



3RD YEAR

3RD YEAR OBJECTIVES

- A deeper understanding of individuality
- A deeper understanding of emotions
- Reaffirming that integrity and courage are skills that require practice
- Increase personal accountability
- Basic tenets of healthy relationships

1ST QUARTER FOCUS

The first quarter focuses on using feelings as a guide, but not being controlled by them, time management, accountability, and individuality through uniqueness of family and experiences.

1ST QUARTER QUOTE

“Better to fail at doing the right thing, than succeed at doing the wrong thing.” - Guy Kawasaki

1ST QUARTER MEETING SYNOPSSES

1) Introductions: Crew members get to know one another by introducing themselves and sharing fun facts about themselves.

Activity: Crew members write fun facts about themselves on pieces of paper that are put into a bowl. Each crew member has a notecard with each crew member's name on it. Crew members take turns reading a fun fact from the bowl and everyone holds up the name that they think it belongs to.

2) My Family: Crew members are invited to share about their families and special things they do together.

Activity: As provided fun facts are read aloud, crew members take turns deciding which action should be done if that fun fact is true about their own families, for example, “If you have more than one sibling, jump up and down three times.”



1ST QUARTER MEETING SYNOPSSES CONTINUED

3) Feelings are a Guide: Crew members discuss the purpose of emotions, acknowledging emotions and assessing which actions are best when strong emotions arise.

Activity: Crew members receive a “Feelings Map” to remind them of positive ways to process emotions.

4) Experiences Make Us Unique: Crew members discuss how our life experiences help to form our world view and give us a unique perspective. (Encourages crew members to be curious about the unique experiences of others and to be confident in sharing their own.)

Activity: Crew members create mazes from several different shaped paths that are passed out randomly. These mazes will all be different because the paths are different.

5) So Much to Do, So Little Time: Crew members discuss managing responsibilities and free time by prioritizing them, and learn practical tips on how to avoid feeling overwhelmed by homework, sports, chores, etc.

Activity: Crew members are asked to assemble a puzzle as a group in a short amount of time. Crew members are then given a different puzzle that has numbers on the pieces. After they assemble the second puzzle, they discuss how much easier it was to assemble the puzzle with numbers on the pieces. (Illustrates prioritizing.)

6) Am I Wrong?: Crew members discuss methods for expressing their opinion, being good listeners to other points of views and ways to express themselves firmly but with respect.

Activity: Crew members participate in a role-playing exercise during which they share a fictional opinion, and the other crew members offer fictional opposition. The process of opposition is practiced with fictional opinions to de-sensitize crew members to opposition in a low-stakes environment.

7) The Right Tool for the Job: Crew members discuss how different tools are used for different jobs, and how the tool’s effectiveness relies on being the correct tool for the task. A correlation is made between physical tools and jobs and emotional tools and jobs.

Activity: Crew members play a card game in which cards are laid out face-down on a table. There are an equal number of jobs and tools illustrated on the cards. Crew members take turns flipping over random cards, two at a time, trying to match jobs with tools.

8) Action- Reaction: Crew members discuss the principal of action and reaction as it relates to behavior, and how watching and learning to predict reactions to our words and behavior is a valuable skill.

Activity: Crew members shoot rubber bands at targets labeled “Positive” and “Negative” in response to examples read aloud, predicting whether there would be a positive or negative response to the example behavior.

9) My Response is My Choice: Crew members discuss practical tools for controlling our responses in tough situations.

Activity: Crew members are given paper and asked to fold paper airplanes in a short amount of time with no instruction. They discuss how difficult this is. Crew members are then given instructions and asked again to fold a paper airplane with no time limit. They discuss how this illustrates that we must take our time to respond to things and that we must learn how to respond, and our responses will get better with practice.



1ST QUARTER MEETING SYNOPSSES CONTINUED

10) Decision Making: Crew members discuss effective strategies for assessing possible outcomes for different decisions by analyzing the importance of the decision and asking for help when they need it.

Activity: Crew members are asked to brainstorm a number of adjectives, nouns, verbs, etc., to fill in the blanks of a provided story. They are encouraged to repeat the process with different words, illustrating how different decisions change the story.

11) Special Guest: Crew leaders are encouraged to invite a special guest from 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 to see them receive their pins, recite the quote of the quarter and talk about their favorite meeting or activity. Crew leaders are encouraged to offer a special snack for this meeting celebrating the end of the quarter.

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

“I do not think much of a man who is not wiser today than he was yesterday.” - Abraham Lincoln

2ND QUARTER MEETING SYNOPSSES

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

2) Design a Board Game: Crew members work together to design a custom board game using their choice of several different design elements.

3) Civilization: Crew members work together to choose from a variety of options forming a civilization, including housing styles, method for obtaining food and artistic culture.

4) Memory Exercise: Crew members play a game which associates words with symbols that must be remembered.

5) Guess What: Crew members play a game in which they draw a card containing one of several buildings and the crew must guess what building they are by asking “yes” or “no” questions.



2ND QUARTER MEETING SYNOPSSES CONTINUED

6) Pattern Recognition: Crew members recreate woven patterns with several different brightly patterned strips of paper.

7) Maze Creation: Crew members create their own custom mazes from a template and complete each other's mazes using dry erase markers.

8) Perspective in Drawing: Crew members create their own libraries using pre-printed books, signs and shelves, illustrating different perspectives.

9) Sticker Mosaics: Crew members choose from many different design options to create a custom mosaic all their own.

10) Creative Exercise: Crew members design their own colorful fish tank with many different design and inhabitant choices.

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12) Pin Day: Crew members are encouraged to invite family members to see them receive their pins, recite the quote of the quarter and talk about their favorite meeting or activity. Crew leaders are encouraged to offer a special snack for this meeting celebrating the end of the quarter.

3RD QUARTER FOCUS

Courage, perseverance, self-awareness, flexibility and healthy relationships are the focus of the 3rd quarter.

3RD QUARTER QUOTE

"You don't want to look like your heroes. You want to see like them." - Austin Kleon

3RD QUARTER MEETING SYNOPSSES

1) When is it Okay to Quit?: Crew members are introduced to a method for making decisions regarding quitting something or continuing even when we don't want to. This method includes assessing reasons for quitting and possible long-term consequences for quitting and continuing.

Activity: Crew members color a medal to take home as a reminder of the discussed method of assessment.



3RD QUARTER MEETING SYNOPSSES CONTINUED

1) Making the Best of It: Crew members discuss the benefits of putting a positive spin on things and practical tips for dealing with boredom, tough situations and responsibilities.

Activity: Crew members play a card game matching the best way to stay positive in different scenarios.

3) Criticism- Take It or Leave It: Crew members are introduced to the concept of assessing criticism we receive before we internalize it or discard it. They examine possible useful information that comes with criticism regardless of its delivery, consider the source, and practice ways to discard criticism that does not serve them.

Activity: Crew members complete “Scratch Art”, which starts as a black paper, but reveals beautiful colors underneath as they scratch off the black layer, illustrating that we can find helpful information hidden within poorly delivered criticism.

4) Brave: Crew members discuss how small everyday acts of bravery build our bravery muscles and prepare us for bigger acts of bravery.

Activity: Crew members decorate a “Brave” photo frame to take home.

5) I Had a Bad Day: Crew members are introduced to a method for assessing a bad day- what was our part in it, forgiveness for others and ourselves and lessons we learned.

Activity: Crew members color a bookmark containing an anagram for the bad day assessment method.

6) A Real Winner: Crew members discuss emotions resulting from “winning” and “losing”, such as anxiety and fear of failure, and how to reframe the experience as a lesson learned.

Activity: Crew members paint trophies to remind them that every experience is valuable.

7) Strong and Stretchy: Crew members are introduced to the concept of flexibility as an element of strength and that it is a valuable skill worth exploring.

Activity: Crew members play with slime and experiment with its flexibility.

8) Friendship Circle: Crew members discuss the characteristics of a healthy friendship, behavior we shouldn’t accept from our friends, and ways we can become better friends to those in our lives.

Activity: Crew members learn a friendship rhyme with rhythmic clapping.

9) Storytelling: Crew members discuss the important role of storytelling in society and tips for improving our storytelling skills.

Activity: Crew members improvise stories from provided prompts.

10) I am Self-Aware: Crew members discuss the benefits of self-awareness, growth and self-acceptance.

Activity: Crew members create suns that represent them with several rays of characteristics, both positive and negative.

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4TH QUARTER FOCUS

The 4th quarter focuses on our ability to do hard things, to follow through, and not limit ourselves according to other people's opinions about us.

4TH QUARTER QUOTE

"A ship is safe in its harbor, but that's not what ships are for." - John Shedd

4TH QUARTER MEETING SYNOPSSES

1) Making Conversation: Crew members discuss practical tools for making conversation, active listening, asking open-ended questions and finding common interests.

Activity: Crew members participate in a timed rotation and practice making conversation with prompt cards.

2) Asking for Help: Crew members shine a positive light on asking for and accepting help, discussing how most people who have accomplished extraordinary things, had people helping them along the way.

Activity: Crew members decorate mandalas with colored sand representing things they do on their own and things with which they need help.

3) Learning About Injustice: Crew members discuss the discomfort that comes with learning about past and present-day injustice, oppression and inequality. Discussion includes a method for processing the information that is hard to hear, but necessary to know.

Activity: Crew members make reminder bracelets with a 5-step process for when we learn about things that make us angry and sad.

4) I Follow Through: Crew members discuss the importance of integrity and how our follow through affects whether or not people can trust us to complete a task.

Activity: Crew members play a game of charades acting out only the beginning of a task, without completing it, illustrating the importance of follow through.

5) No Box Big Enough: Crew members discuss the fact that even though our brains like to classify things into categories, it's best not to do this with people. It is a good idea to see every person as multi-faceted and unique, rather than stereotyped because of certain factors.

Activity: Crew members assemble and decorate pinwheels with their interests and passions.

6) Opinions About Me: Crew members discuss the fact that other people's opinions about us are not necessarily reliable or helpful. It's our job to process that information and decide to hold on to it or discard it.

Activity: Crew members create sand art in bottles, illustrating that other people's opinions are like the sand, we can choose to allow it in our bottle, or not.



4TH QUARTER MEETING SYNOPSSES CONTINUED

7) I Can Do Hard Things: Crew members discuss practical tools for enduring hardship, overcoming anxiety and providing self-motivation.

Activity: Crew members create superhero door hangers with personalized features.

8) The Ripple Effect: Crew members discuss how even small acts of kindness, courage and strength can have a large impact on those around us.

Activity: Crew members decorate mandalas with glitter in a special pattern illustrating the ripple effect.

9) Wonder: Crew members discuss the benefits of embracing wonder as a way to change their mood or re-direct their thoughts.

Activity: Crew members play a game in which they brainstorm things that inspire wonder within specific categories.

10) Why Should I?: Crew members discuss the challenges and benefits of doing the right thing even when no one else is.

Activity: Crew members decorate flowerpots to remind them that seeds of doing the right thing, grow bigger and empower them to do the right thing again and again.

11) Special Guest: Crew leaders are encouraged to invite a special guest from 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 to see them receive their pins, recite the quote of the quarter and talk about their favorite meeting or activity. Crew leaders are encouraged to offer a special snack for this meeting celebrating the end of the quarter.