

# Kentucky 4-H State Teen Council 2019-2020

## **S.E.T.**



## **Purpose**

The 2019-2020 State Teen Council chose S.E.T as their Summit project.

This primary purpose of this program is to engage the youth of Summit in the S.E.T. program. They will use critical thinking, creativity, and team work to solve the problems given to them.

## **Objectives**

Develop self-esteem and self-confidence in each participant.

Allow youth to express themselves in a positive way.

Encourages teamwork and critical thinking.

Engage youth in the S.E.T program.

## **Lesson Plan**

The following activities have been selected with the purpose and objectives of the program in mind. You are encouraged to adapt the lesson to fit different audiences in order to impact the participants. It is imperative to keep your audience engaged and interacting with each other.

**Activity 1: Issues and Inventions**

**Activity 2: Design challenge**

**Activity 3: Whirly Bird**

**Activity 4: Human Knot**



## **Additional Ice Breakers**

### **Introduction**

In this ice breaker, the group will be partnered up and will be expected to learn all they can about their partner within a given time limit (2-5 minutes is suggested). They then must tell the rest of the group everything that they learned about their partner. This icebreaker will help with speaking and listening skills.

### **Blob**

The whole group can participate in this game. You can come up with topics such as favorite color or favorite food and tell the group the topic. They will then split into "blobs" according to their answer.

### **Wardrobe change**

During this icebreaker one person will be chosen to go out of the room and change something about their appearance. This can be anything from taking a necklace off to changing the way their hair parts. The whole group will examine that person and they will leave the room and change their appearance. They will then come back in and the rest of the group must guess what that person changed about them. This will help develop observation skills.

### **Conjoined twins**

Have your group divide up in pairs. Each pair has to come up with some way to be "conjoined" (yes that means that they have too touch one another) you will then interview each set of conjoined twins.

The players are conjoined twins who must speak simultaneously when giving answers to the questions from the audience. The players receive questions one at a time from the group and are then given the opportunity to spontaneously answer. Generally, the answers are only one or two words. Asking questions that require longer answers challenges the players. The players are forced to follow each other in determining what to say- they are speaking together as they listen. The content of the answers is not important to the game but yield howls of laughter as the players try to come up with the answer and speak in unison.

### **Minefield**

This icebreaker includes the whole group. Using masking tape, you will create a grid on the floor as big as you want. On the grid, you will have a pattern(chosen by the coordinator of the activity) that is the only way to get across the "minefield". Each person will try to get through the minefield, if they step on the wrong spot then they must go to the back of the line. Sooner or later they will figure the pattern out and everyone will get through the minefield.

### **Zip Zap Zop!**

Stand in a circle. Have kids practice saying "Zip, Zap, Zop." One person starts by clapping and pointing to someone as he/she says, "zip." The person he/she pointed to claps, and points to someone else saying "zap." The person he/she pointed to then claps, and points to someone saying "zop." Then it starts all over again with the next player clapping and pointing to someone saying "zip!" The game continues until someone gets out. If a player says a word out of order, he/she is out. If a player hesitates too long, he/she is out. When a player is out, they can stay in the game, but turn into "land mines" by crossing their arms over their chest. If a player still in the game points to one of the "mines," he/she is out too.

### **Park Bench**

Materials include 2-3 chairs, that should be set up in a straight line like a bench.

The first player will go and sit on the bench silently, then the second player will come and interact with the first player. The second player will try to make the first player move off the bench by saying different things about them ( REMEMBER: Keep it 4-H appropriate! ). If the second player achieves their goal and gets the bench, another player will then come and do the same to the second player. If the second does not achieve their goal another player will come in and try to steal the bench from the first player. Each player will approximately 1-2 minutes to achieve their goal.

### **Flip Sheet**

For this activity, you will need a tarp. Layout the tarp on the ground and have all team members stand on it. The smaller the tarp the more challenging the exercise! No Tarp? Use taped together newspaper sheets - the fragile paper makes the challenge even more interesting! While standing on top of a completely open tarp, the group must create a plan to get everyone on the opposite side of the tarp without anyone stepping off. The size of the tarp should be defined by the number of individuals in the group.

### **Got You!**

Begin by having the participants stand in a circle, their arms out to the side, left hand palm up, right index finger pointing down and touching their neighbor's outstretched palm. When the group is ready, say, "*When I say the word, "Go!" do two things: grab the finger in your left hand, and prevent your right finger from being grabbed. 1 – 2 – 3 – Go!*" Repeat several times.

### **Three-Headed Monster**

Ask three students to come up front and link arms. They are now a three-headed monster. As a three-headed monster, they must talk in one-word turns. Have the students ask them questions or give them a scene or an object to tell a story about. The monster must answer the question or tell a story, making it up as they go along.

### **Name that person**

Divide into two teams. Give each person a blank piece of card. Ask them to write five little known facts about themselves on their card. Include all leaders in this game too. For example, I have a pet iguana, I was born in Iceland, my favorite food is spinach, my grandmother is called Doris and my favorite color is purple. Collect the cards into two team piles. Draw one card from the opposing team pile. Each team tries to name the person in as few clues as possible. Five points if they get it on the first clue, then 4, 3, 2, 1, 0. The team with the most points wins. (Note: if you select the most obscure facts first, it will increase the level of competition and general head scratching!)

### **Charades**

Split everyone up into two teams. If you are using blank slips of paper, everyone should receive equal amounts of blank slips of paper. Have the players write down ideas for the opposing team to have to act out. Now obviously, you could write impossibly hard clues, but in the effort of fairness/fun, try to keep the phrases down to earth. Place these slips in a hat (or other container), and when everyone is finished, place the hat in front of the opposing team. Next, determine a 'batting' order for the players on the team. It is often easiest to just go down the line (if you are all sitting on a couch), or clockwise (if you are sitting in a circle). Flip a coin to determine which team goes first. A player from that team should stand up and act out the clue. If the team can correctly identify the clue within the time limit, they get a point. After the time is up, or the clue has been guessed, the next team goes, and you simply repeat.

### **Name Pulse/ Rush down the Line**

In this game, everyone is split into two groups that face away from each other in straight, parallel lines. The only member of the group that can look at the instructor is the one at the very beginning of the line, the rest must look forward. The instructor will either show them a specific action, hand movement, or say a specific word mixed with others. When the correct action, movement or word is said, the first person of the group will squeeze the hand of the person next to them. This will move through the group, until it reaches the person on the end. The person at the end must raise their hand or an object of some kind when the "pulse" reaches them. The first group to raise their hand/object correctly, wins. Then the person in the front will move to the end. This can then be repeated.

### **Posers**

Everyone in the group will be in a circle. One person will volunteer to step outside while the group picks the leader. The volunteer will enter the room to be in the middle. The leader will "strike a pose", and the group must follow. The person in the middle will have 3 guesses to guess the leader. This can be played multiple times.

### **Capture the Bacon**

Everyone in the group is separated into 2 groups, one on each side of the "path" made with rope or cones. There will then be an object in the middle, known as "the bacon". Everyone will have a number 1 through 3. The only to get the bacon is to enter through either end of the ropes when their number is called. Whoever gets the bacon and leaves the open path wins. But the catch is that, if you get tagged, you must drop the bacon, when it is dropped on the floor, you may try to get "the bacon" again. This can be played multiple times.

### **I'm a nerd/ Who am I**

Put everyone in a circle and ask one person to volunteer to be in the middle. They will say "I'm a nerd and you're a nerd too if...". They will fill in the blank with a favorite ice cream flavor, color, T.V. show, etc. If you share that interest, you must race to a person's spot who shares that interest. There will always be someone in the middle, so this can be repeated multiple times.

### **Paper Airplane Game**

This icebreaker works with groups of any age or size. Each participant writes something about themselves, like "I play the piano", on a piece of paper, then creates a paper airplane from that paper. Once the airplanes are created, the entire group stands in a circle and flies their planes into the middle. Going into the middle of the circle, each participant picks a different airplane than they started with. Once everyone has one, the group leader will lead the first person in opening their plane and reading what it says. The participants then take turns trying to figure out who had what paper airplane. In the process, the participants share a part of their lives while learning about the rest of the group. This is the perfect ice breaker to introduce the group!

### **Who's the Better Boss?**

Who's the Better Boss is a fantastic icebreaker that is for all ages and works with groups of 8+ people. Depending on the group size, the leader will split the group into small groups of 2 or 3. Each small group will pick a "boss". This boss will instruct the other[s] in doing random things such as "go untie 3 people's shoes" or "go touch 3 people's knees". After the task is completed, the small group picks a different "boss" and continues rotating until each person has been "Boss" for at least 3 turns. In playing this game, the entire group is quickly engulfed in giggles as there is kids running around doing crazy things. This makes the entire group comfortable with each other and encourages improvising as the "boss" makes up fun instructions.

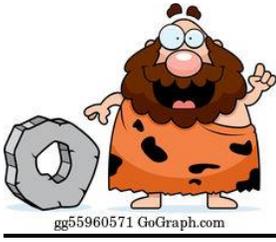
### **Story Time**

Story Time is a fun icebreaker that works with groups of all ages or sizes. Participants get in a circle and the group leader selects one participant to start. The first person starts with "Once Upon a Time.." and says a sentence to begin a story like, "Once upon a time...There was a little girl named Samantha" One by one, each person adds a sentence to the story, changing the plot and adding in goofy characters. This icebreaker will have the group having fun and laughing at their creation in no time while encouraging improvisation, fun, and teamwork.

### **Name Game**

The Name Game is a great icebreaker to do with large groups to help introduce the participants in a fun way. Once the group is in a circle, one person starts the game, by saying "My name is \_\_\_ and I put a \_\_\_ in the box" and using a funny gesture to put their item in the middle of the circle. Each item must start with the first letter of their name. For instance, "My name is Cody and I put a cookie in the box" while rubbing their tummy like they are hungry. Then the next person must say, "His name was Cody and he put a cookie in the box" doing the gesture and then they do their own item and name. This goes around the circle, challenging the participants to remember all the others' names and improvising their own fun item. This helps the group get to know each other while getting them comfortable with talking in front of the others.

## Activity 1: Issue & Inventions



**Description:** The purpose of this activity is to allow youth to be creative while solving real world issues. Youth will have the opportunity to grow communication skills, teamwork abilities, and basic leadership skills while engineering and designing a “prototype invention” for a chosen problem.

**Materials:** Array of random materials such as paper, paper clips, markers, pipe cleaners, and tape.

### **Directions:**

1. Divide youth into teams of 3-5 and give a brief introduction to activity.
2. Have the teams brainstorm and choose an “issue”.
3. The teams then use the supplied materials to create a “prototype” that solves their chosen issue.
4. After the allotted time is complete, have each team present their issue and “commercial” promoting their invention.

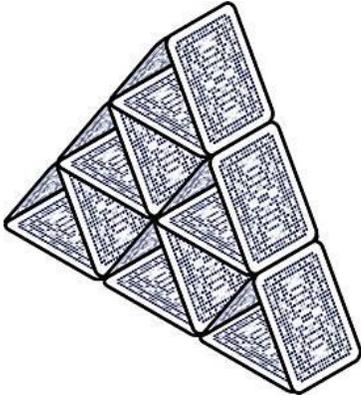
**Reflection:** Have youth express their likes about each invention, what was challenging, and what they could improve about their inventions.

Examples of Issues and Inventions:

Motorized pen or drill - Those with limited range of motion

A robotic debris sorter - Environment pollution

## Activity 2: Structure Challenge



### **Description:**

In this activity, students will split up into two groups. They will be given 6 sheets of paper; they will try to build the strongest tower.

### **Materials:**

- shoes
- 12 sheets paper
- your Binder

### **Directions:**

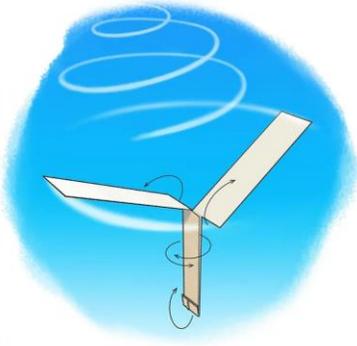
1. Split the students in half (two groups).
2. Give each group 6 sheets of paper.
3. Let them fold, bend, crumple the paper in any way they think to make the structure as stable as possible.
4. You will then place your binder on top of each structure to see if the paper can support the weight.
5. If the structure can support your binder you can now start placing the kids shoes, or any other items you would like to use for weight.
6. Whichever structure holds the most weight wins.

### **Reflection: Ask your students these questions:**

- Who was the leader that stepped up in the group?
- What challenges did you face in this project and how did you overcome them?
- What are other ways you could have gone about this project?
- If you had any other materials for this project what would they be and how would they help you?

**Application:** Explain to students that we must work together and clearly communicate ideas in order to complete something.

### **Activity 3: Whirly Bird**



#### **Description:**

In this activity, students will make a whirly bird.

#### **Materials:**

- whirly bird template
- small paper clips
- scissors

#### **Directions:**

1. Give each student a template, scissors, and a small paper clip.
2. Have the students cut the templates out as the directions show.
3. Put the paper clip on the end the whirly bird.
4. Let the students drop the whirly bird and watch it spin down.

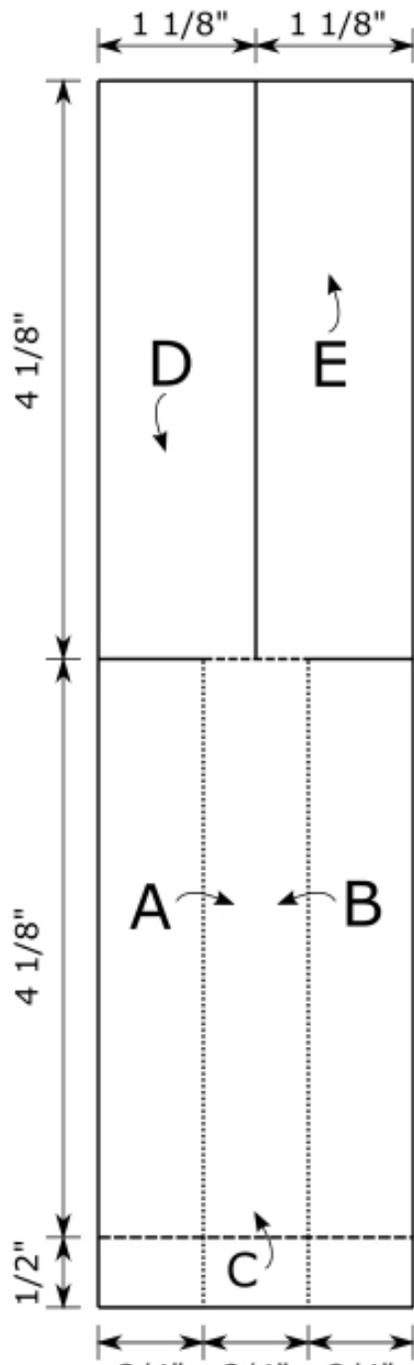
#### **Reflection:**

- **Tell them that you can make anything with just things that lay around your house, like a whirly bird.**
- **Ask them what type of critical thinking they used to complete this project.**

#### **Application:**

Students can apply what they learned from this game by using critical thinking, problem solving, and social skills.

# Science Buddies "Whirly Bird" Template



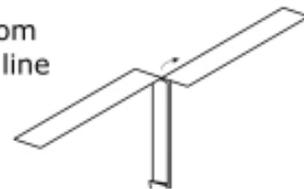
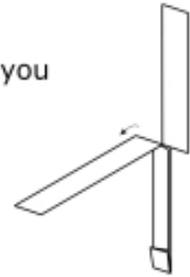
1. Cut along the solid lines

2. Fold parts A and B inward along the dashed lines

3. Fold part C upward to create a tab that holds parts A and B in place

4. Fold part D toward you along the dashed line

5. Fold part E away from you along the dashed line



## **Activity 4: Human Knot**



### **Directions:**

This icebreaker requires at least 6+ participants. (The bigger the group, the more fun the icebreaker as it is more challenging). Standing in a circle, the participants all reach their hands in the middle of the circle. Each participant grabs the hands of another. It is important, however, that the kids grab two different people's hands and that they don't grab the hands of anyone directly next to them. Once everyone is holding hands, a huge knot is created. The group, in order to "win", must untangle the human knot without letting go of each other's hands. If the group is especially quick at unraveling the knot, the leader can make things harder by either timing them or not allowing them to talk. Another way to promote leadership and teamwork is to select one participant to be the talking leader and to lead the others in unraveling the knot.

### **Reflections:**

Have the students talk about who was the leader of the group?

Ask if they had different ideas of how to get out of the knot, and how did they decide which idea to go with?