

Kid Prep Day Activity Guide

A plan for Youth Engagement Chairs to create a fun day filled with active games and crafts to get kids engaged and excited for Build Day!

Age Appropriateness:

5-12, but can be tailored to older or younger youth by varying the games and discussion questions.

Materials:

Cones, Balls, Flags, etc for your structured play activities

Colored construction paper, markers, crayons, posters or banner paper

Large print-out of color playground 3D

Time Consideration:

1.5 hours

Resources:

<http://recreationtherapy.com/tx/txactive.htm>

<http://www.livestrong.com/article/214923-fun-active-games-for-young-kids/>

Objectives

- Youth engage in a variety of physical games that promote “Active Bodies”
- Youth put on their “Active Mind” thinking caps to talk about why play is important and which elements of the playground will promote these aspects of play
- Youth engage “Actively Together” on Thank You cards and banners for Build

Location/Timing

- You'll want the setting of your Kid Prep Day to be a space with lots of room where kids can engage in a variety of activities including free and structured play (playgrounds, open parks, or fields make for a great environment)
- It's best to hold Kid Prep Day afterschool or on the weekend (especially if parents will be involved) to include as many youth as possible.

Action & Reflection

- Active Bodies: As youth arrive to Kid Prep Day, allow them to engage in free or imaginative play if at a playground or in loosely structured games such as tag or hide-and-seek if in a park.
- Active Bodies Continued: Once all youth have arrived, setup several structured games to include and engage all children. Examples are a scavenger hunt, capture the flag, nature hike, etc.
- Active Minds: Ask youth how they felt when they played. Did they feel happy? Was it fun? Ask additional questions such as what do they think made them feel this way? Was it the running, hiding, imagining, etc?
- Active Minds: Show the kids the color 3D designs of the playground. Talk about which playground components will bring out these same emotions and feelings.
- Active Together: Bring the youth together to talk about the project. What does it mean to be a volunteer? Why do we need volunteers for our Build? Give the children arts and crafts supplies to create “Thank You” cards for the volunteers that are coming out to build THEIR playground!
- Active Together Continued: Next, talk about the community partner. What do they do within your community and why are their programs important to kids? Similarly, who is the funding partner? What do they do and why/how are they committed to supporting play for kids? Have the children create a large “Thank You Banner” for the project sponsors.