

**Teen REC Club – Session Plan (Fall 2024)**

Date	Time	Event	Event Description
9/19/24	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"> <li>• Getting to Know REC Club Rules and Expectations</li> <li>• Overview of the Fall 2024 Session</li> <li>• Member Introduction &amp; Sharing Activities</li> </ul> <u>Group Social Check-In</u> <ul style="list-style-type: none"> <li>• Discussing how we’ve been since our last session</li> <li>• Sharing fun or interesting stories/anecdotes</li> <li>• Discussing plans for the session and upcoming events</li> </ul> <u>Collaborative Play – Small Group Games and Activities</u> <ul style="list-style-type: none"> <li>• Team Building Large Group Activities (ex. Zip, Zap, Zoop)</li> <li>• Team Building Problem Solving Games (ex. Collaborative Challenges)</li> <li>• REC Trivia – Team memory game recalling information about peers from earlier in the event</li> </ul> <u>Open Collaborative Game Play</u> <ul style="list-style-type: none"> <li>• Small group games and activities of personal interest (ex. Board games, puzzles, marble machine, robot set, RC cars, peddle cars, etc.)</li> </ul>

Date	Time	Event	Event Description
9/26/24	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	<p><u>Group Social Check-In</u></p> <ul style="list-style-type: none"> <li>• Discussing how we've been since our last session</li> <li>• Sharing fun or interesting stories/anecdotes</li> <li>• Discussing plant care and plan for garden planting</li> </ul> <p><u>Garden Planting</u></p> <ul style="list-style-type: none"> <li>• Discussion of garden bed maintenance and planting seasons</li> <li>• Cleaning out of summer plants from garden beds</li> <li>• Minor repairs to garden beds</li> <li>• Large group collaborative planting of flowers and vegetables grown in late summer/early fall</li> </ul> <p><u>Individual Plant Care</u></p> <ul style="list-style-type: none"> <li>• Preparing and planting individual garden plants</li> <li>• Discussing plant care and the benefits of gardening</li> </ul> <p><u>Open Collaborative Game Play</u></p> <ul style="list-style-type: none"> <li>• Small group activities and games of preference</li> </ul>

Date	Time	Event	Event Description
10/3/24	N/A	No Meeting out of Respect for Participants Celebrating Rosh Hashanah	<u>N/A</u>
10/10/24	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"> <li>• Discussing how we've been since our last meeting</li> <li>• Sharing fun or interesting stories</li> <li>• Discussion: Joining and Leaving Small Social Groups</li> </ul> <u>Sky Zone</u> <ul style="list-style-type: none"> <li>• Trampoline Activities</li> <li>• Foam Pit Activities</li> <li>• Climbing Activities</li> <li>• *A signed Sky Zone waiver is required to participate</li> </ul>

Date	Time	Event	Event Description
10/17/24	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	<p><u>Group Social Check-In</u></p> <ul style="list-style-type: none"> <li>• Discussing how we’ve been since our last meeting</li> <li>• Sharing fun or interesting stories</li> <li>• Discussing when building skills are useful and the importance of following directions and advice (i.e. previous birdhouse building activity)</li> </ul> <p><u>LEGO Building</u></p> <ul style="list-style-type: none"> <li>• Individual LEGO set building with collaborative advice and shared discussion about challenges, ideas, and understanding diagrams</li> </ul> <p><u>LEGO Free Design and Play</u></p> <ul style="list-style-type: none"> <li>• Identifying how LEGO pieces can be used in a variety of ways not outlined in given directions</li> <li>• Experimenting with LEGO sets to create unique designs, vehicles and creations</li> </ul>

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

**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