



Fun Friday

The option of Fun Friday is the opportunity for the youth who attend your program to look forward to the end-of-the-week. The Fun Friday activities are provided with 5 options. If you choose to have all of your students out on the grounds for Fun Friday at the same time, then you can create 5 stations, each with an activity, and then have the groups of children rotate through the activities. If you work with 5 stations, you are strongly encouraged to have a group of student leaders assigned to each of the stations. After the remainder of the youth have rotated through the stations, then they can have the opportunity as a whole team to rotate through. You want to have someone at each station who can facilitate the activity.

If instead, you are going to have just one classroom at a time, then you may want to select 1-3 of the activities for the Fun Friday activity. This way, each of your Frontline Staff can select with their students the activities they would most like to participate in.

Fun Friday activities that you don't use in one week, you can certainly hang onto for use later.

If children are going to get wet, eat something out of the ordinary, please let parents as well as the school know in advance. You may need to offer alternatives.



Fun Friday December 2nd

This is an option for Friday afternoons for kids who just want to do something different and have some fun. In today's Fun Friday, youth will have the opportunity to choose board games they wish to play. Be sure to be watchful that if a child's first choice is full or there is no one else who wishes to play, they can adjust to their second choice.

In November, Fun Friday activities will be Minute to Win It opportunities. You will set up the score sheet like the sample.

1 st = 5 point 2nd = 3 points 3 rd = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Ping Pong Ball Relay									
Build A Tower									
Longest Straw									
Empty A Box									
Take A Header									

The supplies and directions can be found in the chart below.

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Ping Pong Ball Relay	Build A Tower	Longest Straw	Empty A Box	Take A Header
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
4 ping pong balls and 6 cups filled to the brim with water and 1 empty, for each team	Jenga Wooden Blocks set for each team	Straws	Box or container Cotton Balls	Cotton balls Spoons Two bowls per team
What you will do:	What you will do:	What you will do:	What you will do:	What you will do:
Divide children into two teams Place the cups full of water in a line and place the empty cup at the end of the line	Divide children into 4 teams Give each team the same number of Jenga blocks Once in the teams, each player gets the	Divide the children into groups of 3-4 Each team is to build the longest straw possible by combing straws.	Divide children into groups of four Give each group of four a box with cotton balls in it Have the children stand on the four sides of the box	Divide the children into two teams When you say "Go!", the first team member puts the bowl on his/her head and begins to fill it by



<p>One player at a time, player blows the ping pong ball from the first cup to the empty cup. If player blows the ball off the water, he/she may pick the ball up and start back at the beginning. After two tries the player goes to the end of the line and the next team member takes over.</p> <p>If all 4 ping pong balls are in the end cup and the team has not all played, remove the balls (keeping track that the score is 4) and continue until all team members have competed.</p> <p>Record Points</p>	<p>same number of Jenga blocks</p> <p>When you say "Go!", players on each team begin to build the tower. The players must take turns, working together to build the tallest tower in a minute</p> <p>If tower fall over, the team must start again.</p> <p>Call time when 1 minute has passed.</p> <p>Count the blocks. Record that number. This is the best out of 5 tries.</p> <p>Record points</p>	<p>Straw must hold together when lifted</p> <p>Record points</p>	<p>When you say "Go!", children start to blow the cotton balls out of the box.</p> <p>When you say "Rotate!" the children must move one position to the left (clockwise). Call rotate at least 4 times so everyone is at every position</p> <p>After 1 minute, teams count how many cotton balls have been blown out of the box</p> <p>Record points</p>	<p>spooning the cotton balls from the bowl on the table to the bowl on his/her head</p> <p>For younger children, a team member can help hold the bowl on the head to the person</p> <p>Each child takes a turn as the bowl is emptied</p> <p>Game is over when all have participated</p> <p>Record points</p>
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Fun Friday December 9th

This is an option for Friday afternoons for kids who just want to do something different and have some fun. In today's Fun Friday, youth will have the opportunity to choose board games they wish to play. Be sure to be watchful that if a child's first choice is full or there is no one else who wishes to play, they can adjust to their second choice.

In November, Fun Friday activities will be Minute to Win It opportunities. You will set up the score sheet like the sample.

1 st = 5 point 2nd = 3 points 3 rd = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Plates and Cups									
Yank Me									
There's A Hole in My Plate									
Just Kickin' It									
Shoot 'Em Up									

The supplies and directions can be found in the chart below.

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Plates and Cups	Yank Me	There's A Hole in My Plate	Just Kickin'	Shoot 'Em Up
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
5 paper plates 9 cups for each team	5 paper cups Four 5" x 8" index cards	Ping Pong Balls Paper plate with hole cut in it, big enough for the ping pong ball to go through Tray Container	Cups Yarn Popcorn or packing peanuts	Plastic cups with bottoms cut out Balloons (cut off the end furthest away from the end you blow into Marshmallows Target (have each team make a target with three levels
What you will do:	What you will do:	What you will do:	What you will do:	What you will do:
Divide the children into two teams	Divide the children into 4 teams	Divide the children into two teams	Have each child tie the cups to his/her shoes	Divide the children into teams of 4-5



<p>Have each player, one at a time, build a tower, as tall as possible, using all of the cups and the plates</p> <p>When one player completes the tower, the tower is taken down and the next player comes forward</p> <p>Record points</p>	<p>Each team should make a stack, cup, card, cup, card, cup, card, cup</p> <p>Players (one at a time) come up and try to remove the card without crashing the tower. After each failed attempt, put the card back in. If the player succeeds, the stack is left alone, and the next player removes the next card.</p> <p>Record point</p>	<p>Spread the ping pong balls out on the tray</p> <p>Using the plate with a hole in it, the player should pick up a ping pong ball from the tray and drop it into the container through the hole in the bottom of the plate</p> <p>Team all takes a turn. If ball drops but not in the container, player must start over with a ball in the tray.</p> <p>Record points</p>	<p>Fill the cups (one on each foot) with popcorn or packing peanuts</p> <p>When you say "Go!" all the children begin shaking out all of the popcorn (packing peanuts)</p> <p>Player who clears cups first, wins.</p> <p>Can do the best 2 out of 3 if you desire</p> <p>Record points</p>	<p>Distribute the supplies to the children</p> <p>Start by tying a not in the end of the balloon you blow into</p> <p>Stretch the balloon over the opening, load with marshmallows, pull back on the balloon and shoot</p> <p>Every team member must have 4 attempts at getting points.</p> <p>Record points</p>
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Fun Friday December 16th

This is an option for Friday afternoons for kids who just want to do something different and have some fun. In today's Fun Friday, youth will have the opportunity to choose board games they wish to play. Be sure to be watchful that if a child's first choice is full or there is no one else who wishes to play, they can adjust to their second choice.

In November, Fun Friday activities will be Minute to Win It opportunities. You will set up the score sheet like the sample.

1 st = 5 point 2nd = 3 points 3 rd = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Ready, Aim, Fire									
Picasso									
What's Behind Your Back									
Tissue and Straws									
Cup on A String									

The supplies and directions can be found in the chart below.

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Ready, Aim, Fire	Picasso	What's Behind Your Back	Tissue and Straws	Cup on A String
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
Cups Miniature Marshmallows	Drawing paper Long handles brush Tempera paint in variety of colors	Balloons Two lines made of Painter's Tape, about 20 yards apart	Toilet paper sheets (20 for each team) Straws (one for each team member) Container	String Cups attached to the string—should be able to slide up and down the string Water guns Painter's Tape to make the point on the string which is as far as the shooter needs to go
What you will do:	What you will do:	What you will do:	What you will do:	What you will do:



<p>Have students find a partner One partner lies down on the floor on his/her back, holds a cup in his/her mouth Partner stands behind his/her head and attempts to drop the marshmallow from hands held above his/her head into the cup Every 5 marshmallow drops, partners must change places Record points</p>	<p>Divide children into pairs Distribute supplies to each pair Explain they are going to paint a picture on the paper. The only catch is that they can only hold the brush with his/her foot holding the brush Have children share with one another when completed Record points</p>	<p>Divide the group into two teams Split each team so half are on one side of the 20 yards, and half are on the other side facing them Children blow up balloons, tie them off, and place them at one end Person puts as many balloons under his/her shirt (in the back) and then goes to his/her team mates who are 20 yards away Player takes balloons out from his/her shirt and then the other person loads as many as he/she can up his/her shirt Game continues until all players have competed</p>	<p>Divide children into two teams, once in teams, pair the player up Place an empty container 20 feet away Working in pairs, using only the straws, pairs transport the tissue, one at a time to the container When the tissue is in the container, the pair races back, tags the next pair who continues the contest Game is over when all the tissue is in the box Record points</p>	<p>Divide the children into two team Each team will have a cup and a water gun First player comes up, shoots inside the cup with the water gun, moves the cup to the tape on the string, race down and pushes the cup back up the string for the next player Game is over when all have participated Record points</p>
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Note: Be sure no one is allergic to marshmallows for the Ready, Aim, Fire Challenge.