

Adam Horvath

Newtown Youth and Family Services – REC Club

Children’s REC Club – Session Plan (Fall 2024)

Date	Time	Event	Event Description
9/18/24	5:30-7:00 p.m. (1.5 hours)	Getting to Know You – Collaborative Play - Newtown Youth & Family Services Center (Newtown, CT) Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<u>Introduction to the Fall (2024) Session</u> <ul style="list-style-type: none">• Getting to Know REC Club Rules and Expectations• Overview of the Fall 2024 Session• Member Introduction & Sharing Activities <u>Group Social Check-In</u> <ul style="list-style-type: none">• Discussing how we’ve been since our last session• Sharing fun or interesting stories/anecdotes• Discussing plans for the session and upcoming events <u>Collaborative Play – Small Group Games and Activities</u> <ul style="list-style-type: none">• Team Building Large Group Activities (ex. Zip, Zap, Zoop)• Team Building Problem Solving Games (ex. Collaborative Challenges)• REC Trivia – Team memory game recalling information about peers from earlier in the event <u>Open Collaborative Game Play</u> <ul style="list-style-type: none">• Small group games and activities of personal interest (ex. Board games, puzzles, marble machine, robot set, RC cars, peddle cars, etc.)

Last Modified: 09-09-2024

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Date	Time	Event	Event Description
9/25/24	5:30-7:00 p.m. (1.5 hours)	Garden Bed Fall Planting Event Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<u>Group Social Check-In</u> <ul style="list-style-type: none">• Discussing how we've been since our last session• Sharing fun or interesting stories/anecdotes• Discussing plant care and plan for garden planting <u>Garden Planting</u> <ul style="list-style-type: none">• Discussion of garden bed maintenance and planting seasons• Cleaning out of summer plants from garden beds• Minor repairs to garden beds• Large group collaborative planting of flowers and vegetables grown in late summer/early fall <u>Individual Plant Care</u> <ul style="list-style-type: none">• Preparing and planting individual garden plants• Discussing plant care and the benefits of gardening <u>Open Collaborative Game Play</u> <ul style="list-style-type: none">• Small group activities and games of preference

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10/2/24	N/A	No Meeting out of Respect for Participants Celebrating Rosh Hashanah	<u>N/A</u>
10/9/24	5:30-7:00 p.m. (1.5 hours)	Sky Zone Trampoline Park 25 Trefoil Drive Trumbull, CT 06611	<u>Group Social Check-In</u> <ul style="list-style-type: none"> • Discussing how we've been since our last meeting • Sharing fun or interesting stories • Discussion: Joining and Leaving Small Social Groups <u>Sky Zone</u> <ul style="list-style-type: none"> • Trampoline Activities • Foam Pit Activities • Climbing Activities • *A signed Sky Zone waiver is required to participate

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10/16/24	5:30-7:00 p.m. (1.5 hours)	Collaborative Building & Design LEGO Day Newtown Youth and Family Services 15 Berkshire Road Sandy Hook, CT 06482	<u>Group Social Check-In</u> <ul style="list-style-type: none">• Discussing how we've been since our last meeting• Sharing fun or interesting stories• Discussing when building skills are useful and the importance of following directions and advice (i.e. previous birdhouse building activity) <u>LEGO Building</u> <ul style="list-style-type: none">• Individual LEGO set building with collaborative advice and shared discussion about challenges, ideas, and understanding diagrams <u>LEGO Free Design and Play</u> <ul style="list-style-type: none">• Identifying how LEGO pieces can be used in a variety of ways not outlined in given directions• Experimenting with LEGO sets to create unique designs, vehicles and creations

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Date	Time	Event	Event Description
10/23/24	5:30-7:00 p.m. (1.5 hours)	The Cave (Previously Monster Mini-Golf) 13 Stony Hill Road Bethel, CT 06801	<u>Group Social Check-In</u> <ul style="list-style-type: none">• Discussing how we've been since our last meeting• Sharing fun or interesting stories• Discussing how to include others and be patient with others in team activities.• Discussing how to collaborate and the joy of shared experiences. <u>Monster Mini-Golf</u> <ul style="list-style-type: none">• Teamwork exercises and collaboration (Team golfing and laser tag)• Group trivia <u>Review of Spring II Session</u> <ul style="list-style-type: none">• Participant Survey• Discussion of favorite activities, least favorite activities, and recommendations for the future <u>Arcade</u> <p>Collaborative play and peer socialization</p>

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Social Skill Areas to Be Focused On

- Social Conversations
 - Initiating conversations
 - Reciprocating conversations
 - Responding to questions or comments
 - Maintaining social etiquette
- Body Language
 - Facing peers and faculty when socializing
 - Maintaining an engaged presence
 - Reading and expressing body language cues
- Collaborative Play/Work
 - Contributing to a team or small group effort
 - Collaborating with peers on tasks in a supportive role or in a leadership role
- Expanding Social Comfort Zones with New Situations
 - Attempting new experiences
 - Expressing concerns or dislikes constructively
- Following Safety Directives
 - Abiding by faculty instructions and the NYFS “Code of Conduct”
 - Following safety procedures (i.e. proper use of tools)
 - Expressing safety concerns to staff clearly and effectively