

# OVERVIEW OF THE COUNCIL ACTIVITY GUIDES



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# Growing Healthy, Going Strong

## 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	<b>Creating Our Council</b>	Photo Finish Teambuilding Challenge	White board or flip-chart and markers. Items to be used in opening/closing rituals such as a chime or drum. Lunch size paper bags for all participants and colored pens.
2	<b>Getting Connected</b>	Guess Who?	Extra brown bags magazine pictures and images, glue sticks, scissors if appropriate, large table, index cards, pens.
3	<b>Healthy Competition – Part I</b>	Race to Win	White board or flip chart and markers. Pens, legal size paper, Optional: small prizes (i.e. m&m's)
4	<b>Healthy Competition – Part II</b>	Play Hard, Play Safe, Play Fair, Have Fun	White board or flip chart, markers, pens, paper.
5	<b>Bullying</b>	The “After School Bully” Role-play & “Stop the Bullying” Role-play	One backpack, one five dollar bill
6	<b>What’s Your Choice? Boys and Their Emotions – Part I</b>	“Catch the Message” — an Active Listening Exercise	Large Blow Up or Hand Copy of “Feeling Chart.” Multiple squishy balls – one ball per pair of boys
7	<b>What’s Your Choice? Boys and Their Emotions – Part II</b>	“Growing Edges” — Self-Disclosure through Physical Activity	Long rope(s) or roll of masking tape to create a large rectangle. A large unobstructed area.
8	<b>Boys’ Unspoken Rules</b>	“The Real Guy Game Show” and Discussion	White board or flip-chart and markers. Pens, paper, one bag of M&M's. Way to keep time
9	<b>Male &amp; Female: Roles and Expectations</b>	Baby Dolls and Discussion	White board or flip-chart and markers. 2 identical baby dolls wearing an identical diaper; one with a pink blanket, the other with a blue blanket or clothing. Pipe cleaners.
10	<b>Staying Connected</b>	Celebrating My Whole Self & Building Council Connections	Large sheet of paper for every participant, cut out pictures, scissors, magazines, colored paper, colored markers, glue, other items for decorating. Flat stones, quick drying permanent paint, paint brushes, drop cloth or newspaper.



# Standing Together: A Journey into Respect

## 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	<b>Creating Our Council</b>	Developing an Opening and Closing Ritual, Stranded on an Island	Items to be used in opening/closing rituals such as a chime or drum. Copies of The Council Format handout. Flip chart and markers.
2	<b>Similar and Different</b>	Are we More Alike or Different? & If I Were a ...	Masking tape or a rope, soft nerf type balls or bean bags – one per each pair of boys; (optional: paper and pens).
3	<b>Put Downs – Part I</b>	Dude! A Quick Drama and Team Building Game; Put Down & Build Up Role-plays; Optional Film: Tête à Tête à Tête	White board or flip chart and pens. Pens and paper. Optional: a Flip Video Camera or other video camera for Activity 2 Build Up scenes
4	<b>Put Downs – Part II</b>	Keeping Each Other Afloat & Balloon Bash	Lots of deflated balloons, permanent markers, poster board & markers.
5	<b>Space Invaders</b>	Physical Boundaries	A large unobstructed space for the activity
6	<b>Boys' Rights</b>	My Boundaries & Charter to Protect and Respect Boundaries	A backpack with items typical to the age group, i.e., wallet with \$1, ear phones, a folded note, bag of chips or snack, etc.; flip chart paper, markers.
7	<b>E-motions – Part I</b>	Who's Feeling is that Anyway? & My Most Common Emotions	Pens or pencils. White board or flip chart and markers. Drawing paper and art supplies (i.e. oil or chalk pastels, or colored pencils or markers).
8	<b>E-motions – Part II</b>	Storytelling and Role-playing feelings	"Contrasting Feelings" Cutout, paper, pens or pencils, "Feeling Situations" Handout and "Feeling Words" Handout.
9	<b>Boys &amp; Power</b>	Aces and Deuces	A deck of playing cards
10	<b>Community &amp; Recognition</b>	Group acknowledgment books	½ sheets of paper. Pens, colored markers and staplers. <i>Optional: Program feedback forms and pens.</i>



# Living A Legacy: A Rite of Passage

## 10-Week Activity Guide

Week	Theme	Activity	Required Materials
1	<b>Creating Our Council</b>	Name Scramble, Hopes and Fears, Council Guidelines, Boys to Men	Council Format Handout, Talking pieces, Flip chart paper, markers, index cards, pens/pencils
2	<b>Connecting Our Council</b>	Personal Timelines, The Maze	Masking tape, flip chart or butcher/construction paper, markers, the Maze directions and key
3	<b>Strength Through Diversity</b>	Culture Grams, Stand Up-Sit Down Discrimination Exercise, Just Because Poems (optional)	White Butcher Paper (4ft. x 8ft.), markers, white paper (8.5in x 11in)
4	<b>Mentors, Role Models and Heroes</b>	Web of influence, Personal Web of Influence	Ball of yarn, flip chart or construction paper, markers
5	<b>Unlocking the Code</b>	Boys Boxed In	Masking tape, flip chart paper, easel, markers
6	<b>Healthy Relationships</b>	Hot Shots, Relationship Reflections	Paper (8.5in x 11in), Basketball Hoop (or box, bowl, or waste can that can be used as one,) Relationships Reflections Handout, pens/pencils
7	<b>Who's the Man? Boys and the Media</b>	Star of the Show, Real Men Collage	Paper copies of the Star of the Show activity, pens/pencils, boys/mens magazines, scissors, glue, 2 pieces of poster boards
8	<b>Conflict Resolution: Squash it Before it Starts</b>	Squash it before it Starts – Joe's Story	Copies of Joe's Story, markers, 4 pieces of flip chart or butcher paper
9	<b>No One Walks Alone</b>	Leadership Quote Reflection, Dear "Little Brother" Letter	Paper copies of Dear "Little Brother" Letter, pens/pencils, (optional: envelopes, stamps, telephone book and/or school address book)
10	<b>Living and Leaving a Legacy</b>	The Council Unit Reflections, Personal Eulogy	Markers, Construction paper (various colors); sample Personal Eulogy, <i>Optional: Certificates of Participation, Food for Celebration</i>



# Journey of the Great Warrior

## Empowering Minority and Disenfranchised Youth

### 18-Session Activity Guide

Week	Theme	Activity	Required Materials
1	<b>Renewing Our Council</b>	“The Medicine Wheel Interview”	pencils, flip chart, pad of paper, markers, at least 4 medium size hand balls, a timer or watch, dry leaves, stones, pine cones, sticks, or other small objects from nature, a “rattler” or shaking instrument
2	<b>The Home Base</b>	The Magic Box: Looking into our Home Base, Making the Council our Temporary Home Base	Shoe box or any cardboard box of similar size for each group member, blank index cards, markers, colored pencils or pastels, a blindfold, flip chart, marker
3	<b>The Home Base (Nature)</b>	The Earth Community as our Home Base	Talking piece, a blindfold, two tennis balls (or balls of similar size) and a smaller ball for the “Fox and Squirrel” Warm Up
4	<b>The Warrior’s Initiation, Power &amp; Survival</b>	The Story of the “Great Warrior” with self-charting and pair sharing, The Introduction Ceremony	Talking piece, 1 set of the following colored markers per each member: red, orange, blue, green, purple, gray, a high platform or stepping stool large enough to stand on, noise makers, flip chart paper
5	<b>Initiation, Power &amp; Survival (Nature)</b>	Solving the Secret Clues	Talking piece, four objects from nature (such as a pinecone, stone, feather or stick), a small branch, index cards, pencils, scotch tape, small strips of paper
6	<b>Unveiling the Dark Side</b>	Brief Discussion, Trapped Inside the Dungeon, Untangling the Knot	Talking piece, flip chart paper, black marker, paper, scotch tape, yarn, seven chairs, blind fold, hat or container, pieces of cloth or rags (one per person including facilitator), index cards and pencils
7	<b>Unveiling the Dark Side (Nature)</b>	A Monument to the Light	Talking piece, a camera, one large paper bag for each participant, whistle or bell, two medium size balls of different colors
8	<b>The Journey of Return</b>	The Personal Inventory, Journey of Return Activity	Talking piece, four flip chart sheets, the members’ timelines from Session 4, letter size white paper, pencils, 10 chairs, a yoga or gym mat and a cushion, a large white sheet, four poles with bases or standing objects to hold the sheet over the mat creating a type of cave (such as 4 chairs), folder for storing group members’ work

<b>Week</b>	<b>Theme</b>	<b>Activity</b>	<b>Required Materials</b>
9	<b>The Journey of Return (Nature)</b>	The Nature Guide	Talking piece, blindfolds (one per each pair of boys), a few sheets of white paper and a pencil for each member
10	<b>Transformation of the Home Base</b>	Transformation Cards, The Trust Circle	Talking piece, flip chart, index cards, pencils/pens, small zip-lock bags (three bags per council member), masking tape
11	<b>Transformation of the Home Base (Nature)</b>	Gifts of Nature Walk, Planning an Ecological Project	Talking piece, 100 feet or more of yarn, 4 baskets, 4 bowls for fruit, variety of fruits (such as grapes, cherries, strawberries, and pineapple), blindfold, additional items that can be gathered at the setting (such as pine cones, sticks, leaves, grasses, branches, feathers, etc.)
12	<b>Awakening to a New Power</b>	Vision Chart, The Rise of the Great Warrior	Talking piece, index cards, pens or pencils, paper, flip chart paper for drawing (at least one sheet per member), colored pastels or markers, four steady platforms each of a successively higher level or alternatively one stepping stool with at least four levels, MP3 or CD player, instrumental music
13	<b>Awakening to a New Power (Nature)</b>	Crossing the Bridge, Planning an Ecological Project	Talking piece, sufficient supply of bandanas or rope for tying pairs of members' ankles together (if playing "Pairs Tag" for Warm Up as recommended)
14	<b>Connecting with the Inner Self</b>	Hardware-Software, Seeking Inner Balance	Talking piece, butcher/construction paper, color markers, pencils, pens, note pad, hat or small container, flip chart
15	<b>Connecting with the Inner Self (Nature)</b>	The Voice of Nature, Planning an Ecological Project	Talking piece, color markers, color pencils, pens, notebooks, whistle or bell
16	<b>Connecting with all of Life</b>	Brief Discussion: Causes of Oppression, Role Plays – Interaction Styles	Talking piece, a dictionary, pens, note pad, hat or small container, paper, index cards,
17	<b>Connecting with all of Life (Nature)</b>	Helping Mother Nature Recover	Talking piece, hat or container and other materials appropriate to the chosen activism activity
18	<b>The Endless New Journey</b>	The New Beginning, The Council as a Unified Force	Talking piece, a rattler, flip chart paper, markers, dry leaves, stones, pine cones, sticks, a rope approximately 8' in length, pieces of cloth or rags