

Saint Katharine Drexel Youth Group
Lesson Plan for August 30, 2015
Freshmen Question-and-Answer

Overview

Teens will share wisdom with one another by answering questions freshmen have about their upcoming high school year.

Objectives

Mind – Teens will answer questions from other teens about high school and consider how they might learn from the experiences of others.

Body – Teens will engage in community-building group activities.

Soul – Teens will find friendship and comfort in knowing that others have had similar concerns about high school and that, in the youth group, they have a family that is concerned about their well-being at school.

Growth

This is primarily a **COMMUNITY** lesson.

Esteem – Teens will become more confident in themselves by either sharing their experiences in high school or by learning from the experiences of others.

Community – Teens will form new friendships by sharing experiences with one another.

Faith – Teens will discuss how ones faith can be practiced during the high school years.

Saint Katharine Drexel Youth Group
Lesson Plan for August 30, 2015
Freshmen Question-and-Answer

Agenda

5:00 – 6:00: SET-UP (*prior to arrival of teens*)

Set-up cones and soccer ball in large field

Have playing cards ready (in high-to-low order, alternating by color)

6:00 – 6:45: FREE TIME – Unstructured socializing time.

6:45 – 6:55: ICEBREAKER: Egg, Chicken, Dinosaur

Teens compete individually in rock-paper-scissors. Each winner moves up to the next level, while the loser drops down to the previous level.

All teens begin as eggs (waddling on the ground in a ball).

- Eggs become chickens (walking in a squat and flapping arms like wings)
- Chickens become dinosaurs (walk like a T-Rex with stubby arms)
- Dinosaurs become princes/princesses (skipping around with a scepter)
- Princes/princesses become Kings/Queens (stand off to the side victorious)

An adult will pass out playing cards (alternating red/black) which will be used to pick the teams for the activity.

6:55 – 7:10: ICEBREAKER: In Another Man's Shoes

Teens will form a circle. Everyone takes off his or her right shoe and throws it into the middle of the circle. An adult will randomly distribute the shoes back to the teens. The teens will then stand next to the person who has their match shoe.

Teens will be divided into pairs (beginning with the King/Queen) and will then introduce their partner to the group by giving their name, school, grade, and one thing they have in common and one thing they do not have in common. Things should be about activities or interests, not appearances (“we’re both wearing red”).

Saint Katharine Drexel Youth Group

Lesson Plan for August 30, 2015

Freshmen Question-and-Answer

7:10 – 7:40: ACTIVITY: Sling Shot Soccer

Teens will be divided into two teams and will play a soccer variation. Each player is frozen in place, but can spin and kick the ball. To move, a player must be holding hands with someone on their team who is not moving. The only exception is the goalie who is free to move in the crease as needed and desired. This silly variation is designed to allow the teens to be creative in finding a solution to this problem, to level the playing field for physical skill, and to get the teens to have to work together.

7:40 – 8:00: FREE TIME – Unstructured socializing time.

8:00 – 8:45: LARGE GROUP: Freshman Question and Answer

The freshmen in the room will be allowed to ask the upperclassmen any questions they have about high school life. Brian will provide some ground rules.

REMINDERS

Avoid names of classmates; Be respectful of teachers

Everyone has different experiences; your experience is valid

Even if you don't identify with another's experience, listen and learn because you can gain perspective

Be attentive and respectful of each other while we're talking

Don't be afraid to ask your question

STARTER QUESTIONS

- Freshmen provide a recap of their first week

GENERAL

- What is the hardest part about high school?
- If you could re-live freshmen year, what would you do differently?
- Things you should not do in high school
- Things you regret doing freshmen year
- What fears did you have and were they justified?

Saint Katharine Drexel Youth Group

Lesson Plan for August 30, 2015

Freshmen Question-and-Answer

CLASSWORK

- How much homework will I have to do?
- How do you handle homework? (Study plan)
- Taking class seriously versus playing it cool

SOCIAL LIFE

- What clubs or groups are available?
- Changes in friends and friendships
- Living your faith in school

OUTSIDE OF SCHOOL

- Looking ahead to college
- Balancing activities, family, and school

PROBLEMS

- What to do if someone is causing problems for you at school?
- What if I need help with my homework?
- What happens if I'm late for class?
- What happens if I forget my homework?

8:45 – 9:00: FREE TIME – Unstructured socializing time, if applicable.

Announcements

1. Thank you to all of our helpers from the welcome event!
2. All teens are encouraged to join our Facebook group and follow our Twitter account. We will post upcoming events, photos, and other bits of news and information.
3. We will be meeting September 6th, 13th, and 27th.
4. We will NOT be meeting September 20th because that is during our parish Forty Hours. Everyone is encouraged to attend one or all of the Forty Hours services that week.