Ask a staff member for a worksheet or book if the students do not have any homework to do. |

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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   **Please fill out this short survey.**  [**https://forms.office.com/r/r1kpc21QTh**](https://forms.office.com/r/r1kpc21QTh) |