**Juniors agenda**

**August 28, 2017**

OBJECTIVE To get the class familiar with each other; to get each student in front of the class a few times; we also want to get them comfortable with being given feedback and doing the same thing over again trying to improve the second time.

We also want everyone to have fun and not to feel stress! So, encourage each student! Lots of encouraging words!

4:00-4:10 INTERNS: Have the entire class sit down.

Explain to the class what our goals are for this year (see above). We will be spending part of our class doing some speaking exercise and games. This week is to get our feet wet and get to know each other. Our goal for the program is to develop confidence in young people!

**Ask the kids why confidence is important.**

Part of having confidence is being able to greet someone you don’t already know.

Explain a good handshake (Show them a GOOD handshake!! Not a vise grip, and not milktoast). We will do this before every class, so get used to it!

**Ask kids WHY we will be asking them to greet each other with a handshake each week.** (answers: this is how we should always greet adults, it is good to get comfortable with greeting strangers, we want to build confidence!)

Demonstrate a good handshake and a polite greeting. “Hi, I’m Chris. What’s your name?” or “Hi, I’m Aaron. Nice to meet you.”

Handshake exercise (make sure each kid shakes every person’s hand! And offers a greeting)

**4:10-4:40 Introduction exercise**

INTERNS: Do a demonstration

Explain: partner up w/someone you don’t know, find out 3 things about them; each team member introduces the other to the group.

Give kids 5-10 minutes to pair up and find out 3 things about each other. They can tell any three things, but if they need help

(you can write these questions on the board):

Name and age

If you have done juniors before

How many people in your family

What is your favorite dessert

Have each pair get up and make the introductions.

**4:40-4:50 SNACK** and clean up; go get a drink of water (bathroom break for those who need it).

**4:50-4:55 3-Second Rule**

INTERN: explain the 3 second rule (which is before you start speaking, you wait 3 seconds while the room gives you their attention).

3sec exercise: have each student go to the front of the room, wait 3 seconds, say one thing (e.g. I just gave a speech, or, My name is Susan), stop, wait 3 seconds, and then leave the front of the room. It is really hard to stand at the front of the room not doing anything! If a kids does it too fast, have them do it again!

**2:25-2:45 Tearing Paper Introductions**

Goal: to get students back in front of the group one more time; to help the kids gets to know each other; to utilize skill 1: The 3 Second Rule!! If you have any reluctant students, either go up with them, or get another student/sibling/friend to go with them.

Pass each student a piece of paper (provided). Give the kids a few minutes to tear the paper into a shape that they can use to explain something about themselves. Then have each student go to the front and explain their shape and what about them it signifies.

HAVE ONE INTERN DEMONSTRATE—for example, Aaron could tear his piece of paper into a circle. He gets up (use the 3-Second Rule!) and explains, “Hi, I’m Aaron Thorne, and my shape is a soccer ball. I love playing soccer. I have played for 10 years and I never flop on the ground like a flailing drama queen.”

**2:45-3:00 Emotion charades:**

Intern gives student an emotion to act out while saying one of the following statements. Possible emotions: happy, sad, mad, sleepy, worried, scared, depressed, thoughtful, hyper, nervous, jittery, smart, stupid, wise, clumsy, athletic, uninteresting, etc…

“I don’t like toast”

“Leave me alone”

“Where are we going?”

“What should we do?”

Have the other kids guess the emotion/description. When a student guesses the correct emotion, s/he can be the next to take a turn.

If there is time at the end, have all the kids sit down and ask them questions:

What do you hope to do in juniors?

What did you like doing today?

What did you expect today would be like? Was it what you expected? How was it different than you expected?