**Welcome Club – Introduction lesson**

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| Materials | |
| Freeze Dance | chairs |
| Social Contract | Supply bag - Four Squares of Treatment Worksheet, pens, markers, leaves. Four Squares of Treatment Whiteboard/Posterboard, Expo markers in the binder. |
| Welcome Club Tree | Branches Posterboard, green leaves, markers, tape or glue sticks |

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| Objective |
| Students will be able to:   1. Explain how they want to be treated and how they will treat others. 2. Agree to the agreements above. 3. Help create a **Social Contract** to reflect those agreements. |

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| **Welcome Students –** *20 minutes* |
| Boys and girls will check-in at the same classroom.   1. **Lead Coach:** instructs students to line up outside and takes 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 do not know the teacher’s name that’s ok...the first 3 are a must). 2. **Table Coaches:** unstack chairs and prep group tables. **Every table needs:** snacks/drinks, name tags, markers and hand sanitizer. Talk with students while they have their snacks. Use questions below to start conversation.   **Prompt Questions**: Would you rather have a snowball fight or build a snowman? Would you rather have a vacation in the snow or on the beach? Would you rather have no school for 1 month or only go to school for 4 days a week? What is your favorite winter food? If you could go anywhere right now, where would you go?  **Lead Coach:**   1. Welcome students to **Welcome Club**, introduce the program, yourself and explain that you are a Lead Coach. 2. Explain **Welcome Club** also has Table Coaches and they are the student’s Team Leaders. 3. Invite students to throw away their trash so we can play our first game.   **Materials**: name tags, sign in sheet, pens, chips, granola bar, fruit, drink |

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| Activity: Fruit Basket – *10 minutes* |
| Set up chairs in a circle. Each student will have a chair and sit in a circle.   * Divide students into 5 types of fruit. Go around the circle assigning fruit names to each student. apple, banana, orange, mango, pear   **To play the game:**   1. Leader will call out a fruit such as ‘banana’ 2. Everyone that is a banana must get up and change chairs. 3. While players are changing seats the leader removes 1 chair from the circle. 4. 1 player should be left standing. That player is ‘out’ the ‘out players must stand outside the circle to act as judges.   \*If the leader yells ‘Fruit Basket’ all players must stand up and change seats.  Table Coach: Join in on the game.  Materials: Chairs 1 per student. *\*Optional name tags with fruit names on them\** |

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| **Social Contract: 4 Squares of Treatment –** *25 minutes* |
| In small groups, students will answer four questions. The **Lead Coach** will lead the questions letting the **Table Coach** know when to move onto question 2, 3 and 4. **Table Coaches** will make sure every student speaks and gets their answer written down.  **Lead Coach:**   1. Separating the boys and the girls, create small groups and give the supply bag to the Table Coach. 2. ‘As we start a new year of Welcome Club, we ALL need to answer 4 very important questions. These questions are important because they are setting the tone of OUR space. We’re going to be spending one day a week here and it’s important that we answer these questions and agree to respecting everyone’s answers. We’re all friends here. So, in your small groups let’s each answer the question “**How do I want to be treated?**”’   **Table Coach (5 minutes)**   1. Invite one student to be the “transcriber” -- the person who writes everything down.    1. It’s important to write EVERYTHING down. This shows the students that we value their voice. If similar words are used write them next to each other. 2. Taking turns allow the students to answer **Question 1: How do I want to be treated?** Expect answers like ‘nicely, ‘kind, good, like a friend’*.* **Ask:** *‘*What about this ?’ ‘Is this important to us ?’ 3. Inspire creativity by sharing your own answers. ‘I want to be treated with respect.’ ‘I like when people ask before they hug me.’ ‘I want to be listened to.’   **Lead Coach:**   1. Ask students to share their answers and have a **Transcriber** write them down on the Four Squares Whiteboard/Posterboard. ‘Let’s hear two answers from each table. Table 1 which two answers do you want to share?’ 2. ‘Table 2 can you give me two NEW answers that Table 1 DID NOT say?’ Go around from Table 2 to 3 and so on until the students start repeating themselves. ‘Great job everyone, now we’ve started the first part of our Social Contract! Thank you to our Transcriber who wrote down all of our answers.’ 3. ‘Now let’s move onto **Question 2: How do I think others want to be treated?**’   **Table Coach (5 minutes)**   1. Taking turns allow the students to answer **Question 2: How do I think others want to be treated?** Make sure everyone’s answers are written down. **Ask:** ‘What about this ? Do people like ? 2. Share your answers!   **Lead Coach:**   1. Ask students to share their answers and have a **Transcriber** write them down on the Four Squares Whiteboard/Posterboard. ‘Going backwards this time let’s listen to Table 5’s two answers. Table 5 **How do you think others want to be treated?** 2. Go around each table until the students start repeating themselves. 3. ‘Now let’s move onto **Question 3:** **How do Coaches want to be treated?’**   **Table Coach (5 minutes)**   1. Taking turns allow the students to answer **Question 3:** **How do Coaches want to be treated?** Make sure everyone’s answers are written down. 2. Share your answers!   **Lead Coach:**   1. Ask students to share their answers and have a **Transcriber** write them down on the Four Squares Whiteboard/Posterboard. ‘Starting in the middle this time, Table 3 **How do you think Coaches want to be treated?’** 2. Go around to each table until the students start repeating themselves. 3. ‘Last one! **Question 4:** **How do we solve problems?** Here, at Welcome Club, how do we agree to solving problems?’   **Table Coach (5 minutes)**   1. Taking turns allow the students to answer **Question 4: How do we solve problems?** Make sure everyone’s answers are written down. Previous students answer ‘By eating pizza and playing video games with them.’ 2. Share your ideas on how we can problem solve!   **Lead Coach:**   1. Ask students to share their answers and have a **Transcriber** write them down on the Four Squares Whiteboard/Posterboard. ‘Last round of agreements my friends! Table 6 start us off, **How will we solve problems at Welcome Club?**’ 2. Go around to each table until the students start repeating themselves. 3. ‘Great work everyone! Our Social Contract looks pretty good! To seal this deal, we have a few more steps. **First Table Coaches** pass out two leaves and markers to every student.’   **Materials:** Supply bag - Four Squares of Treatment Worksheet, pens, markers, leaves. Four Squares of Treatment Whiteboard/Posterboard, Expo markers in the binder. |

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| Activity: Welcome Club Tree – *25 minutes* |
| In small groups, students will pick two things from the worksheet that are “important, special, or true” to them and write each one on a leaf. As a group, we will hang the leaves on our Welcome Club Tree as symbol of our agreement to grow with one another by respecting the Social Contract we created.  **Lead Coach:**   1. Ask students to pick two things from the worksheet that are “important, special, or true” to them and write each one on a leaf.   **Table Coach** (10 minutes)   1. Allow time for each student to look over the Worksheet. 2. Ask the students questions about why they chose a specific phrase. 3. Invite the students to decorate their leaf further. 4. Another Table Coach can rip and roll tape in preparation for the next part.   **Lead Coach** (15 minutes)   1. Invite students to sign their leaf AND the Worksheet." 'A contract is not complete without a signature. Because everyone contributed to the Worksheet make sure you put your name on the back. Also, now that your leaf has your own personal value on it, sign your name on each one.’ 2. Invite students to share one of their agreements out loud and hang their leaves on the Welcome Club Tree. *‘*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 here at Welcome Club. I am 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 let students answer) That’s right we are going to be quiet and respectful. When it’s your turn share one of your agreements and hang your leaf on the tree.’ 3. Affirm the beauty of our Welcome Club Tree and read some of the agreements out loud. ‘Great job everyone! I’m so proud of us! We made a Social Contract (Four Squares of Treatment Worksheet and Whiteboard) and signed it with our signature Welcome Club Tree and both are beautiful. Thank you for sharing your ideas. Welcome Club is stronger with you.’   Materials: Branches Posterboard, green leaves, markers, tape or glue sticks |

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| Clean up – *10 minutes* |
| All Coaches and Students work together to clean up before leaving the classroom.   1. Pick up and throw away trash. 2. Stack chairs. 3. Clean up WC supplies   All Coaches and Students walk to the front of the school for pick up. Coaches stay to debrief (optional).   * What was a high from today? * What was a low? * What was unclear in the curriculum? * How did leading the wind chime activity go? (No lead coach as point for this one) * What skills of yours would you like us to utilize? * How can we support you better? What kind of support would be helpful/beneficial? |