



1ST YEAR

1ST YEAR OBJECTIVES

- Increase confidence when sharing ideas, opinions and personal stories
- Increase confidence in creative expression
- Introduce the benefits of asking and answering clarifying questions in social and familial settings
- Increase appreciation for and sense of pride regarding family heritage and how that informs our individuality
- Increase understanding of objective reasoning and logic
- Increase general confidence in our ability to navigate emotions and behavior
- Introduce the concept of emotional regulation

1ST QUARTER FOCUS

The 1st quarter of the first year is dedicated to building trust and a sense of community within the crew. Ideally, crew members will develop a stronger sense of self and an increased comfort level with speaking in the group.

1ST QUARTER QUOTE

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."

Dr. Seuss

1ST QUARTER MEETING SYNOPSSES

1) **All About Me:** Crew members introduce themselves, answer questions about themselves and learn about each other.

Activity: Game played like musical chairs with questions taped to the floor in a large circle. When the music stops, crew members answer the questions on which they are standing.

2) **My Family:** Crew members discuss families- what we can learn from our family members, what we can teach our family members and awareness of how families enrich our lives.

Activity: Game played like hot potato. Crew members sit in a large circle and when the ball comes to them, they share a name of a family member and a fun fact about that person.

3) **We All Have Feelings:** Crew members practice identifying different emotions.

Activity: Crew members make signs representing different emotions and hold them up in response to example scenarios read aloud.



1ST QUARTER MEETING SYNOPSSES CONTINUED

4) How We are Different and How We are the Same: Crew members identify similarities with people who might appear to be very different from them (cultures, religions, etc.)

Activity: Crew members draw from a pile of cards with animals pictured on them and work together to point out similarities between the animals.

5) My Responsibilities: Crew members identify their own responsibilities and how those are different from things that are outside their control- how these things change with age and how energy can be wasted on trying to control things that aren't their responsibility.

Activity: Crew members draw strips of paper with example statements and race to deposit them in the correctly labeled bin - "My responsibility", "I care and I can help" or "Too big for me."

6) Sometimes We Disagree: Crew members discuss how to navigate situations in which they disagree- identifying the importance level of what is disagreed upon and using de-escalation techniques.

Activity: Role playing activity during which example scenarios and disagreements are read aloud and crew members practice using the PACT technique: Pause, Assess, Choose and Tell.

7) Positivity: Crew members discuss the benefits of practicing positivity in tough situations.

Activity: Crew members play a game in which they are ponies in a corral and can only be freed from the corral by offering a positive spin on example scenarios read aloud.

8) That Was Mean: Crew members discuss practical methods for assessing mean comments, processing emotions resulting from mean comments and practice possible responses.

Activity: A small hoop is set up, and example statements are read aloud. The first crew member to offer an appropriate response, has the opportunity to crumple up the paper with the mean comment and shoot it into the hoop.

9) Actions Have Consequences: Crew members discuss how all actions have consequences- positive, negative or neutral. Being mindful of past consequences and how they relate to our decision making.

Activity: Crew members all complete different mazes and discuss how each turn in the maze illustrates turns we make in our lives.

10) What I Learn at School: Crew members discuss all the things we learn at school that aren't academic and how we can learn so much from watching the world around us.

Activity: Crew members play a game of charades with the theme of things they learn in school.

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

“Intelligence is the ability to adapt to change.” - Stephen Hawking

2ND QUARTER MEETING SYNOPSSES

- 1) Riddles:** Crew members work together to solve riddles with varying degrees of difficulty, while being mindful of looking at the riddles from different perspectives and using “out of the box” thinking.
- 2) Wise Counsel of the Forest:** Crew members work together to allocate forest resources appropriately to meet the needs of the animals who live there.
- 3) Shipwrecked:** Crew members work together to make the best use of their resources in a mock survival scenario with pre-printed resource cards.
- 4) Memory Hike:** Crew members play a game in which they each encounter imaginary things on an imaginary hike. The game is played by the entire crew reciting what has been encountered and adding a new thing with every turn. The benefits of playing memory strengthening games is discussed.
- 5) Detectives for a Day:** Crew members work together using a pre-printed guide, to solve a mystery using the method of deduction.
- 6) Which Does Not Belong?:** Crew members play a game in which they identify items that break from illustrated patterns.
- 7) Maze Creations:** Crew members each receive unique maze template and use provided design templates to customize them as they choose. They then solve each other’s mazes using dry-erase crayons.
- 8) Symbol Games:** Crew members play a game similar to Dominos with cards decorated with a variety of different symbols.
- 9) Creating and Solving Codes:** Crew members choose from a wide variety of provided design elements to create a code for their fellow crew members to solve using dry-erase crayons.
- 10) Candy Store Design:** Crew members choose from a variety of options to decorate and stock their own candy store on paper.
- 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 3rd quarter of the first year focuses on increasing awareness of inner dialogue, mindfulness and social integrity.

3RD QUARTER QUOTE

“All great achievements require time.” - Maya Angelou

3RD QUARTER MEETING SYNOPSES

1) Opinions and Facts: Crew members discuss the difference between opinions and facts and practice identifying statements as opinion or fact.

Activity: Crew members make party blowers and use them in a game identifying example statements as opinions or facts.

2) I Say What I Mean, and I Mean What I Say: Crew members discuss the concept of integrity as it relates to doing what we say we will do and not saying things we don't mean.

Activity: Crew members make bracelets with ISWIM & IMWIS letter beads and an assortment of decorative beads they choose themselves.

3) Why is it Free?: Crew members are introduced to the basics of consumer-based advertising and methods to assess the cost and value of special offers.

Activity: Crew members play a game in which they classify different sorts of “Free” offers and the possible benefit to the companies offering them.

4) I Invited My Thoughts for Tea: Crew members discuss the important role our inner dialogue plays in our self-confidence and even the choices we make. Practical suggestions are offered for identifying negative self-talk and how to re-direct our thoughts.

Activity: Crew members create paper butterflies labeled with their own thoughts. The butterflies and the paper living room to which they are attached, illustrate that some thoughts should not be entertained, but let out the door if they show up.

5) Asking Questions: Crew members discuss the many benefits of asking questions, why this should not be a source of embarrassment and ways to get the best answers to our questions.

Activity: Crew members make paper microphones and conduct mock interviews asking and answering questions.



3RD QUARTER MEETING SYNOPSSES CONTINUED

6) Where Are My Feet?: Crew members discuss practical methods for using mindfulness to alleviate anxiety and help us through difficult moments.

Activity: Crew members make fuzzy feet reminders to take home.

7) The Baby and the Bathwater: Crew members discuss the benefits of finding even small functional elements within a dysfunctional system or structure that can be recycled or updated as opposed to replacing an entire system.

Activity: Crew members sift through dirt to find hidden polished rocks which they get to take home.

8) More or Less: Crew members discuss the concept that there will always be people who have more than us and people who have less than us. Acceptance of this truth can free us from the “Keeping up with the Jones” mentality.

Activity: Crew members paint posters to take home.

9) Respect: Crew members discuss the different kinds of respect and different ways of showing respect.

Activity: Crew members make magnets to bring home that remind them of their discussion about respect.

10) I am Patient: Crew members discuss the fact that patience is a skill that we can develop and strengthen by practicing it every day.

Activity: Crew members choose from many pre-printed design elements to decorate a poster to bring home.

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4TH QUARTER FOCUS

The 4th quarter of the first year examines compromise and balance and introduces the concept of human rights.



4TH QUARTER MEETING SYNOPSSES

Being Resourceful: Crew members discuss being good stewards of natural resources, making the most of man-made resources and the value of human resources.

Activity: Crew members play a card game which focuses on the best use of resources.

2) The Rules of the Game: Crew members discuss the differences between rules, laws and customs.

Activity: Crew members play a game identifying examples as rules, laws or customs.

3) Doing the Right Thing: Crew members discuss the concept that integrity and courage are muscles that need to be exercised.

Activity: Crew members play a game applying physical movements to examples of doing the right thing in tough situations.

4) My Rights End Where Yours Begin: Crew members discuss the concept of human rights and the negative consequences of the use of force and/or coercion to get what we want.

Activity: Crew members play a game identifying human rights and coercion.

5) Different Talents Make Us Strong: Crew members discuss the benefits of diversity of culture, thought and skills in a community.

Activity: Crew members play a game creating diverse communities.

6) Stirring the Pot: Crew members discuss the benefits of being direct with our communication and avoiding gossip.

Activity: Crew members play a game which illustrates how a statement can be altered when it travels by word of mouth, which can lead to miscommunication.

7) Strategy: Crew members discuss the benefits of following a plan of action when working toward a goal.

Activity: Crew members play a card game in which they match a variety of directions with their respective tasks.

8) A Full Life: Crew members are introduced to the idea that living a full and happy life requires more than just money. People need to **Create, Help, Acquire**, leave our **Mark** and live in **Peace**.

Activity: Crew members play a game similar to “Bingo” with the acronym CHAMP.

9) A Promise Not Kept: Crew members discuss the concept of “over promising and under delivering” in advertising. Even though this practice is now considered “normal”, and we must be savvy, we as a society should strive for honesty in our business practices.

Activity: Crew members are given play money to spend on an assortment of products with different reviews, costs and values. They share their choices and reasoning with the group.

10) Compromise: Crew members discuss the elements of true compromise.

Activity: Crew members are presented with example scenarios and work together to brainstorm possible compromises that would affect both parties positively.

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.