



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 February 3rd

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 February, most 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
Tissue and Straws									
Cup on a String									
Pin Me Up									
Post It Note Relay									
Bullseye									

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

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Tissue and Straws	Cup on a String	Pin Me Up	Post It Note Relay	Bullseye
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
Toilet paper squares (20 for each team) Straws (1 for each youth) Container	String Cups attached to string through a hole in the bottom of the cup Water guns Painter's Tape to mark the point on the string which is as far as the shooter needs to go	20 clothes pins	Post It Pad for each Team (be sure each team has the same number of Post	Cups Tape Table Ping Pong balls Straws
What you will do:	What you will do:	What you will do:	What you will do:	What you will do:



<p>Divide children into two teams, once in teams, pair the player up</p> <p>Place an empty container 20 feet away</p> <p>Working in pairs, using only the straws, pairs transport the tissue, one at a time to the container</p> <p>When the tissue is in the container, the pair races back, tags the next pair who continues the contest</p> <p>Game is over when all the tissue is in the box</p> <p>Record points</p>	<p>Divide the children into two team</p> <p>Each team will have a cup and a water gun</p> <p>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</p> <p>Game is over when all have participated</p>	<p>Divide the children into two teams</p> <p>One at a time, player will get 10 clothes pins pinned to the back of his/her sheet</p> <p>When you say go, player gets the clothes pins off the back of their shirt without using their hands</p> <p>When first player is finished, he/she helps the next person in line to put the pins on his/her back and the game continues</p> <p>Record points</p>	<p>Divide the children into two teams. Divide each team into two sections, have them face each other about 20 yards apart.</p> <p>When you say "Go!", first player covers his/her clothing with the Post-Its, races to the team member across from him/her, where that person takes off the Post its and places them on the next person</p> <p>Play continues until everyone has had a turn</p> <p>Record points</p>	<p>Divide youth into 4 teams</p> <p>On the table at the edge, tape 4 cups to the rim of the table</p> <p>When you say go, player on each team blows ping pong ball into the cup across from his/her with the straw</p> <p>If the ball goes off the table, the play goes to the next player</p> <p>If the ball goes into the cup, team scores a point and the play moves on to the next player</p> <p>Record points</p>
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Fun Friday February 10th

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 February, most 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
Water Trough									
Capture the Cotton Ball									
Jump Rope Snail									
Cross the Finish Line									
President's Dodge Ball									

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

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Water Trough	Capture the Cotton Ball	Jump Rope Snail	Cross the Finish Line	President's Dodge Ball
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
Card Stock (1 piece for each player) Water Container	Cups (1 per team) Rubber band for each cup String (5 feet tied to the rubber band on each cup) Cotton Balls	Ping Pong Balls Jump rope Table	Cups Straws Table Top	Soccer Ball Outdoor area large enough for children to make large circle Remind youth to throw the ball at the person's legs to avoid injury
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 Each team member has one	Divide children into teams of 4 Each team member circles	Divide children into two teams Take the jump rope and spiral it	Divide children into two teams Divide each team into two parts,	Divide children into teams of approximately 10-12



<p>piece of card stock.</p> <p>Team is to make a water trough so the water can run from the top into the container</p> <p>When the container is full of water, team wins</p> <p>Record points</p>	<p>around the cup, each taking one of the strings attached to the cup</p> <p>When you say "Go!" team works together to pick the cup up, move it to capture the cotton ball, 5 feet away</p> <p>Game is over when one team has captured the cotton ball</p> <p>Record point</p>	<p>like you would a snail shell, leaving space in between the ropes big enough for a ping pong ball to travel</p> <p>When you say "Go!", first player begins to guide the ping pong ball to the center of the snail shell by blowing on the ping pong ball (no hands)</p> <p>When the first player completes the course, he/she returns the ball to the next person, and game continues</p> <p>Record points</p>	<p>have the line-up facing each other across the table (long way)</p> <p>When you say "Go!", first player blows team's cup across the table to his/her teammate</p> <p>Player goes to the end of the line and teammate blows cup back to the other side</p> <p>Play continues until all players have had a turn</p> <p>Record points</p>	<p>Select two people to be in the center of the circle. One person in the middle is the President, the other is the Bodyguard.</p> <p>Those standing around the circle try to hit the president with the soft balls.</p> <p>The bodyguard may do anything to block the ball with his/her body: jump, squat, dive, etc.</p> <p>Record points (Time it takes to hit the President)</p> <p>Select two more people to be in the center.</p>
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Fun Friday February 17th

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.

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1 st = 5 point 2nd = 3 points 3 rd = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Bottle to Bottle									
Traffic Yam									
Candy Cane Catch									
Cupid Arrows									
Snowball Fight									

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

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Bottle to Bottle	Traffic Yam	Candy Cane Catch	Cupid Arrows	Snowball Fight
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
Cereal of jelly beans Two, 2-liter bottle for each team (empty)	Sweet potato (1 for each team) Painter's Tape to mark start and finish lines	Ribbon, yarn or string Chairs Candy Canes	Bowls Table Top Red and Pink M and M's Spoon	Ping Pong Balls Empty Container (size of a fish bowl) Cotton Balls
What you will do:	What you will do:	What you will do:	What you will do:	What you will do:
Fill one 2-liter bottle with something (Lucky Charms, Jelly Beans, etc.) then tape to another 2-liter bottle –	Divide children into two teams Each child would push a sweet potato across the floor from one side of the room to another Students may	Tie a piece of ribbon or twine from one post or chair to another. Players must stand on top of the chairs and try to be the first to	Divide youth into 2 teams Set out bowls full of red and pink candies, making sure to have the same amount in each one.	Divide children into two teams Team member has to bounce (or toss) white ping pong balls into an empty container at the other end



<p>Players have to transfer all from one bottle to the other.</p> <p>Record points</p>	<p>only use their noses to move the sweet potato</p> <p>Record points</p>	<p>drop a candy cane from the chair onto the ribbon and get it to stay there.</p> <p>Play until the first player gets a candy cane to catch on the ribbon or see who can get the most in a minute.</p> <p>This is one of the more difficult challenges</p> <p>Two children can play this game at one time</p> <p>Record points.</p>	<p>Players must quickly go through a bowl of red and pink candies and divide the candies (one candy at a time) into separate bowls across the room labeled Cupid or Arrows.</p> <p>Red candies go into the Cupid bowl and pink candies go into the Arrows bowl.</p> <p>Candy is carried from one side of the room to the other via spoon</p> <p>Record points</p>	<p>of the table while other players are throwing cotton balls at the ping pong balls the player is bouncing, trying to knock their balls out of the way.</p> <p>Player has to bounce one ping pong ball into the bowl to win.</p> <p>Record points</p>
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Fun Friday February 24th

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 February, most 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
Mad Dog									
Domino Path									
Dice Balance									
Sticky Situation									
Cup to Cup									

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

Activity #1	Activity #2	Activity #3	Activity #4	Activity #5
Mad Dog	Domino Path	Dice Balance	Sticky Situation	Cup to Cup
What you will need:	What you will need:	What you will need:	What you will need:	What you will need:
Jumbo Craft Sticks Blue Tic Tac boxes for each end of the stick	One set of Double Six or Double Nine Dominoes for each team (should be the same)	Jumbo Craft Sticks, 1 for each child Multiple dice (15 for each group)	Bread with peanut butter on it (This is not for eating) Table Ping Pong Balls Paper Towels	Two buckets Cup for every child Fill the first bucket with water, oats, Styrofoam tin beads, etc.
What you will do:	What you will do:	What you will do:	What you will do:	What you will do:
Prepare a wooden stick with two filled tic tac boxes rubber banded at each end.	Divide children into teams of three and distribute the supplies.	Divide the children into teams of 4-5 One at a time, each member of the team has 1	Set the bread with the peanut butter on it about 4 feet from the end of the table	Divide children into two teams. Have your players sit outside in a single file line (have the last

<p>Bring all the children into an open spot where they can move without hitting something or someone.</p> <p>Explain they will each have an opportunity to be the Mad Dog.</p> <p>Hold the stick in the mouth and shake the head until both the boxes are empty. Complete this in a minute to win this game</p> <p>Note: Change the stick for each youth</p> <p>Continue until all children have had the opportunity to be the “mad dog”</p> <p>Record points</p>	<p>Explain they will have one minute to build the longest chain of dominoes which will fall when the first domino is pushed</p> <p>Each team should be timed for both set up and knock down</p> <p>Record points</p>	<p>minute to stack dice on the Jumbo Craft Stick while he/she is holding the stick in his/her mouth</p> <p>Record the number of dice which are stacked on the stick for each child.</p>	<p>Each player has one minute to get two ping pong balls to bounce on the table one time and then “stick” to the peanut butter on the bread.</p> <p>Use paper towels to remove peanut butter from the ping pong balls</p> <p>Record points</p>	<p>player sit back-to-back with the second to last player).</p> <p>Put one bucket at the front of the line and one bucket at the end of the line.</p> <p>From there, players must fill a small plastic cup from the first bucket and pass it over their heads to the last bucket.</p> <p>The first team to reach the designated mark on the bucket wins!</p> <p>Record time taken to fill the second bucket.</p>
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