

Wentworth Victim Friendly Center Activity Resource Packet



Created by Nikki Mwaura, a student from Duke University and Iris van der Heide, a volunteer from Be More who worked with the Victim Friendly Centre and the Resource Centre from July to August of 2014.

These activities were chosen because they require very inexpensive materials and are fun for a wide range of ages. This packet was originally crafted for use during the holiday programs, but hopefully some of these activities can be used for after school or weekend programs. These activities can either be followed exactly, or adapted to the resources around you. Be creative and have fun!

Observations from the Holiday Program

- The teen pregnancy plays went very well this month. Next year, you could provide a theme for each week such as abuse, drugs/alcohol, and pregnancy and every week arrange a talk about the topic as well as an activity that is related to the program.
- The younger girls in the program are very creative and artistic. This year the arts and crafts were mainly drawing and coloring. In the future, you could look up some alternative arts and crafts ideas for the girls that involved things like string, glitter, beads and painting.
- This year we only had one day for poetry and rapping. In the future, there could be more days that involve creative writing and rapping. This could be presented at a talent show of some kind.
- One of the best activities this year was the field day at the end of the program. The kids really enjoyed being outside and playing silly games. In the future, we could utilize the field more and organize sports and tagging games for the kids.
- The boys really enjoyed the beach outing with Neil. If transportation permits, I think the kids would really enjoy more outings around the Wentworth area.

Starting Supplies for the Holiday Program

Arts and Crafts

- Wire/ String
- Beads
- Paper Plates
- Colored Pencils / Markers
- Paint (Face Paint and Paper Paints)
- Colored Paper
- Scissors
- Tape
- Stickers and other decorations
- Kids Movies

Sports/ Games

- Soccer Balls
- Footballs/Rugby Balls
- Board Games
- Playing Cards
- Jump Rope

Activity List

Arts and Crafts

Poetry Workshop

Description: If there is Internet available, allow the children to listen to samples of slam poetry. If not, print out different examples of modern and classic poetry and allow the children to read it. Also include some examples of rap, which is a form of poetry that many of the children could connect to. The group will then discuss what they like about it and what they dislike about the poetry. The children will then try to write their own poetry. Giving them a prompt may help. Tell them to describe something normal, like the life of a milk carton, give them a sentence lead and tell them to write as much as they can in 5 minutes. Sentence leads may be “I remember...” “I like...” or “I wish...” Free write for as long or short of a period as you wish and then encourage the children to share their poetry. Playing music softly in the background is often a good idea to help the children think and get the creative juices flowing.

Materials:

- Pen/pencil
- Paper
- Music
- Poetry Samples

Recommended Time Frame: 1 ½ hours

Recommended Ages: 10 to 16 years

Coffee Filter Art



Description: In this project children will create tie-dye snowflakes using coffee filters, markers and water. Take a standard sized white coffee filter and have the students color on it with washable marker. They can draw a picture or just a design. Encourage them to cover as much of the white as possible with their picture or design. Next, have the children fold the filter in half twice. The filter should be in the shape of an ice cream cone once it's folded. Now have the students cut out shapes and designs from both sides of the folded filter, but make sure they do not cut off the tip of the cone shape. Finally, unfold the filter and spray or sprinkle it with water. This will make the colors blend together. You may hang it on a clothesline to dry and then your tie-dye snowflake is complete!

Materials:

- Package of white coffee filters

- Washable Markers
- Scissors
- Water (spray bottle if possible)

Recommended Time Frame: 1 hour

Recommended Ages: 6 to 14 years

Hand Print Art: Good and Bad Influences



Description: Start this activity with a discussion of what good and bad influences are. Have the children talk about the things that will help them succeed in life and also the things around them that will stand in the way of their success. After the discussion, have the kids trace both of their hands on a piece of paper. On one hand, have the children write out 5 good influences in their lives in each finger. On the other hand, have the kids write out 5 bad influences in each of the fingers. After, have them decorate the hands however they want and cut out each of the hands. Glue the hands to a large piece of paper and make a collage of the good influences on one paper and the bad influences on another paper.

Materials:

- Paper
- Markers/ Colored Pencils
- Scissors

Recommended Time Frame: 1 hour

Recommended Ages: 10 and up

Picture Frame Making



Description: This is a fun arts and crafts project in which the children can create a picture frame for themselves. Cardboard would work best, but paper is also fine. Have the children cut out four pieces to make up the frame of the picture. Once the child has collected the four corners of their frame, they should glue the edges together or tie them with a string. The next step is to have the children decorate the outside of the frame. If the children have pictures at home, tell them to bring them. If not, have them take the frame home for future use.

Materials:

- Cardboard
- Paper

- Decoration Supplies
- Glue
- Paints (markers would also work if no paint is available)
- String (Optional)

Recommended Time Frame: 1-½ hours

Recommended Ages: 6 to 10 years

Flag Project:

Description: This purpose of this lesson is to incorporate history into an arts and crafts project. The activity would start out with a discussion of the South African flag and the significance of its colors. If there are any volunteers from other countries, they could also talk about the history and significance of their countries flag. After a brief lesson, the kids would draw and color a picture of the South African flag, and any other flag that they might be interested in. An alternative way to do this project would be to use finger-paints.

Materials:

- Paints
- Brushes
- Markers
- Pencils
- Paper

Recommended Time Frame: 2 hours

Recommended Ages: 8 to 14 years

Beaded or Braided Bracelets

Description: This is an indoor activity that both boys and girls enjoyed. Simply provide the beads and strings for the children and allow them to make bracelets and necklaces. If beads aren't available, you can use different colored string to braid bracelets together.



The Chevron Bracelet

1. You will only need to choose three colors of embroidery/friendship thread. Cut two pieces of each color at around 3 feet each. So total you should have 6 pieces of string. Keep the like colors together.
2. Loop all of the string together around your ring finger and tie two knots.
3. Tape (or clip) the loop to a sturdy surface. Separate the colors. On the left side you should have one group of each color and you should have one group of each color on the right as well. If you separate them like this in the beginning, it will be easier in the next steps.

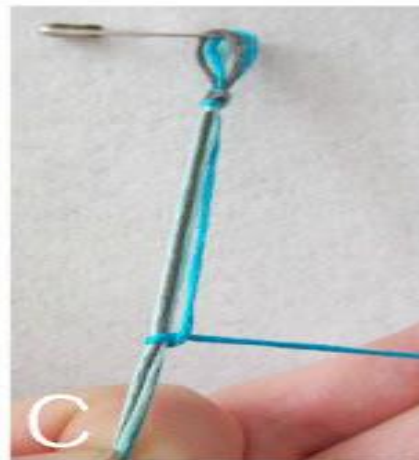
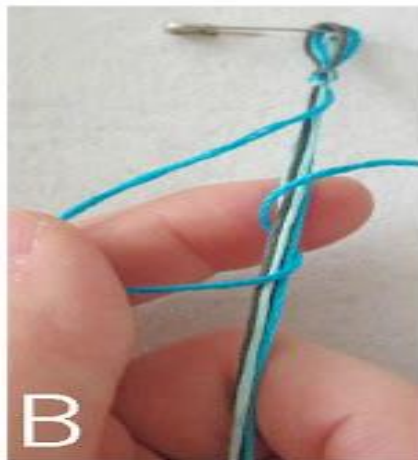
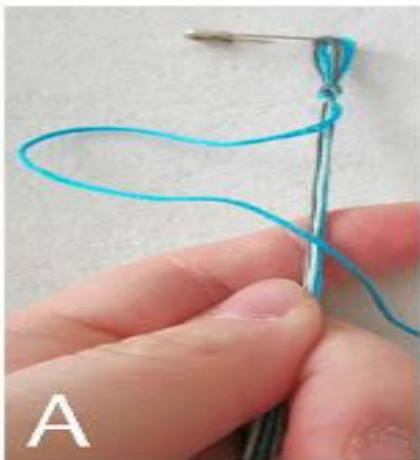
4. Take the outside color from the right side (in this case- blue) and cross it over to the left side (on the inside.)
5. Take the outside group/same color from the left and cross it over to the right side (on the inside.)
6. Grab the left group in one hand and the right group in the other and pull outward to tighten the design a little. You will only have to do this step in the beginning, eventually it won't need tightening. Repeat steps 4, 5 and 6 over and over again until you get the bracelet as long as it needs to be to go around your wrist. It should go pretty fast.
7. When the bracelet is long enough, tie two or three knots at the end.
8. String a bead onto the end and then tie another knot to keep the bead in place. (I actually tied two knots at the end.) Then cut the extra string off and you are done!

The Lots of Knots Bracelet



1. Grab three or four (or more) colors of embroidery floss. The more colors you choose, the thicker your bracelet will be. For each color, cut a length of string about 2 to 3 arm lengths long.
2. Gather all of your strings together. Find the middle of the strings and fold in half. Tie a knot to make a loop. Make sure your loop is big enough for your strings to go back through later. This is the loop you'll send your strings back through to tie it onto your wrist when you're finished. Tape (or clip) the loop to a sturdy surface.
3. Gather all but one of your strings together in one hand. Keep one string off to the side.
4. Create a loop with your string off to the left side. Pull your string end through the loop. Pull your string tight.
5. Holding all of the other strings taught, pull the single string upward until your knot reaches the top.

6. Repeat steps 3-5 over and over again



Materials:

- String
- Beads
- Wire (optional)

Recommended Time Frame: 1 to 2 hours**Recommended Ages:** 8 to 14 yearsPaper Plate Art

Description: Have the children use the paper plates to create their favorite animals. Start by painting or coloring the back of the plate the color of the animal. Then encourage them to cut out pieces of paper and use the available tools to create the face and body of the animal. Use the above pictures as inspiration. This activity is open to flexibility. You can simply allow the children to draw pictures on the paper plates, and encourage them to fill up all the free space on the plate.

Materials:

- Paper Plates
- Paints
- Markers
- Paper
- Eyes/ Buttons/ Pipe Cleaners (If available)

Recommended Time Frame: 1 to 2 hours**Recommended Ages:** 6 to 12 yearsTalent Show

Description: The talent show should be an activity that is done towards the end of the program. This could give the children the opportunity to showcase many of the arts and crafts, poems, dances, and plays that they have been working

on during the course of the Holiday Program. Give the children at least 3 days warning about the talent show and encourage them to put together a performance either individually or in groups. This is a good opportunity to invite the parents and serve them tea and snacks.

Materials:

- Open Space
- Tea and snacks for the parents
- Props for the children (the children should let you know before-hand if they need any props)

Recommended Time Frame: 3 to 4 hours

Recommended Ages: All ages

Indoor Activities

Balloon Basketball

Description: Divide the group into two teams. Arrange two rows of chairs, or you can use the floor, approximately three feet apart. Place the large wastebasket at both ends. Seat the children in the rows in alternating teams (team 1 sits next to a team 2 player). The leader puts the balloon in play by tossing it in the middle. The players must remain seated at all times. The object of the game for the each team to try and bat the balloon down the court and score a basket. As in regular basketball, when the balloon is hit out of bounds, the leader awards the other team the balloon to put in lay. The game can be played for time or set a score to be reached.

Materials:

- Chairs
- Two large wastebaskets/ other containers
- Balloons

Recommended Time Frame: 1 hour

Recommended Ages: 6 to 10 years

Solve the Mystery (Clue)

Description: This game begins with a kidnapping mystery and the children are now the investigators. In order to solve the mystery, the children must collect the different clues of how, where, when and who committed the crime. Set up several stations, and place a staff member at each one dressed up as a character. Separate the children into different groups. Each group can go to any station they want, but only one group can be there at a time. At each station, the children must be given a task such as draw a picture, sing a song, build a stack of cards, count a jar of beans (whatever you are able to do with the resources at hand). Once the group has finished a task, the staff member at that station will give the group one clue to solve the mystery. The first team to successfully get all of the clues will solve the mystery and win.

Materials:

- Costumes (optional)
- Paper (for writing clues)

- Activities for the different stations (cards, paper, straws, beans, cups etc.)
 - Be creative with the tasks and use what is around you!

Recommended Time Frame: 3 to 4 hours (preparing the clues and games should be done 1 or 2 days in advance)

Recommended Ages: All ages

Dance

Description: Choreograph a dance and teach the children how to do it. You can also encourage older students to come up with their own dances and teach the rest of the group.

Materials:

- Music

Recommended Time Frame: 1 to 2 hours

Recommended Ages: 8 to 12 years

“I am” Identity Activity

Description: Give each participant a paper with the words “I am...” written on top. Give them 3-5 minutes to write down as many things as they can think of to complete the sentence. At the end of the time have some of the participants share some of the things they wrote. Talk about some of the similarities and differences in what each person wrote. Now, give the children one more minute to add their list after this discussion. At the end of time ask what they added. Ask if there are things on their list they really like or if there is anything on their list they don't like. Finally have the girls turn the paper over. Have them write at the top the words, “Who I want to be...” Give them another 3-5 minutes to write out the characteristics of who they want to be and how they want to be defined. At the end of time encourage them to decorate this page and keep it in their rooms to remember who they want to be every day.

Materials:

- Paper
- Pens/pencils/markers

Recommended Time Frame: 1 to 1 ½ hours

Recommended Ages: 10 years and up

Zip-Zap

Description: This is a game that can be played both inside and outside. The players stand shoulder to shoulder facing inside in a circle with one player in the middle. The middle player points to anyone in the circle and says “zip”: that player crouches to the floor and the players on either side reach over top and say “zap” and slap each other's hands. The middle player quickly continues to “zip” players in the circle. If a player makes the wrong motion or crouches when they are not supposed to, then they must go to the middle.

Materials: Open Space

Recommended Time Frame: 30 minutes

Recommended Ages: 6 to 12 years

Card Games

Go Fish

Age: 7+

Number of players: 2+

Cards: Standard deck of 52 cards

Description: Choose a “dealer” to hand out cards. If there are two or three players, each player is dealt seven cards. If there are more people taking part, each player is dealt five cards. The remaining cards are placed face down in a pile. This is the “fish pond.” Each player sorts their cards into groups of the same number or suit (i.e. group of threes or group of kings), making sure not to show anyone. The “requester” (person to the left of the dealer) starts the game by asking another player for cards that will match his hand. For example, if the requester has two kings, he will ask the other player for kings. If the other player has these cards, he must hand them over. The requester continues asking the same player for more cards until the player does not have the cards he wants. If the player does not have the right cards, he can tell the requester to “Go fish.” The requester then has to take one card from the “fish pond.” The player who told him to “Go fish” becomes the new requester. Anyone who collects all four cards of a set (i.e. all four eights or all four Queens) puts them face down in front of him. The winner is the first person to have no single cards left, only complete sets. If two people run out of cards together, the player with the most sets wins the game.

Crazy Eights

Age: 5+

Number of players: 2-4

Cards: Standard deck of 52 cards

Description: In a two-player game, each player is dealt seven cards. In a game with three or four players, each player is dealt five cards. The rest of the deck goes facedown in a pile, with the top card turned up beside it. This is the discard pile. The player to the left of the dealer discards a card from his hand that matches either the number or suit of the top card in the discard pile. For example, if the card is a five of hearts, he could play any heart or any five. If he does not have a matching card, he continues picking up cards from the deck until he gets one that is playable. Eights are wild and can be put down on any suit. For example, an eight could be played to match a heart. The next player must match their card to the number or suit that the eight was meant to cover. Play continues with players matching the card at the top of the discard pile. The first player to use up all his cards wins. If the deck runs out before the game is over, the discard pile can be used.

Old Maid

Age: 5+

Number of players: 3+

Cards: Standard deck of 52 cards is used, but with one queen removed. This leaves a pair of queens in one color and a single queen (the old maid) in the other color.

Description: All cards are dealt face down to players. Some players may have more cards than others, but this is okay. Each player sorts their cards into matching pairs of the same number or suit, keeping them hidden from other players. Players holding pairs of matching cards lay them down on the table face up. If anyone has three matching cards, he only puts down one pair and keeps the spare card. If anyone has four matching cards, he puts down two pairs. The player to the left of the dealer offers his cards to the player on his left, who cannot see them. That player selects a random card from his hand. If the new card he picks matches any of the cards he already has, he can put down the pair. If not, he keeps it. He then offers his cards to the player on his left. This continues until all the cards have been put down in pairs, except the Old Maid, which is left alone and cannot be paired. The person left holding this card is the old maid and loses the game.

War

Age: 6+

Number of players: 2

Cards: Standard deck of 52 cards

Description: All cards are dealt to the two players and kept face down. Neither player must look at their cards. Both players turn over the top card of their piles and put them face up in the center of the table, beside the other player's card. Whoever has turned over the highest-ranking card takes both cards and adds them to the bottom of his pile. This continues until two cards of the same value (i.e. two sevens) are put down together. The game is now in a state of "war." To continue, both players take two new cards and put one face down on top of the card they have already placed in the middle and one face up. Whoever puts down the higher-ranking face up card wins all six. The player who collects all of the cards wins the game.

Concentration/Memory

Age: 3+

Number of players: 2+

Cards: Standard deck of 52 cards

Description: Older children can use the whole deck of 52 cards, but younger children may want to use fewer cards. Make sure the deck you use is made up of pairs. Shuffle and spread cards face down on a table between the players. Cards can be laid in a random pattern or in a grid. The object of the game is to find matching pairs. Players take turns turning over two cards and letting all the players see them and study them. If they are not a matching pair, try to remember what and where they are, then turn them back over. The next player turns over two cards. If they are a matching pair, that player removes them from the table and keeps them, and then has another turn. When all cards have been removed from the table, each player counts up the number of cards they have collected. The player with the most cards wins.

Snap

Age: 6+

Number of players: 2+

Cards: Standard deck of 52 cards. Two decks can be used for more than three players.

Description: Choose a card dealer. This player deals all the cards around the group until there are no cards left. Some players may have more cards than others, but this is okay. Players do not look at their cards but keep them face down in individual stacks. To begin, the player to the left of the dealer turns his top card over and places it face up next to his own pile. The next player does the same. (Note: If a player runs out of face down cards, he can shuffle his face up pile and use them.) This continues until a player notices that two cards on top of the face up piles are the same, such as two jacks or two sixes. The first player to notice and shout out "snap!" receives all cards in both of the matched piles and adds them to the bottom of his face down pile. The game continues with a new player turning a card over. If two players shout, "snap!" at the same time, they form a snap pool with the two matched piles of cards placed together in the center. Play continues until someone turns up a card that matches the top card in the snap pool. Whoever shouts "snap pool!" first takes the whole pool and adds it to the bottom of their face down pile. If a player mistakenly shouts "snap!" he has two options: 1) give every player one card from his face down pile, or 2) his entire face down pile becomes a new snap pool. If a player has no more face up or face down cards he is out of the game. The winner of the game is the player with all of the cards.

Pig

Age: 6+

Number of players: 3-13

Cards: Standard deck of 52 cards for up to 13 players

Description: For each player, take four of a kind (cards of the same number or suit) out of the deck and put aside the remaining cards. For example, if there are three players, take three groups of four matching cards, such as four queens, four sevens and four aces. Shuffle all these cards and deal them so each player has four. Players can look at their cards privately. To begin, each person discards one card from their hand and puts it face down on the table in front of them. When everyone has a card on the table, they will simultaneously pass their card to the player on the left and pick up the new card that has been passed to them. When a player collects four of a kind, he puts his finger on his nose. If another player notices this, they must also place their finger on their nose, regardless of whether they have four of a kind or not. The last player to put a finger on their nose gets a letter – first P, then I, then G. The first player to reach "P-I-G" is the loser.

Rummy

Age: 7+

Number of players: 2-6

Cards: Standard deck of 52 cards

Description: The object of the game is to get rid of your cards as you group them into "melds." A meld is a set of three or four of a kind, or a "run" (three or more cards in order of the same suit, such as the three, four and five of hearts). The "dealer" shuffles the deck and deals the cards one at a time to each player as follows: Two players get 10 cards each; three or four players get seven cards each; five or six players get 6 cards each. The remaining cards are placed face down in the middle of the table and serve as the "stock" pile. The top card of the stock pile is turned face up and set next to the stock pile; this card begins the "discard" pile. Each player then groups all matching cards and runs together in their hand, which makes it easier to see the melds in their hand. Do not show the other players. The player to the left of the dealer plays

first by taking the top card from either the stock pile or the discard pile. If the player has a meld, he will lay it down on the table so all cards in the meld are visible. Then he will discard another card from his hand by placing it face up in the discard pile. Players can also place a card down on any existing meld if they have a card that matches the meld or if they draw a card that matches the meld. For example, a player could lay a queen down onto an existing meld of three queens. The game continues clockwise around the table with players drawing a card from the stock or discard pile, making melds and laying down a card in the discard pile. The first player to get rid of their cards wins the round. Win the entire game by being the first to win five rounds.

Slapjack

Age: 4+

Number of players: 2-5

Cards: Standard deck of 52 cards

Description: Choose a “dealer” to deal the cards face down to each player. Players cannot look at their cards, but instead put them into piles. Some players may have more cards than others, which is okay. The player to the left of the dealer begins by turning the card on the top of his pile face up in the center of the table. The game continues with each player adding a card to the face up pile. When a jack is turned, players try to be the first to “slap” their hand over the face up pile. Whoever slaps their hand on the face up pile first gets the entire stack of cards and adds it to the bottom of their pile. The player to their left starts a new face up pile and play continues. If a player has no more cards, they have one more chance to stay in the game by slapping the next jack that appears. If they miss this opportunity, they are out of the game for good. The last person in the game is the winner.

I Doubt It (B.S)

Age: 6+

Number of players: 6-12

Cards: Standard deck of 52 cards

Description: Choose a “dealer” to deal all cards, one at a time, to each player. Some players will have more cards than others, which is okay. Players can organize their hand of cards as they please, but do not show any other players. The player to the left of the dealer begins the game starting with aces. He places the card(s) face down in the center of the table saying “two aces” or whatever the desired number of cards is. Players can lay up to four cards of the card they are required to discard. The game continues clockwise to the next player, who will discard twos. The following player discards threes, and so on. Players announce their cards as they lay them. Start again with aces after kings have been played. Keep in mind that players don't have to play the cards they announce. They can be lying. Even if you do not have the required card to discard, you must put down and name a card. After each turn, allow a moment to let anyone challenge the player by saying “I doubt it.” Remember to challenge a player only if you think he might not be discarding the cards he says he is. When a challenge is voiced, the challenger can look at the discarded cards. If they match what the person who played them said, the challenger picks up all cards in the discard pile and adds them to his personal pile. If the cards are not what the person said they were, the player who discarded them must pick up the entire discard pile. The player to lay down his entire hand of cards first will win the game

Outdoor Activities

Evolution

Description: Have the group in a circle. Everyone starts out as an egg and places their hands above their head and together so that they look like an egg. When you say, "go", each person will find another egg. Once they found that person they would then play a round of Rock, Paper, Scissors. The loser stays an egg and the winner becomes a chicken, placing their arms as wings and making chicken noises. The chicken then looks for another chicken while the egg looks for another egg. When you win as a chicken you become a dinosaur, placing your hands out and roaring like a dinosaur. If you lose as a chicken you drop back down to an egg. Dinosaurs then find other dinosaurs, where they will play to become the ultimate people. Ultimate people put their hands over their heads like superman and look for others like them. If you lose as a dinosaur you go back to being a chicken, looking for other chickens. If the Ultimate person loses to another Ultimate person they go back to a dinosaur, and if they win they stay as ultimate people.

Materials: Open Space

Recommended Time Frame: 30 minutes to 1 hour

Recommended Ages: 8 years and up

Soccer

Soccer Tournament: Divide the children up into equal teams. Create a bracket for all of the teams. Each team will play each other in 7-minute games. The winning teams will advance and play the other winning teams from the other brackets. They teams who win will continue to play until there are only two teams left.

World Cup: This game is a bit more confusing but allows all the children to play at once. All the children choose a partner and each pair will choose a country. When all of the children have their pairs and countries, they all line up of the field and the game begins. A ball is thrown into the middle and every pair will try and score for their team. There are no keepers. When a pair scores, they must say the name of their country, leave the game and advance to the next round. The round will continue until every team but one has scored. The last pair that hasn't scored is eliminated. The rounds are repeated until every team has been eliminated. The last team left standing will win.

Materials:

- Soccer Ball
- Goals

Recommended Time Frame: 2 to 3 hours

Recommended Ages: 8 years and up

Capture the Flag

Description: Divide the group into two teams; identify each by a set of arm or headbands (you could also tell the children the day before to wear different colored shirts). Set up a jail area (3- 4 square yards) and a separate hiding spot for

each flag. Jails are set up at opposite ends of a 5 -20acre area. The object of the game is to penetrate the other team's area and capture their flag. A flag is "captured" after it has been returned to the captor's jail area. Prisoners are taken by having their arm or headbands removed by an opponent. Prisoners are taken to the jail of their captor; they wait there quietly until they are released. Prisoners can only be released when a member of their team (with arm or headband intact) runs through the jail in which they are being held captive. After their release, prisoners are given free escort back to a central spot near their end of the area. Here, they are issued new arm or headbands. The game continues until a flag is captured, or time is up.

Materials:

- Brightly colored flags
- Cones (or something to divide the field)
- Shirts/ Armbands/ Paints to divide the teams

Recommended Time Frame: 1 to 2 hours

Recommended Ages: 10 years and up

Tag (lap tag, freeze tag, tunnel tag, partner tag)

Description: There are a million variations of tag!

Lap Tag: Sit in a circle with partners. One partner sits in the lap of the other partner. One person without a partner sits in the middle of the circle. The person in the middle will call out names of 2 people sitting in the laps of the people in the circle. The two people whose names were called will try to get to the center of the circle and touch the middle person's foot. The catch in the person sitting behind them will be holding onto the person trying to keep them from getting to the foot. The person that makes it to the foot first replaces the middle person. The person that fails to get to the foot trades places with their partner and becomes the back person instead of the lap person.

Freeze Tag: Just like regular tag, but you must freeze when you are tagged. You cannot move again until someone comes and un-tags you.

Tunnel Tag: When you are tagged you must stand with your legs apart to form a tunnel. You are frozen like that until someone crawls through the tunnel to unfreeze you.

Partner Tag: Everyone links arms with a partner, except one group. In the one unlinked group, one person is it and one person is trying to get away. The person running away can link arms with another partner group to be safe. Then the person they are not linked with must run. If the person that is it tags you then you are it and game play continues.

Materials: Open Space

Recommended Time Frame: 30 minutes to 1 hour

Recommended Ages: 6 to 12 years

Team Building

Knots

Description: Best in groups of 10 or less. Have all of the children form a circle. Have everyone hold the hands of two different people. Children may not hold the hands of anyone directly beside them. Now, try to untangle the knot that they're in without letting go of the hands. To add a challenge, have the children try this without talking or with only one person being allowed to talk. This helps demonstrate leadership skills and foster teamwork.

Materials:

- Open space
- String/ Rope

Recommended Time Frames: 30 minutes to 1 hour

Recommended Ages: 12 years and up

Trust Falls

Description: Have the children break into groups of two with someone that is approximately the same size as them. Have one child stand about 1 meter behind the other with their arms extended. The child in front should also put their arms out and allow themselves to fall backwards, keeping their legs straight. The child behind should catch the one in front. Then the children should switch places and repeat the activity. This activity helps to build trust between group members.

Materials:

- Open Space

Recommended Time Frame: 30 min

Recommended Ages: 6 to 10 years

Similarity Line

Description: Use chalk, tape or an already existing line on the sidewalk or on a sports field. Place half of the children on one side of the line and half stand on the other. Have the group leader read out different qualities, interests and/or experiences. When the statement is true for that child, the child is to step up to the line. You can use this activity as an icebreaker to show what the group has in common with each other.

Sample Questions:

Come to the line if...

You have a brother/sister

Your favorite color is blue

You like to play sports

Someone close to you has passed

You miss someone

Materials:

- Chalk/ tape/ rope (For the line)

Recommended Time Frame: 30 minutes to 1 hour

Recommended Ages: 12 years and up

Just for Girls

Teen Pregnancy Plays

Description: This activity should be spread across 1 week by allotting time for it each day. Start preparing the girls for the plays by giving a talk about teenage pregnancy. Tailor the talk to the group of girls that you have, but you should have an open and confidential discussion about the risks of unprotected sex, the struggles that accompany teenage pregnancy and the importance on focusing on education. Next, break the girls up into groups of 5 to 7 girls. Have the girls prepare a 5 to 10 minute play about the topics that were discussed in the talk about teenage pregnancy. Allow the girls to practice 2 or 3 times before presenting their play. Have them present the play at either the talent show or another presentation for their parents.

Materials:

- Tell the girls to be creative and bring the materials for their plays from home
- Dolls

Recommended Time Frame: 2 to 3 hours for the presentation of the plays

Allow the girls 2 to 3 days to prepare their plays

Encourage the girls to keep their plays to less than 10 minutes

Recommended Ages: 12 years and up

Tea Party/Etiquette Class

Description: Help the girls get dressed for tea. Talk about what is appropriate to wear to a formal tea party. They should not be showing too much skin, light make-up, small earrings and shorter high heels are all appropriate. Set up a room with a nice tablecloth and tea set-up. Show the girls how to pour tea, let them all pour for one another. Teach them how to use a fork and knife properly. Talk about how the table is set up and why. Continue to discuss different manners and rules of etiquette as you enjoy tea and refreshments together.

Materials:

- Refreshments
 - Tea
 - Something to eat with a fork and knife

Recommended Time Frame: 2 hours

Recommended Ages: 6 to 10 years

Dove Activity

Description: Begin by having the girls brainstorm what they imagine when they think of the word beautiful. Use chart paper to have them write out ideas. Some examples may be long legs, dark eyelashes, a fit body etc. Next show them the

Dove Real Beauty Video (can be found on YouTube). The video shows them what a supermodel goes through before her picture is placed on a billboard. After the video ask them about what they saw. Did the final product look anything like the original woman? Were both beautiful? What does this tell us about the media's definition of beauty? Objective is to show girls that what society deems as "real beauty" is not "real" at all. If they strive to look like a woman on a magazine they will always fail because that look does not exist. Not even supermodels actually look like that.

Materials:

- Computer to display the Dove Video
- Chart Paper
- Marker

Recommended Time Frame: 2 hours

Recommended Ages: 12 years and up

Self-Confidence through exercise (positivity run)

Description: Have the girls break into even teams. You may do this activity outside or inside. Determine a place for where the girls can run back and forth. At one end of the run place one chart paper and marker per team. Have the girls begin on the opposite side of the chart paper to run a relay race. The first girl must run to the paper and write something positive about herself or her teammates. When she is finished, she must run back and tag next person on her team. The next person then must run to the paper and write something different. This continues until each girl on the team has run and written something. When the last girl finishes and returns to her team the whole team must sit down to indicate they are done.

Materials:

- Chart Paper
- Markers

Recommended Time Frame: 1 hour

Recommended Ages: 8 years and up

Compliment Bracelet Circle

Description: Have everyone sit in a circle. Have the leader begin with a bundle of yarn in her lap while she explains the activity. She will then tie a piece of the yarn around her wrist and pick one girl in the circle to compliment. Then she passes the bundle of yarn attached to her wrist to the girl she just complimented. This girl catches the yarn and ties it to her wrist as well. She then sends the compliment string on. This continues until every girl has a piece of yarn around her wrist. Then pass scissors around the circle and cut the string, leaving each participant a yarn bracelet around their wrist to remember the activity.

Materials:

- Bundle of yarn
- Scissors

Recommended Time Frame: 1 hour
Recommended Ages: 8 years and up

Resource Center Holiday Program July (Example of program schedule)

2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Introduction	1 <ul style="list-style-type: none"> • Beaded Bracelets • Paper Plate Art • Face Painting 	2 Pregnant Walk: raising awareness about teen pregnancy	3 <ul style="list-style-type: none"> • Movie Day • Practice for the Teen Pregnancy plays: Older Girls • Community Soup and Blanket Drive 	4 Rap practice and poems	5	6
7 Hand Print Art: Good and Bad Influences	8 <ul style="list-style-type: none"> • Game Day: indoor cards and games for the small kids • Baking Muffins: older girls • Beach Day: older boys 	9 Movie Day	10 Parent Day: Presenting the teen pregnancy plays to the parents	11 <ul style="list-style-type: none"> • Movie Day • Sports Day 	12	13
14 Arts and Crafts Day: Charm Bracelet and Earring Making and Coloring	15 <ul style="list-style-type: none"> • Arts and Crafts: younger girls • Movie Day 	16 Practice for Field Day Capture the Flag	17 Outdoor Sports and activities	18 Field Day: Relay races, prizes, and food for the last day	19	20

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