

Adam Horvath

Newtown Youth and Family Services – REC Club

Teen REC Club – Session Plan (Winter II 2024)*

Date	Time	Event	Event Description
2/8/24	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 Winter II Session</u> <ul style="list-style-type: none">• Getting to Know REC Club Rules and Expectations• Overview of Winter II 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• Team Building Problem Solving Games• 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, etc.)

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2/22/24	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

Date	Time	Event	Event Description
2/29/24	5:30-7:00 p.m. (1.5 hours)	Bowling at New Milford Lanes New Milford Lanes 145 Danbury Road D New Milford, CT 06776	<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 • Discussing how to compete as a friend and how to be a good sport <u>Bowling Activities</u> <ul style="list-style-type: none"> • Discussion of bowling and the rules of play • Tips on how to bowl well • Small group bowling

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Date	Time	Event	Event Description
3/7/24	5:30-7:00 p.m. (1.5 hours)	Ceramic Design and Painting 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/anecdotes• Discussion: Socializing as we work <u>Selecting and Painting Ceramics</u> <ul style="list-style-type: none">• Group discussion on art experiences and experiences with ceramics and painting• Selection of ceramics to be painted• Small group design and collaboration• Large group painting time
3/14/24	5:30-7:00 p.m. (1.5 hours)	Thrillz High Flying Adventure Park 5 Prindle Ln, Danbury, CT 06811	<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: Inviting others to socialize outside of group <u>Rockin' Jump</u> <ul style="list-style-type: none">• Obstacle Course Activities• Slide Activities• Zip Line Activities• Climbing Wall Activities• *A signed Thrillz waiver is required to participate

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