

2ND YEAR

2ND YEAR OBJECTIVES

- Increase confidence in sharing opinions that may not be popular
- Increase understanding regarding the respect we give to others and receive from others
- Introduction to the concept and practice of boundary setting
- Increase appreciation for and understanding of various personality types and character traits
- Introduction to the concept of balance as it relates to striving for better while acknowledging progress
- Introduction to breaking down problems to a manageable size
- Further understanding of emotions that drive behavior
- Increase love and respect for lifelong learning
- Introduction to positive methods for processing mistreatment

1ST QUARTER FOCUS

The focus of the first quarter is building the level of trust within the group, increasing the comfort level with discussing meaningful topics, and an introduction to the concept of balance between accepting what is, and striving for something better.

1ST QUARTER QUOTE

“Never bend your head. Always hold it high. Look the world straight in the eye.” - Helen Keller

1ST QUARTER MEETING SYNOPSSES

1) Introductions: Crew members spend this meeting getting to know each other.

Activity: Crew members roll a giant die and share the corresponding number of fun facts about themselves as is shown on the die.

2) Where I Come From: Crew members discuss how each family is unique in its history, culture and experiences.

Activity: Crew members play charades acting out family members.

1ST QUARTER MEETING SYNOPSSES CONTINUED

3) I Can Feel Better: Crew members discuss practical methods for processing emotions such as anger, sadness, disappointment and fear.

Activity: Crew members decorate envelopes in which to put written thoughts and feelings that need to be processed. The envelopes, labeled “Gratitude”, “Talk”, “Research” and “Mystery”, serve as reminders of techniques for processing emotions.

4) Differences Make Us Unique: Crew members discuss the many ways that differences bring beauty, wonder and wisdom to our society.

Activity: Crew members role play animal characters and point out in a positive light the traits that make them each uniquely beautiful. Crew members then repeat the game pointing out each other’s unique qualities.

5) My Responsibilities: Crew members discuss the fluid nature of our responsibilities and how they will change and grow as we change and grow.

Activity: Crew members blow up balloons and label them with current responsibilities and try to juggle them as more are added.

6) I Don’t Think So: Crew members discuss conflict resolution and de-escalation strategies.

Activity: Crew members participate in a role- playing exercise during which scenarios are played out and rated on the handling of the conflict.

7) Diamonds in the Rough: Crew members discuss how diamonds are formed and how that process illustrates how we can become strong and beautiful through difficult times.

Activity: Crew members decorate crowns with jewels.

8) The Sad Truth About Gravity: Crewmembers discuss the idea of acceptance being the first step in overcoming something.

Activity: Crew members each receive a rubber ball and experiment with its response to gravity.

9) You Can Call Me A...: Crew members discuss the fact that just because someone calls us something or says something about us, doesn’t make it true. Practical methods for not internalizing mean comments are practiced.

Activity: Crew members sing a song with motions that will come to mind in future circumstances.

10) Finding The Lesson: Crew members discuss the life skill that is choosing to learn from every situation.

Activity: Crew members make bracelets with assorted beads of their choosing and FTL letter beads to serve as a reminder to see life as an endless opportunity to learn.

11) Special Guest: Crew Leaders are encouraged to invite a member of the community to talk about what they do in the community and answer questions. This encourages thoughtful interactions and discussions in a safe environment.

12) Pin Day: Crew members are encouraged to invite family members and visitors to celebrate them receiving their pin for this quarter. Crew members will recite the quote from this quarter and talk about their favorite meeting or activity.

2ND QUARTER FOCUS

The 2nd quarter of each year is dedicated to exercises that focus on logic, reason, problem solving, creative expression and decision making.

2ND QUARTER QUOTE

“The beautiful thing about learning is that no one can take it away from you.” -BB King

2ND QUARTER MEETING SYNOPSSES

- 1) Riddles:** Crew members work together to solve riddles.
- 2) It Takes a Village:** Crew members work together to assign the best land plots (from an assortment) for farms, ranches, a store, a mill and a forge, based on which features they each need.
- 3) Mountain Survival:** Crew members work together to make the best use of provided resources in a mock survival scenario.
- 4) Memory Tray:** Crew members take turns placing several items on a tray for the group to see for a short amount of time. The group then tries to recall every item on the tray when it is removed from view.
- 5) Detectives for a Day:** Crew members work together to solve a mystery using deductive reasoning.
- 6) Which Does Not Belong?:** Crew members identify which items don't fit the pattern in their respective groups of items.
- 7) Maze Creations:** Crew members choose from a variety of colors and patterns to customize their own maze. They then solve each other's mazes using dry-erase markers.
- 8) Creative Planning:** Crew members choose from several different decor, activity and food choices to plan a party within a budget.
- 9) Symbol Games:** Crew members take turns arranging symbol cards in different orders, then removing them from view. The group then tries to recreate the symbol pattern from memory.
- 10) Plan a Park:** Crew members each choose from a large variety of options to plan their own park.
- 11) Special Guest:** Crew Leaders are encouraged to invite a member of the community to talk about what they do in the community and answer questions. This encourages thoughtful interactions and discussions in a safe environment.
- 12) Pin Day:** Crew members are encouraged to invite family members and visitors to celebrate them receiving their pin for this quarter. Crew members will recite the quote from this quarter and talk about their favorite meeting or activity.

3RD QUARTER FOCUS

The third quarter focuses on effectively advocating for ourselves, learning the appropriate level of details to include when answering questions, taking responsibility when we're wrong and giving ourselves permission to say "No".

3RD QUARTER QUOTE

"Many receive advice. Only the wise profit from it." - Harper Lee

3RD QUARTER MEETING SYNOPSSES

1) In This Moment: Crew members discuss occasions in which it's difficult to be mindful and present and practical techniques that can help us in those moments.

Activity: Crew members play a game in which they brainstorm effective re-direction of thoughts toward the present and re-frame it in a positive light.

2) Standards: Crew members discuss the many different uses for the word "Standard", why certain standards in society are helpful (measuring, traffic lights, etc.) and how we each have personal standards which are different for each of us.

Activity: Crew members choose from many design elements to create their own standard (banner or flag) that represents things they value and strive towards.

3) Painting With a Wide Brush: Crew members discuss intentional and unintentional assumptions and generalizations we tend to make about people- the negative effects of that way of thinking and being pro-active about seeing people as individuals.

Activity: Crew members are given a detailed picture to paint with watercolor paint and an oversized, wide brush. As the detail in the picture is lost due to the oversized brush, this illustrates how the detail of people is lost when make judgements or assumptions.

4) I'm Okay Without It: Crew members discuss the fleeting nature of wanting things for which we've seen advertisements.

Activity: Crew members play a role-playing game in which they draw cards with pre-printed prompts of ridiculous products for which they create and act out commercials.

5) Answering Questions: Crew members discuss the appropriate level of detail that should be given when answering questions, and how that may change depending on who is asking the question and in what context.

Activity: Crew members make signs to raise during a game in which they identify the best level of detail required for example questions read aloud.

6) The Light of Positivity: Crew members discuss the benefits of a positive outlook, the necessity of honesty within positivity and how positivity can help others.

Activity: Crew members are each given a small flashlight with which to perform experiments with the effects of the light in a dark space.

3RD QUARTER MEETING SYNOPSSES CONTINUED

7) I Was Wrong: Crew members discuss the life-long benefits of being willing to take responsibility for our behavior and how it enriches all of our relationships.

Activity: Crew members role-play scenarios where apologies are given. The various apologies are discussed and rated for humility, honesty and not blaming the injured party.

8) Asking for What We Need: Crew members discuss the responsibility we have to care for ourselves, which includes asking for what we need. Discussion includes honestly assessing the need, deciding on the best person to ask and the way to ask that is most likely to have a positive result.

Activity: Crew members fold pre-printed origami in the shape of a flower. The flower petals bear questions to ask oneself when assessing our needs and the best way to ask for what we need.

9) “No” is Not a Bad Word: Crew members discuss the occasions in which “No” can be used simply because we don’t want to participate, and the occasions in which “No” must be used to protect ourselves and doesn’t need to be polite or kind.

Activity: Crew members paint posters illustrating many different ways to say “No”.

10) Inspiration: Crew members discuss people and traits they find inspirational.

Activity: Crew members create custom beads which represent inspirational traits and assemble them in a bracelet.

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4TH QUARTER FOCUS

The 4th quarter introduces the concepts of compassion, empathy and the benefits accepting guidance and being teachable.

4TH QUARTER QUOTE

“Teach us love, compassion and honor other that we may heal the earth and heal each other.” -Ojibwa Prayer

4TH QUARTER MEETING SYNOPSSES

1) Guidance is Good: Crew members discuss the reasons why it is beneficial for us to seek and accept guidance from people we trust.

Activity: Crew members play a paired game in which one of the pair is blindfolded and is guided by the seeing partner as he or she attempts to properly place elements into an illustration.

2) Self-Talk: Crew members discuss different forms of self-talk and the lasting effects of negative self-talk.

Activity: Crew members play a card game in which they strive to collect the most cards containing positive self-talk.

3) Limitless Learning: Crew members discuss the partnership between life-long learning and self-acceptance.

Activity: Crew members create their own encouraging stickers.

4) Validation: Crew members discuss validation, the fact that people need it in our lives and that we don't necessarily have to agree with someone's point of view in order to validate them.

Activity: Crew members play a game similar to BINGO during which they mark corresponding numbers on a card that match examples read aloud. Only examples of validation can be marked on the card.

5) Context is Key: Crew members discuss the importance of knowing the context of a situation or statement before making a judgement.

Activity: Crew members are read example scenarios aloud without any context provided. They discuss their initial thoughts and perspectives. Then the context of the scenario is provided and discussed, illustrating how knowing the context of something can change our perspective.

6) The Best Solution: Crew members discuss assessing costs, benefits, intended and possible unintended consequences of a decision.

Activity: Crew members participate in a team relay race during which they draw cards which have example statements on them. The teams must then decide together if the card contains a cost or a benefit and run it to the correct receptacle.

7) Other People's Shoes: Crew members discuss practical methods for practicing empathy.

Activity: Crew members play a she themed matching game.

8) Entertaining Myself: Crew members discuss the fact that it is their own responsibility to entertain themselves and that creativity can blossom from moments of boredom.

Activity: Crew members create their own boredom busting idea books.

9) I Wish I Had That: Crew members discuss the inventions that have been born of people's desires, such as flight and electricity. When desire is paired with hard work and innovation, wonderful things can happen.

Activity: Crew members make hand-held fans containing illustrations of various inventions.

10) Only I Can Do That: Crew members discuss the many things that we must do for ourselves.

Activity: Crew members decorate a poster to take home containing their fingerprints.

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