



4TH YEAR

4TH YEAR OBJECTIVES

- A deeper understanding of emotional dysregulation and techniques for self-regulation
- Introduce the benefits of and methods for avoiding unnecessary conflict
- Embracing individual growth and change
- Introduce a “Big Picture” perspective
- Introduce the healing aspects of true forgiveness, which does not excuse or minimize negative experiences
- Further understanding of setting attainable goals

1ST QUARTER FOCUS

The first quarter focuses on the fluidity and everchanging nature of life. Acceptance of growth and change within ourselves and our perspectives can bring us peace as we navigate life.

1ST QUARTER QUOTE

“You are the only person on earth who can use your ability.” Zig Ziglar

1ST QUARTER MEETING SYNOPSSES

1) Introductions: Crew members introduce themselves and get to know one another.

Activity: Crew members play “Two truths and a lie”.

2) My Family: Crew members discuss the shared experiences that families have (adventures, traditions, love, challenges, and loss, and how because of that, we have a special bond.

Activity: Crew members make bracelets with special beads that represent adventure, tradition, love, challenge and loss.



1ST QUARTER MEETING SYNOPSSES CONTINUED

3) A Different Colored Lense: Crew members discuss how our past experiences and our current emotions can color how we perceive the world around us on any given day.

Activity: Crew members color a mandala, then cover it with several different colors of plastic film fixed with a brad fastener. This illustrates how the colored film changes the appearance of the colors in the mandala.

4) Finding A Connection: Crew members discuss finding points of connection with others and how that is useful for making friends and solving conflicts.

Activity: Crew members play a card game in which they point out similarities between two characters at a time.

5) The Bigger Picture: Crew members are introduced to the concept of looking at daily events in the context of an entire life rather than just the context of that day.

Activity: Crew members make small spyglasses and experiment with how different things look with and without the spyglass.

6) Keeping an Open Mind: Crew members discuss how our likes and dislikes, perspectives, and opinions change and evolve, but it doesn't change the essence of who we are.

Activity: Crew members create mandalas with rotating elements that illustrate the small changes in the periphery don't change the image in a major way.

7) My Words Have Power: Crew members discuss the power of our words on ourselves and others.

Activity: Crew members create and decorate small megaphones.

8) Big Dreams- Small Steps: Crew members discuss the overwhelming nature of big dreams and how helpful it can be to break big goals down into smaller goals.

Activity: Crew members discuss how birds persevere through many challenges to build a nest for their eggs, accomplishing this by moving one small stick at a time. Crew members each receive a faux bird and nest to remind them of this discussion.

9) Forgiveness: Crew members discuss forgiveness- what it does for us, and how it does not excuse the person who hurt us.

Activity: Crew members are invited to color vases. When they are finished coloring, the crew leader cuts each vase into several pieces. The crew leader then tells a story about kintukuroi, the Japanese art of repairing broken pottery with gold, which makes it stronger and even more beautiful than it was before. The crew members then glue their vases back together on a piece of paper and cover the seams with gold glitter glue, which represents forgiveness.

10) Invitations: Crew members discuss the concept of every interaction we have with another person is in fact an invitation- to talk, to learn, to play, to fight or to gossip. When we view all our interactions as invitations, we can choose whether or not to participate.

Activity: Crew members make magnets with "Yes" or "No" responses.



1ST QUARTER MEETING SYNOPSSES CONTINUED

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 and visitors to celebrate them earning 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

“We can’t solve problems with the mentality that created them.”
- Albert Einstein

2ND QUARTER MEETING SYNOPSSES

1) Riddles: Crew members work together to solve riddles.

2) Seek and Find: Crew members work together to find several elements within photos.

3) Animal Puzzles: Crew members work together to determine which habitats belong with which animals.

4) Memory Games: Crew members take turns creating a star from several different pre-printed options. Their fellow crew members study the design for a short time and attempt to re-create it after it is hidden from view.

5) Guess Who: Crew members play a game in which they ask questions and use deductive reasoning to determine who their character is.

6) Logic Puzzles: Crew members work together to solve logic puzzles using deductive reasoning.

7) Maze Creations: Crew members create their own mazes from templates and take turns solving each other’s mazes.



2ND QUARTER MEETING SYNOPSSES CONTINUED

8) Word Scramble: Crew members work together to create as many words as possible from a variety of letter cards.

9) Game Design: Crew members work together to design a dice game using different sticker design elements.

10) Shrink Film Key Chains: Crew members create keychains from templates or using their own designs.

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3RD QUARTER FOCUS

The third quarter focuses on mindfulness, humility, self care and wonder.

3RD QUARTER QUOTE

“Don’t judge each day by the harvest you reap, but by the seeds that you plant.” - Robert Louis Stevenson

3RD QUARTER MEETING SYNOPSSES

1) Loving and Caring for Myself: Crew members discuss the importance of self-care and what that looks like from day to day.

Activity: Crew members make cards for themselves with mirrors and positive statements about themselves.

2) Boundaries vs. Demands: Crew members discuss the difference between setting a boundary and making a demand.

Activity: Crew members play a game in which they identify example statements as a boundary or a demand.



3RD QUARTER MEETING SYNOPSSES CONTINUED

3) My Resources: Crew members discuss all the resources available to them and methods for finding resources they need.

Activity: Crew members make paper chains with many different resources.

4) Being Teachable is Key: Crew members discuss what it means to be teachable and how being teachable will increase our skills and knowledge and inspire people to help us when we need it.

Activity: Crew members paint posters to take home.

5) Clarity: Crew members discuss the importance of seeking clarity when we are unsure about something.

Activity: Crew members play a game in which they match puzzle pieces containing statements with their respective clarifying questions.

6) I'm Keeping That: Crew members discuss loss and the joy we feel from thinking about special memories.

Activity: Crew members decorate paper mache boxes to bring home as a reminder of special memories they would like to keep.

7) A New Adventure: Crew members discuss how a sense of adventure can help bring a new perspective to mundane things.

Activity: Crew members make adjustments to limericks which illustrates small changes in our day-to-day routines.

8) Balance is Best: Crew members discuss the idea that balance between two extremes is usually the best route.

Activity: Crew members work together to correctly place extreme statements and balanced statement on a scale.

9) Something's Not Right: Crew members discuss ways to recognize when they are feeling dysregulated and methods for self-regulation.

Activity: Crew members play a game in which they try to identify an emotion displayed above them that they cannot see, by asking questions.

10) Nothing Compares: Crew members discuss the idea that the only person to whom we should compare ourselves, is our past selves.

Activity: Crew members take stock of all the ways they have grown and the skills they have gained.

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4TH QUARTER FOCUS

The fourth quarter focuses on the importance of free expression, trying new things, speaking with confidence and avoiding unnecessary conflict.

4TH QUARTER QUOTE

“Our lives begin to end the day we become silent about things that matter.” - Martin Luther King Jr.

4TH QUARTER MEETING SYNOPSSES

1) My Bubble=My Business: Crew members discuss the benefits of “minding our own business” and the few occasions when it’s appropriate to get involved.

Activity: Crew members decorate plastic bubbles with things for which they are responsible.

2) Master of My Voice: Crew members discuss the importance of speaking with confidence and using our voices like instruments.

Activity: Crew members perform several vocal exercises and experiment with different volumes, tones, inflections and cadences.

3) Hypothetical Choices: Crew members discuss identifying hypothetical questions that are fun to answer, those that don’t require an answer, and those that shouldn’t be answered.

Activity: Crew members play a card game called “Would You Rather...”.

4) Creativity Takes Courage: Crew members discuss the courage it takes to create, and although our creations may not always be well received, the world is better off with people who choose to create rather than just exist. (Addresses creations and innovations of all kinds)

Activity: Crew members make “Courage to Create” keychains.

5) Specific Emotions: Crew members discuss how identifying and naming specific emotions helps us better communicate and understand what we are feeling.

Activity: Crew members use pre-printed stickers to complete a wheel of emotions.

6) Affirmations Can Be Helpful: Crew members discuss the benefits of affirmations, choosing the right affirmations and practical applications for affirmations.

Activity: Crew members decorate slap bracelets with their chosen affirmations.



4TH QUARTER MEETING SYNOPSSES CONTINUED

7) The Side Effects of Assumptions: Crew members discuss how assumptions can alter how we relate to people and cause misunderstandings.

Activity: Crew members play a team game in which they match assumptions with a truth that was discovered after asking clarifying questions.

8) Try It on for Size: Crew members discuss the benefits of trying new things, not requiring ourselves to be the best at things and realizing that not everything we do needs to be long term.

Activity: Crew members play a memory matching game.

9) Secrets: Crew members discuss having integrity when people share things with us in confidence, and how to know when we cannot keep a secret.

Activity: Crew members paint “Some Secrets Shouldn’t Be Kept” posters.

10) I Choose Hope: Crew members discuss the difference between wishing and hoping. Hoping is more powerful than wishing because it has action behind it.

Activity: Crew members decorate their own mugs with the phrase “Hardwork + Positivity = Hope”.

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