



## **Opening, February 1**

### **Squirt Ball**

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is to spray the ping pong ball off the soda bottle tee, taking turns as a team. (Each team member gets 4 squirts.)

#### **What you will need:**

- 1 ping pong ball for each team of four
- 1 2-liter empty soda bottle for each team
- 1 mini water gun for each team, filled with water
- Extra water to refill the gun as needed

#### **What you will do:**

1. Divide the children into teams of 4
2. Give each team a ping pong ball, soda bottle and water gun
3. Explain that the soda ball is a “tee” for the ping pong ball and they are to try to knock the ping pong ball off the tee as many times as they can, scoring 1 point each time the ping pong ball is watered off the tee. Explain each person gets 4 squirts and then trades with another person.
4. Team with the most points when time is called, wins

#### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Opening, February 2

### Static Manic

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of the activity is for the children to work together as a team to get as many balloons as possible to stick to one of the team members through static electricity.

#### What you will need:

- 40 balloons for each team

#### What you will do:

1. Before starting this game, talk with the children about static electricity. Ask them if they have ever been “shock” when they touch something. Explain that is static electricity and the object of this game is to use static electricity to get balloons to stick to one teammate.
2. Bring children to an open space where they can move around without bumping into something or someone.
3. Divide them into two teams. Explain they are to pick one person to be the Static Manic. Explain the rest of the team will do what it can to get as many of the balloons as possible to “stick” to the Static Manic because of static electricity.
4. Team with the most balloons on the Static Manic, wins.
5. Have fun!

#### Wrap-up Questions:

- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Opening, February 3**

### **Table Art—Best Food Ever**

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of the activity is for children to work as a team to create a mural of favorite foods.

#### **What you will need:**

- 6 feet of butcher paper
- Crayons, markers, colored pencils

#### **What you will do:**

Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils

Explain each child is to draw a picture of his/her favorite food

When all have finished, have each child share his/her drawing and tell why this food is their favorite.

#### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Opening, February 6

### Table Art—Best Toy

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is for the group to create a mural showing favorite toys.

#### What you will need:

- 6 feet of butcher paper
- Crayons markers, colored pencils

#### What you will do:

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw a picture of his/her best toy
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

#### Wrap-up Questions:

- Did any youth draw the same toy? Which was the number 1 choice?
- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Opening, February 7

### Trash Monster

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is to work together to “dress up” one of the team members using the trash bags to be the “Trash Monster”. Be sure the face is NEVER covered!

#### What you will need:

- Two 40-gallon trash bags per team
- Scissors
- Appropriate music

#### What you will do:

1. Divide the children into two teams
2. Explain the teams will be competing against one another to make the silliest, coolest, scariest monster by dressing up one of the team members with the black bags.
3. Share that the bag may NOT cover anyone’s face
4. When finished have groups share with everyone.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Opening, February 8**

### **Ultra World Pong Shot**

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is to make as many points as possible by shooting a ping pong ball from one of 6 locations in front of the basket (Solo Cup)

#### **What you will need:**

- 1 red, 16 ounce Solo cup for each team
- 6 ping pong balls
- Music that is appropriate

#### **What you will do:**

1. Set the Solo cup up on a table
2. 6 at a time, have the children make a circle at the end of the table.
3. Give each player a ping pong ball. Each player takes turns and tries to shoot the ping pong ball into the cup. After all 6 players have shot the ball, the players rotate one position and shoot again. The players take a turn at each spot.
4. When the group has shot from all positions, bring up a new set of 6
5. Total the points for each group

#### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend playing this game to others? Why or why not?



## Opening, February 9

### Dance Freeze

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is for youth to dance and when the music stops, freeze in place.

#### What you will need:

- Music is that appropriate for the children

#### What you will do:

1. Have children be in an open area where they will not bump into one another or other objects
2. Explain children should dance each time the music plays and freeze each time the music stops.
3. Continue for about 5 minutes. Children are not eliminated.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Opening, February 10

### Over and Under Relay

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is for youth to work as a team to complete the relay first.

#### What you will need:

- Soccer, basketball, or other ball for each team

#### What you will do:

1. Divide the group into two teams
2. Line the teams up in a vertical line at the start line
3. Explain they will pass the ball to the person behind them by alternating between over the head and between the legs
4. Explain the last person in the line will race to the front of the line and begin the passing again.
5. Play is over when the first person in line is back in front.

#### Wrap-up Questions:

- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Opening, February 14

### Bucket Head

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is for children to work together to get five balls into the bucket.

### What you will need:

- Variety of small balls—tennis, Nerf, etc.
- 2 small buckets for each team
- Cones

### What you will do:

1. Divide the children into two teams
2. Select two members from each team to be the “bucket head”
3. Place cones at the start and finish line. Have the team, with the exception of the two bucket heads, line up at the start line.
4. Have the “bucket heads” for each team line up 5 feet behind the finish line.
5. Player at the start line selects a ball, races to the finish line, and shoots the ball in the attempt to get it into the bucket, which “bucket head” is holding on top of his/her head.
6. If the balls stays in the bucket, it will remain there. If the ball misses the bucket, the player who shot the ball retrieves it and races back and tags the next team member.
7. Play is over when the winning “bucket head” has a total of 5 balls in the buckets.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



## Opening, February 15

### Chop Suey Rainbow

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of the activity is to move Skittles, one at a time using chopstick, into the bowl.

#### What you will need:

- 6 water or soda bottles filled at least  $\frac{1}{2}$  way with sand, placed in a triangle (one in front, then a row of two and finally a row of three. (These are the “bowling pins”)
- Soccer ball, or red ball, or beach ball—one for each bowling lane

#### What you will do:

1. Divide the children into two equal teams
2. Place one Skittle in the bowl for each person on the team
3. Give each child a pair of chopsticks
4. Explain there will be a relay and one at a time, each child will run up to the Skittles and take one Skittle out of the bowl with his/her chopsticks and then eat the Skittle.
5. He/she will then run back to the rest of the team and tag the next person to do the same thing.
6. When all the Skittles are gone, the team wins.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Opening, February 16

### Silent sort

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is for children to work together to sort the M and M’s by color.

#### What you will need:

- 2 bags of M and M’s for each group

#### What you will do:

1. Divide the children into two teams
2. Gather each team around a table or desk and place all of the M and M’s in the center
3. Explain that WITHOUT TALKING, they must separate the M and M’s by color.
4. The team which completes the task first, WITHOUT TALKING, wins.

#### Wrap-up Questions:

- What did you enjoy about working on this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Opening, February 17

### Muy Caliente!

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object is to move an object around the circle and be sure you are NOT holding the object when the music stops.

#### What you will need:

- Item to pass
- Music that is appropriate to age group and is “G” rated

#### What you will do:

1. Have youth form a circle (inside if there is space or outside if there is not)
2. Have children drop hands and select one youth to begin the process
3. Explain you will be playing music. While the music is playing they are passing the object to the right. Passing does not mean tossing. If someone is passing to you, you must accept it.
4. When the music stops, whoever is holding the item is OUT and must sit down.
5. Play continues until there is only one person left in the game.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Opening, February 21**

### **What's Not Green**

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this game is for each group to make a list of as many vegetables that are NOT green.

#### **What you will need for each team:**

- Chart paper
- Markers

#### **What you will do:**

1. Divide the group into teams of 4-5
2. Give each team the chart paper and pen
3. Explain when you say “Go”, the group will have 4 minutes to write the names of as many vegetables as they can name that are NOT GREEN
4. Have teams share with one another
5. The team with the most items wins

#### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Opening, February 22**

### **Decade Dance**

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is for youth to understand dance has changed over time.

#### **What you will need:**

- Music from different decades. Here are some suggestions:
- 50'S: Jailhouse Rock by Elvis Presley;
- 60's: Surfin' Bird by The Trashman;
- 70's: Car Wash by Rose Royce;
- 80's: Take on Me by A-ha; 90's: Everybody by The Backstreet Boys;
- 2000's: Rock Steady by Gwen Stefani;
- 2010's: IMMA Be by The Black Eyed Peas

#### **What you will do:**

Bring the children together in the center of an open space

Ask children if they know who Elvis Presley was. Ask them how he danced. Have them demonstrate. Share that this is how people danced during the 1950s. Play Jailhouse Rock and have them dance.

Select other decades and do the same thing with each of the decades. If children don't know, give them the “homework” to ask their parents or caregivers and be ready to share the dance style tomorrow

Play the music and have children dance era-appropriate dance

#### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## **Opening, February 23**

### **Sing It High, Sing It Low**

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. The object of this activity is to sing the same song in regular, high, and low registers.

#### **What you will need:**

- Microphone if children choose to use it

#### **What you will do:**

1. Bring the children together in an open space and explain they are going to practice singing a song in a regular, high and low register.
2. Ask the children to name a song they all know. (Happy Birthday, Itsy Bitsy Spider, Row, Row, Row Your Boat, etc.)
3. Practice the song together
4. Then practice the song singing it in a high-pitched voice
5. Then practice the song singing in a low-pitched voice
6. Ask them how they were able to sing with high and low pitch

#### **Debrief**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Opening, February 24

### Tennis Ball Bounce

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. This is a group activity you can utilize to build team. The object of this activity is to see how accurately a team can hit a tennis ball with a racket.

#### What you will need:

- Tennis balls (3-6 for each team)
- Tennis racket (1 for each team)
- 6 buckets (try the Dollar Store)

#### What you will do:

1. Divide children into two equal teams.
2. Spread the buckets out about 6+ feet from the service line
3. Explain that each member of the team will have two tries to get a tennis ball into one of the buckets using the tennis racket and having the ball bounce at least one time before entering the bucket
4. Alternate between the teams and keep score. Game is over when all the team members have played.

#### Debrief

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?





## Opening, February 27

### The Line Walk

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. This is a group activity you can utilize to build team. The object of this activity is for each player to “walk the line” as quickly as possible.

#### What you will need:

- Music (youth appropriate)
- Blue Painter’s Tape

#### What you will do:

1. Using masking or Painter’s tape, create a line with twists and turns
2. Explain that each child will have the opportunity to “walk the line” as quickly as possible.
3. Explain that as one child finishes, the next child will begin the walk.
4. Explain they must have both feet on the line as they walk as quickly as they can to the end.
5. Explain you will time them the first time as a practice and then when they “walk the line” the second time, they will work to conquer the line more quickly.

#### Debrief

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Opening, February 28

### Cartoon Mania

**Background Information:** Opening activities are an opportunity for young people to transition from the school day to the expanded learning program. While we hope every school experience is amazing, sometimes youth just need a chance to decompress and that is what Opening is all about. During opening you will also serve snack or dinner, take roll, make announcement and simply saying “Hello” to the kids. This is a group activity you can utilize to build team. This is a group activity you can utilize to build team. The object of this activity is to select a cartoon character and then as a group, determine how to act out the character without naming him/her.

#### What you will need:

- No materials needed

#### What you will do:

1. Divide the children into teams of four
2. Explain the team will select a well-known cartoon character and talk over characteristics of the character. (For example, Bugs Bunny says, “What’s up Doc?”, Mickey Mouse has his Club House, etc.)
3. Once all of the teams have decided how to act out the character, have the groups come up one at a time and act out the character. The other teams are to guess who the character is.
4. Game is over when all groups have participated.

#### Debrief

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?