

Spring Blossom: 2009
Hubei



Guide

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Spring Blossom Brief Itinerary

Sunday, 11th October 2009 to Tuesday, 20th October 2009

Date	Accommodation	Brief description
Sunday, 11th Oct	Jinling City Inn	Arrive at Yichang (Hubei province) in the early evening
Monday, 12th Oct	Hou He Hotel	<ul style="list-style-type: none"> • Drive to Cai Fu Xi (3 hour ride) • Tour of Tanzikou scenic area • Late afternoon drive to Wu Feng County (1 hour ride)
Tuesday, 13th Oct	Hou He Hotel	Work at Spring Blossom school in Yu Yuang Zhen town (30 minutes away) (Day 1)
Wednesday, 14th Oct	Hou He Hotel	Work at Spring Blossom school (Day 2)
Thursday, 15th Oct	Hua He Hotel	Work at Spring Blossom school (Day 3)
Friday, 16th Oct	Holiday Inn (Local Brand)	Drive to Muyu Zhen town in Shennongjia area (5 hour+ ride)
Saturday, 17th Oct	Overnight Camp	Trekking tour in country park to Laojunshan (2,930m)
Sunday, 18th Oct	Holiday Inn (Local Brand)	<ul style="list-style-type: none"> • Trekking • Outreach work • Return to Muyu Zhen town
Monday, 19th Oct	Jinling City Inn	<ul style="list-style-type: none"> • Return to Yichang (4 hours ride) • Afternoon boat cruise along Yangtze river (passing through several other towns)
Tuesday, 20th Oct		Depart from Yichang to return to Hong Kong

Spring Blossom School Schedule

Day 1				
Time	Event/Activity	Groups	Description	Leaders
60	Welcome Ceremony	ALL	Introduction Speeches Spring Blossom Dance Spring Blossom Song	Kyle & Melissa Tiffany Y, Jane & Claudia Denise & Javier
30	Ice Breakers	ALL	Name Tags Name Game	Christel, Adrienne & Denise Tiffany C, Melissa, Alex & Kyle
30	Activities	Red Green Yellow Blue	Health Games	Jeffrey, Laurelle & Esther Tiffany C, Melissa, Alex & Kyle
30	Activities	Red Green Yellow Blue	Games Games Health	Tiffany C, Melissa, Alex & Kyle Tiffany C, Melissa, Alex & Kyle Jeffrey, Laurelle & Esther
Lunch				
45	Activities	Red Green Yellow Blue	Arts English	Christel, Adrienne & Denise Esther, Jeffrey & Laurelle
45	Activities	Red Green Yellow Blue	English Arts	Esther, Jeffrey & Laurelle Christel, Adrienne & Denise
30	Team Building	ALL	Birthday & Cross the Lava	Jin Young, Chelsia & Jeffrey
45	Organic Challenge	ALL	OC: Spring Blossom Dance	Tiffany C, Albert & Charley

Spring Blossom School Schedule

Day 2					
Time	Event/Activity	Groups	Description	Leaders	
15	Warm Up	ALL	Stretches and Catch	Laurelle, Dorothy & Melissa	
45	Activities	Red	Games	Solve the Puzzle & Who Has	Tiffany C, Melissa, Alex & Kyle
		Yellow	Health	Session 2: Healthy Eating	Jeffrey, Laurelle & Esther
45	Activities	Red	Health	Session 2: Healthy Eating	Jeffrey, Laurelle & Esther
		Yellow	Games	Solve the Puzzle & Who Has	Tiffany C, Melissa, Alex & Kyle
30	Team Building	ALL	Giant, Wizards, Elf & Groups	Jin Young, Chelsia & Jeffrey	
45	Singing	Red	Session 1	Javier & Denise	
		Yellow	Session 1	Josephine, Christel & Adrienne	
Lunch					
30	Activities	Red	Arts	Session 2: Origami	Christel, Adrienne & Denise
		Yellow	English	Session 2: Countries & Weather	Esther, Jeffrey & Laurelle
30	Activities	Red	English	Session 2: Countries & Weather	Esther, Jeffrey & Laurelle
		Yellow	Arts	Session 2: Origami	Christel, Adrienne & Denise
45	Art Project	Red	Session 1	Josephine, Christel & Adrienne	
		Yellow	Session 1	Javier & Denise	
15	Interaction Time	ALL		Melissa, Kyle & Alex	
30	Organic Challenge	ALL	OC: Spring Blossom Dance	Tiffany C, Albert & Charley	

Spring Blossom School Schedule

Day 3					
Time	Event/Activity	Groups	Description	Leaders	
15	Warm Up	ALL	Stretches and Catch	Laurelle, Dorothy & Melissa	
45	Activities	Red	Art Project	Christel, Adrienne & Denise	
		Yellow	Games	Tiffany C, Melissa, Alex & Kyle	
45	Activities	Red	Games	Tiffany C, Melissa, Alex & Kyle	
		Yellow	Games	Tiffany C, Melissa, Alex & Kyle	
		Blue	Art Project	Christel & Josephine	
30	Activities	Split Groups	Health	Jeffrey, Laurelle & Esther	
45	Team Building	ALL	Knights, Princess, Riders & Human Knots	Jin Young, Chelsia & Jeffrey	
Lunch					
120	Cultural Activities	ALL	Organised By The School		
60	Spring Blossom Mural	ALL		Christel, Adrienne, Denise	
60	Closing Ceremony	ALL	1. Presents and Awards Giving		
			2. Closing Speech	Alex, Kyle, Melissaissa	
			3. Finishing Art Project:	Christel, Jo Jo	
			4. SB Dance	Tiffany Y, Jane, Claudia	
			5. SB Song	Denise, Javier	
			6. Photographs	Chelsia, Jane, Carol	
45	Organic Challenge	ALL	OC: Keep the Rhythm Flowing	Tiffany C, Albert, Charley	

Spring Blossom Song

River Of Dreams

The river of dreams, see how fast we're flowing
The river of dreams, see how far we're going
The river of dreams, see how fast we're flowing
The river of dreams, ah

She says don't you ever cry
Here's your last lullaby
Fate
has her own brand of love
Look into those steady eyes
A part of us always flies
Never has it been so hard

Oh, the river of dreams keeps on breaking down dams
if we take every tide that we see
So let go of the banks
Let the current ride free
As we run through the river of dreams

Now our hands are in line
Though we have such little time
Hope
has us spinning its web
As we leave the riverside
And everything has been tried
Nothing can ever be the same

Oh, the river of dreams keeps on breaking down dams
if we take every tide that we see
So let go of the banks
Let the current ride free
As we run through the river of dreams

The river of dreams, see how fast we're flowing
The river of dreams, see how far we're going
The river of dreams, see how fast we're flowing
The river of dreams, ah

Student Responsibilities

Activities	Leadership responsibilities		
Arts & Crafts Sessions	Christel	Adrienne	Denise
Games Sessions	Tiffany C	Alex	Kyle Melissa
English Sessions	Jeffrey	Laurelle	Esther
Morning warm up	Laurelle	Dorothy	Melissa
Other Songs	Tiffany C	Jinyoung	Javier
Organic Challenge	Albert	Charley	Tiffany C
Craft specialty	Christel	Josephine	
Team Building	Jinyoung	Chelsia	Jeffrey
Speech Writers and Presenters	Alex	Kyle	Melissa
Spring Blossom Dance Choreographers	Tiffany Y	Jane	Claudia
Spring Blossom Song Writers	Denise	Javier	
Photographers	Chelsia (Day 1)	Carol (Day 2)	Jane (Day 3)
Video operators	Charley (Day 1)	Tiffany Y (Day 2)	George (Day 3)
T-shirt and sweatshirt designer	Holly	Jane	
Webpage designer & Web journalist	Josephine	Tiffany C	
Donations organizer	Holly	Jeffrey	Esther
Music compiler and organizer	Chelsia	Josephine	
Survival Guide editor	Carol	Chelsia	

Group 1 - English and Health	Group 2 - Arts and Crafts	Group 3 - Games
Esther	Adrienne	Alex
Jeffrey	Christel	Kyle
Laurelle	Denise	Melissa
Chelsia	Carol	Tiffany C
Dorothy	Claudia	Albert
Holly	Jane	Charley
Javier	Josephine	George
Jinyoung	Tiffany Y	

English Sessions

English team: **Esther, Holly**, Claudia, Javier

DAY 1	
Amount of time	45 minutes (per session)
Amount of sessions	2 sessions
Lesson topic	Transportation & Occupation
Materials needed	Flash cards, Bluetack
Activity 1: Interactive Learning	
Amount of time	25 minutes
Instructions	<ol style="list-style-type: none"> 1. Using flash cards, introduce rural and urban types of transports and various common jobs 2. Ask students to repeat words one by one after KGV leaders say them 3. Ask students to say the words out loud when the flash card is shown
Activity 2: Slap (Matching Flash Card)	
Amount of time	20 minutes
Instructions	<ol style="list-style-type: none"> 1. Place the flash cards on the blackboard 2. Ask children to stand in front, facing the blackboard 3. Ask children to "slap" the flash card according to the instructions

DAY 2	
Amount of time	45 minutes (per session)
Amount of sessions	2 sessions
Lesson topic	Countries & Weather
Materials needed	Flash cards, Bluetack
Activity 1: Weather Forecast	
Amount of time	20 minutes
Instructions	<ol style="list-style-type: none"> 1. Write down the various basic weather forms 2. Sitting in a circle, give each student a weather form 3. When a weather is called out, all students with that weather forecast has to get up and swap seats 4. If "Weather forecast" is called, everyone has to swap seats
Activity 2: Guess the Country	
Amount of time	25 minutes
Instructions	<ol style="list-style-type: none"> 1. Introduce a basic outline of a country 2. Split the students into two teams 3. Each team attempts to guess the English name of the country, taking turns between each student. 4. The team with the most points win <p><i>Each correct answer earns a point</i></p>

Health Sessions

Health team: **Jeffrey, Laurelle, Chelsia, Jinyoung**

DAY 1	
Amount of time	30 minutes (per session)
Lesson topic	Basic Personal Hygiene
Materials needed	Role-play Card
Role-play	
Amount of time	25 minutes
Instructions	<ol style="list-style-type: none"> 1. Split kids into groups according to the number indicated on their role-play card (10 students will hold each of the cards and would be split up by giving them different numbers) 2. Practice time (10 minutes) 3. Role-play performance (15 minutes)
Review	
Amount of time	5 minutes
Instructions	<ol style="list-style-type: none"> 1. Ask students what they learnt after every group has performed

DAY 2	
Amount of time	30 minutes (per session)
Lesson topic	Healthy Eating
Materials needed	Food Pyramid (laminated), Food for food pyramid (laminated), flashcards, blutack
Activity 1: Food Pyramid	
Amount of time	15 minutes
Instructions	<ol style="list-style-type: none"> 1. Explain each fraction of the pyramid and why it is shaped as a pyramid 2. Show which foods is in which section by sticking it on the pyramid with blutack. While sticking, another leader will be holding a flashcard with the Chinese and English words on. 3. Ask students to repeat the words on the flashcard 4. Take all the foods off and ask students to put them back in the correct place
Activity 2: Food Proportions	
Amount of time	15 minutes
Instructions	<ol style="list-style-type: none"> 1. Explain how many portions of each food category is need per day 2. Using laminated foods, stick the amount of proportions on to the pyramid 3. Explain why it is important to eat a variety of food and what each type of food does for the body.

DAY 3	
Amount of time	30 minutes (per session)
Lesson Topic	Dental Health & Care
Materials Needed	Diagram of mouth and teeth, a side view of the teeth
Activity 1: Overview of Teeth	
Amount of time	10 minutes
Instructions	<ol style="list-style-type: none"> 1. Using diagrams of the mouth, teach them what the different tooth are and their uses 2. Ask students to label the mouth diagram
Activity 2: Dental Problems	
Amount of time	10 minutes

Instructions	<ol style="list-style-type: none"> 1. Using flash cards, state the main dental problems: cavities and gingivitis 2. How to prevent dental problems
Activity 3: Brushing Teeth	
Amount of time	10 minutes
	<ul style="list-style-type: none"> - Ask question to group: <ul style="list-style-type: none"> Q: "How many times are you suppose to brush your teeth?" A: At least two times - Ask a person from the group to demonstrate how to brush his/her teeth. - Then demonstrate how to brush teeth correctly - Don't just brush teeth, also floss daily because food might get stuck in the gaps between teeth

Arts & Craft Sessions

Arts & Craft Team: **Adrienne, Christel, Denise**, Carol, Jane, Josephine, Melissa

DAY 1	
Amount of time	45 minutes (per session)
Amount of sessions	2 sessions
Aim	To teach students how to make simple bead bracelets
Materials needed	Beads, fish line, scissors, clasps, instruction cards, finished bracelets
Students either do Part A or Part B . If both the following are too difficult or takes too much time, we will follow the backup plan.	
Instructions	<ol style="list-style-type: none"> 1. Leaders introduces themselves 2. Show the children pre-made horoscope bracelet and animal bracelet 3. Ask them to choose to make either the horoscope bracelet or the animal bracelet and ask them to move to the table teaching the certain type of bead bracelet <p style="color: red;">If choose horoscope, proceed to Part A. if choose animal, go to Part B. If it takes up too much time or is too difficult for the students, proceed to Back Up Plan.</p>
PART A	
Name	Horoscopes Jewellery
Instructions	<ol style="list-style-type: none"> 4. Show them the 12 horoscope cards containing a picture of the finished bracelet as well as the dates of birth that belongs in each particular horoscope 5. Ask them to find their horoscope 6. Each leader takes one table and distributes the required materials 7. Leaders of each group demonstrate how to make that horoscope bracelet: <ol style="list-style-type: none"> (1) Wrap a fish line around your wrist and cut two inches longer than that length (2) Tie a knot at the end of the string and apply a clasp over the knot (3) Thread beads onto the string according to the design template which will be blown up to make instruction cards (4) Tie a knot at the end and apply the corresponding clasp 8. Leaders walk around and help those in need 9. 15 minutes before the session - tell children to tidy up and help
PART B	
Name	Animal Jewellery
Instructions	<ol style="list-style-type: none"> 4. Show them the animal cards containing a picture of the finished bracelet 5. Ask them to choose an animal 6. Each leader takes one table and distributes the required materials 7. Leaders of each group demonstrate how to make animal bracelet: <ol style="list-style-type: none"> (1) Wrap a fish line around your wrist and cut two inches longer than that length (2) Tie a knot at the end of the string and apply a clasp over the knot (3) Thread beads onto the string according to the design template which will be blown up to make instruction cards (4) Tie a knot at the end and apply the corresponding clasp 8. Leaders walk around and help those in need 9. 15 minutes before the session - tell children to tidy up and help

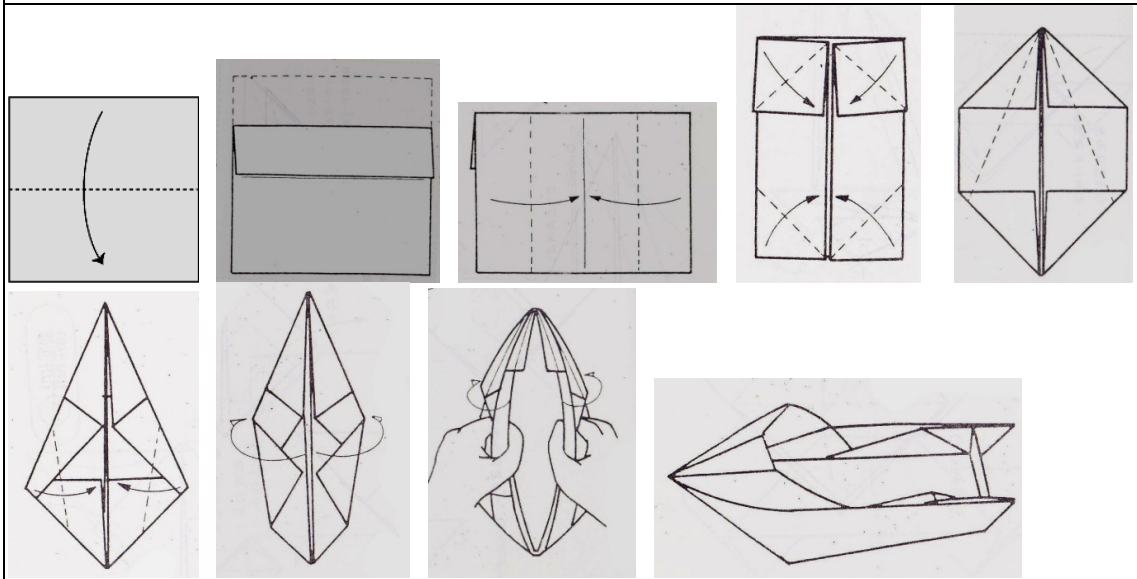
BACK UP PLAN	
Name	Horoscope/ Animal Jewellery (Simple Version)
Instructions	4. Each leader takes one table and distributes required material 5. Leaders of each group demonstrate how to make that particular bracelet: (1) Wrap a fish line around your wrist and cut two inches longer than that length (2) Tie a knot at the end of the string and apply a clasp over the knot (3) Thread beads onto the string according to the design template which will be blown up to make instruction cards (4) Tie a knot at the end and apply the corresponding clasp 6. Leaders walk around and help those in need 7. 15 minutes before the session - tell students to tidy up and help

DAY 2	
Amount of time	45 minutes (per session)
Amount of sessions	2 sessions
Aim	To teach students how to make a range of simple origami
Materials needed	Origami paper, scissors, pens/markers
Students make origami boat, frog, owl and lily. If the following don't run smoothly, are too difficult or takes too much time, we will follow the backup plan.	
Instructions	1. Each leader teaches their own table 2. Leaders introduce themselves 3. Show premade origami: boat, frog, owl, lily 4. Leaders demonstrate how to make each origami 5. Leaders distribute origami paper and tell students to make whichever one they please 6. Leaders walk around and help those in need 7. 15 minutes before the session - tell students to tidy up and help

ORIGAMI: BOAT

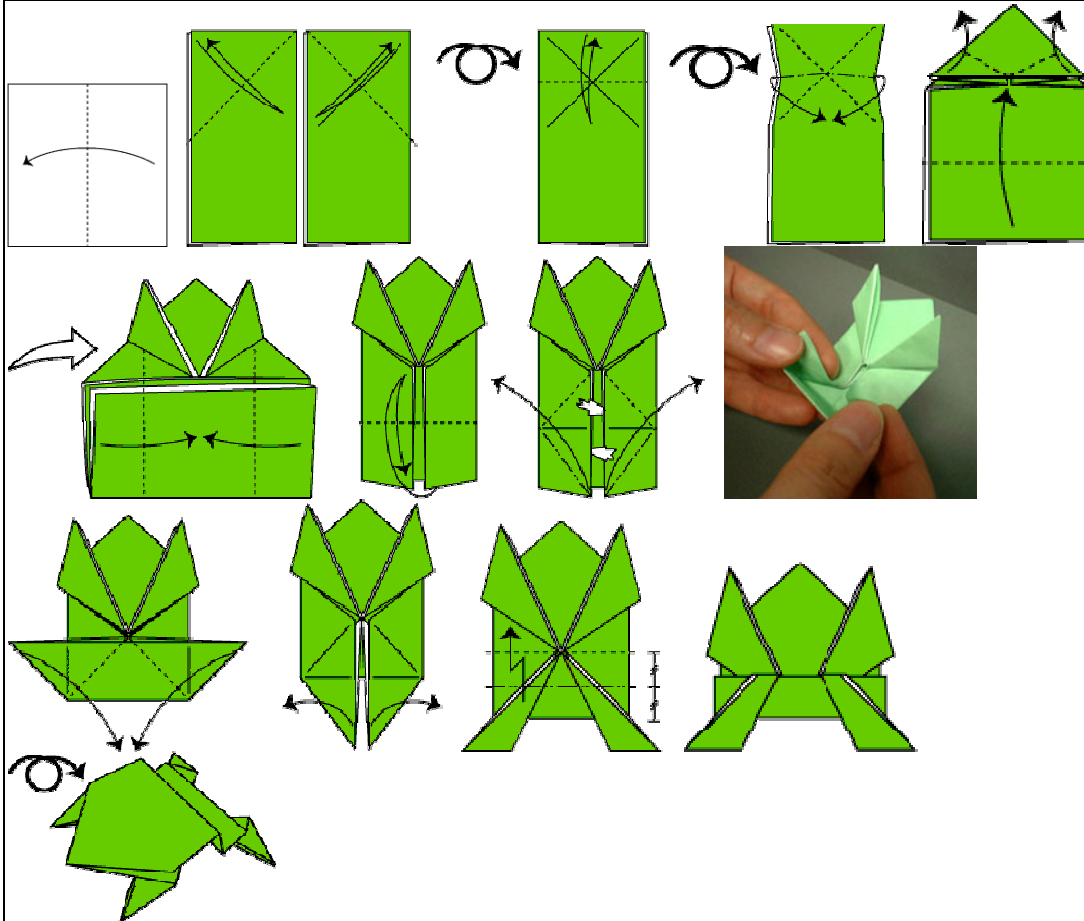
Instructions

- (1) Fold a piece of origami paper in half
- (2) Open it back up and fold one side of the paper so that the edge reaches the half line
- (3) Turn it over and fold it in half again, perpendicular to the last fold. Open it back up and fold the two sides inwards so the edges reach the center fold
- (4) Fold the four corners inwards so they meet the center fold
- (5) Fold the top two corners inwards as shown:
- (6) Fold the bottom two corners inwards as shown:
- (7) Turn the shape inside out as shown:
- (8) Finished



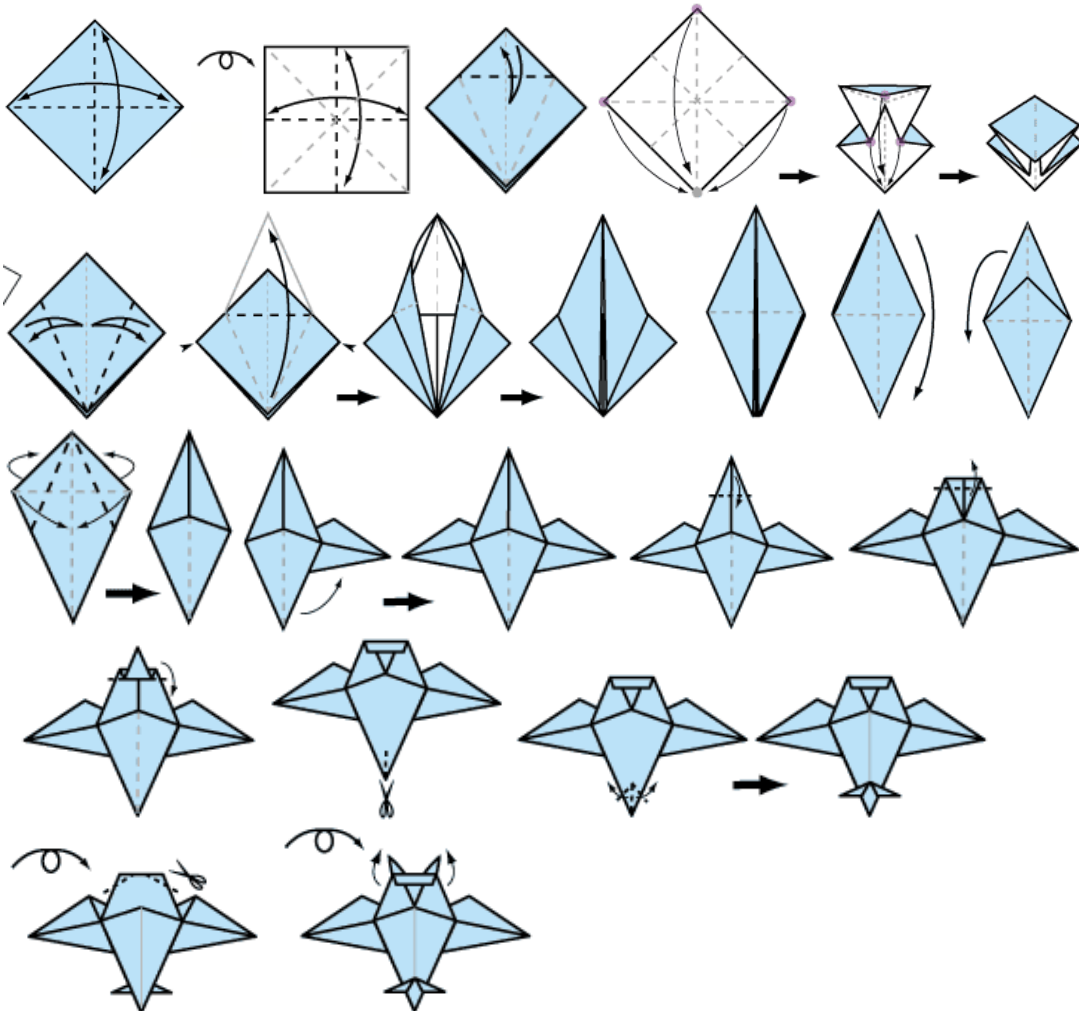
ORIGAMI: FROG

- Instructions
- (1) Fold the paper in half sideways to make a rectangle.
 - (2) Fold the corners down and unfold them right away, repeating this for both top corners of your rectangle.
 - (3) Flip the paper over and fold the top of the paper down at the spot where the diagonal creases meet. Unfold right away.
 - (4) Flip over once again, and fold the two edges toward you so they meet each other. The top of your rectangle will fold down to form a triangle.
 - (5) Fold the bottom of the paper up so that its edge meets the bottom of your triangle. Fold the two corners of the triangle up to form the "front legs" of the frog.
 - (6) Fold the sides inward to meet at the center.
 - (7) Fold the bottom of the paper upward so its edge touches the bottom of the "legs," and unfold right away.
 - (8) Insert your fingers into the inside of the flaps, and pull the bottom corners outward to the sides, so that the bottom edge comes up to touch the bottom of the "legs."
 - (9) Fold the corners down so they meet at the bottom of the figure.
 - (10) Fold the bottom corners outward to form the "back legs" of the frog.
 - (11) Create a zigzag fold at the bottom of the figure, folding the bottom half up and then the bottom quarter back down.
 - (12) Finished:



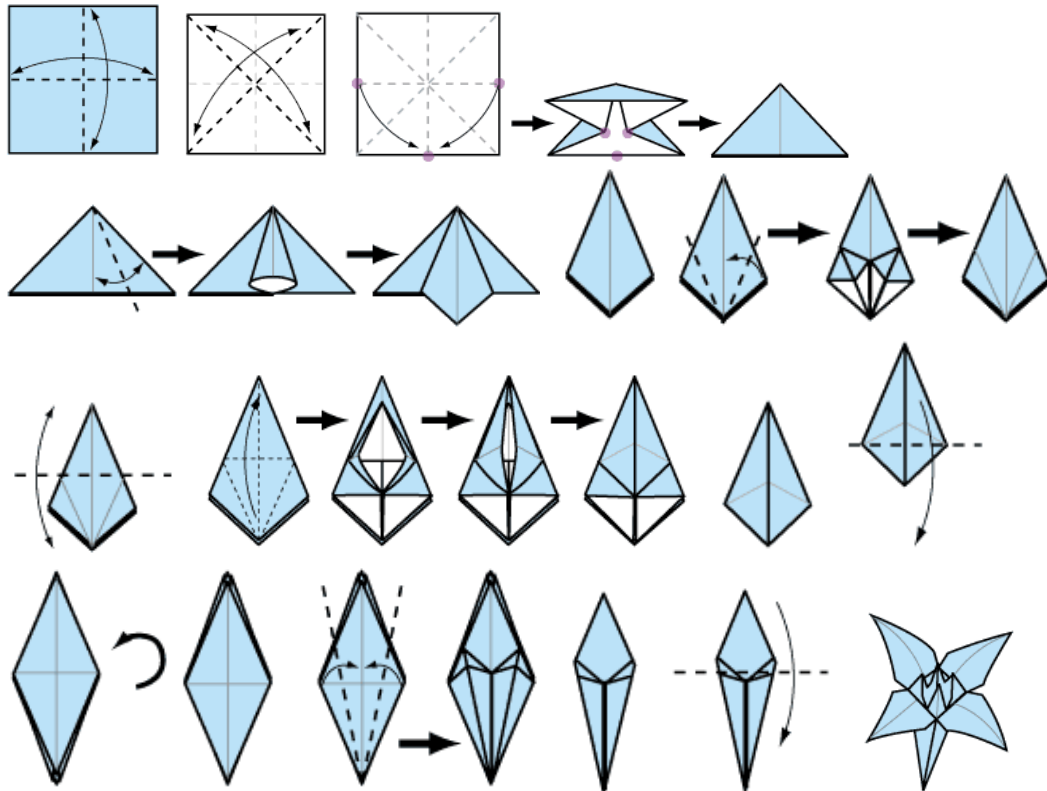
ORIGAMI: OWL

- Instructions
- (1) Start with a square piece of paper, coloured side up. Fold in half one way, then open. Then fold in half the other way and open.
 - (2) Turn the paper over to the white side. Fold the paper in half, crease well and open, and then fold again in the other direction.
 - (3) Using the creases you have made, bring the top 3 corners of the model down to the bottom corner. Flatten model.
 - (4) Fold top triangular flaps into the centre and unfold.
 - (5) Fold top of model downwards, crease well and unfold.
 - (6) Open the uppermost flap of the model, bringing it upwards and pressing the sides of the model inwards at the same time. Flatten down, creasing well.
 - (7) Turn model over and repeat steps 4-6 on the other side.
 - (8) Fold front flap down.
 - (9) Fold back flap down.
 - (10) On the top layer, fold the top corners in to the centre line, and repeat on back.
 - (11) Form the wing by lifting up from the inside, and twisting the wing forwards, then squashing down. Repeat for other wing.
 - (12) Fold top of model down as shown:
 - (13) Fold back up along crease shown:
 - (14) Fold whole top down along crease shown:
 - (15) Cut ONLY TOP layer, along the line shown:
 - (16) Fold top flaps upwards to form feet.
 - (17) Turn owl over and cut slits through the top layer only as shown.
 - (18) Turn back over and lift up the ears. Finished owl.



ORIGAMI: LILY

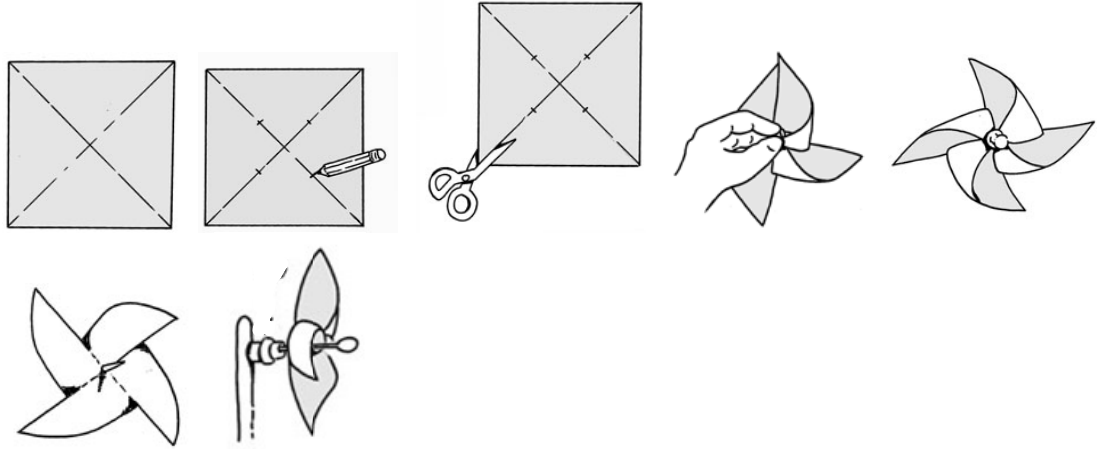
- Instructions
- (1) Start with your paper coloured side up. Fold in half, then in half again, as shown. Crease well, then open out again
 - (2) Turn the paper over and fold in half diagonally and in both directions. Crease well and open out once again
 - (3) Holding the points shown, bring them both down to the centre point on the bottom line. Flatten model.
 - (4) Fold the top triangle into the centre and unfold. Using this crease, open out the triangle and flatten
 - (5) Repeat step 4 on all four of the flaps
 - (6) On the uppermost diamond, fold the outside corners into the centre line, crease well then open
 - (7) Fold the whole model in half and open
 - (8) Using the creases made in step 6 and 7, lift the bottom point of the model (the uppermost layer only) up to the top point, bringing in the sides of the model at the same time, as shown:
 - (9) Repeat steps 6, 7 and 8 on each of the four sides
 - (10) Fold down each of these triangles, on all four sides.
 - (11) Rotate model upside down, so the open part is at the top
 - (12) Fold the outer flaps toward the centre and flatten
 - (13) Repeat step 12 on all four sides of the model
 - (14) Fold down all petals, opening the flower as you go
 - (15) Finished



BACK UP

Materials needed Coloured paper/plastic sheets, scissors, glue, wooden sticks, pens/markers

- Instructions
- (1) Fold a square piece of paper, corner to corner, then unfold
 - (2) Make a pencil mark about 1/3 of the way from centre
 - (3) Cut along fold lines. Stop at your pencil mark
 - (4) Bring every other point into the centre and stick a pin through all four points.
 - (5) The head of the pin forms the hub of the pinwheel
 - (6) Turn your pinwheel over - make sure the pin pokes through in the exact center
 - (7) Roll the pin around in little circles to enlarge the hole a little.
 - (8) Stick the pin into a thin wooden stick



Games Sessions

Games team: **Melissa, Alex, Kyle, Tiffany C,** George, Charley, Albert and Dorothy

DAY 1	
Rats and Rabbits	
Length of game	5 minutes
Aim	Breaking the ice and warming up
Instructions	Children are assigned to be either a rat or rabbit. Depending on which animal is shorter, one will be chased, and if caught sent out of the game.
Materials needed	Marking tape
Fishies!	
Length of game	25 minutes
Aim	A physical game that requires mixing them up and so promotes interaction
Instructions	<ol style="list-style-type: none"> 1. Split everyone into four teams 2. Put one team on each edge of the square 3. Call each side a different fish: salmon, sardines, tuna, catfish 4. There's one "It" in the middle of the square 5. We (not in the game) shout two fishes 6. The two fishes try to swap sides without being caught by "It" 7. If you are caught, you join "It" and try to catch everyone until there is a winner
Materials needed	None

DAY 2	
Solve the puzzle	
Length of game	15 minutes
Aim	To promote teamwork and mental abilities while teaching about history
Instructions	<ol style="list-style-type: none"> 1. Print off a picture of a famous landmark on some cardboard 2. Cut it up into small even squares 3. Let the children try to solve it 4. Put it back to original
Materials needed	Card
Who Has	
Length of game	15 minutes
Aim	To build the mathematical ability of the children
Instructions	Flash cards are handed out to everyone, each containing a mathematical operation that leads to a number. Children have to pair up with the number that will match theirs after performing the operation.
Materials needed	Flash cards

DAY 3	
Rats and Rabbits	
Length of game	5 minutes
Aim	Breaking the ice and warming up
Instructions	Children are assigned to be either a rat or rabbit. Depending on which animal is shorter, one will be chased, and if caught sent out of the game.
Materials needed	Marking tape
Capture the flag	
Length of game	25 minutes
Aim	To promote teamwork and strategy as well as physical exercise
Instructions	<ol style="list-style-type: none"> 1. There are two poles with a flag on each on two sides of the field 2. Opposing teams must try to steal the other flag without getting caught 3. If you are caught, you are out 4. You have to capture the other team's flag and bring it back to your side
Materials needed	Flags, cones, marking tape

Warm up Sessions

Warm up leaders: **Melissa, Dorothy, and Laurelle**

DAY 2 & 3	
Stretches	
Length of exercise	5 minutes
Stretches	Spread out and find space <ol style="list-style-type: none"> 1. Twist from side to side with hands held out. 2. Reach toes. Hold for 10 seconds 3. Hold both hands together and stretch up. Stretch to each side 2-3 times. 4. Put one hand on hip and stretch to side with other hand. Do on both sides. Hold each side for 10 seconds.
Catch	
Length of exercise	10 minutes
Instructions	One person is the catcher. When the catcher catches a person, the person joins the line. As more people are caught the line gets longer. Game end when everyone is caught.

Organic Challenge

Organic Challenge leaders: **Albert, Charley, Tiffany Chui**

DAY 1	
Amount of time	45 minutes (per session)
Amount of sessions	1 session
Instructions	<ol style="list-style-type: none"> 1. KGV students teach a bit of the Spring Blossom dance 2. The Spring Blossom students repeat the dance steps and add something of their own 3. This goes back and forth between the two schools <p style="color: red;">Video Operator records this to remember for the next day</p>
DAY 2	
Amount of time	45 minutes (per session)
Amount of sessions	1 session
Instructions	<ol style="list-style-type: none"> 1. KGV students will pick off from day 1 and continue adding bits 2. This once again goes back and forth between the two schools 3. Review the whole dance from the start of day 1
DAY 3	
Amount of time	30 minutes (per session)
Amount of sessions	1 session
Instructions	<ol style="list-style-type: none"> 1. KGV students start off with a simple beat 2. The Spring Blossom students repeat our beat and adds something new on top 3. This goes back and forth between the two schools to create a rhythm

Team Building Sessions

Team Building leaders: **Chelsia, Jinyoung, and Jeffrey**

DAY 1	
Amount of time	30 minutes (per session)
Amount of sessions	1 session
Instructions	1. Leaders split students into two groups (both groups play the same game) Half the leaders would be in group 1 and the other half in group 2 2. Leaders introduce themselves to the students Each group plays independently
Activity 1: Birthday	
Amount of time	15 minutes
Materials needed	None
Instructions	1. Ask students to line up in day of birth order (without talking)
Activity 2: CROSS THE LAVA!	
Amount of time	15 minutes
Materials needed	Laminated paper, rope, sweets (prize)
Instructions	3. Leaders: place a long rope at starting line and ending line 4. Distance from starting line to ending line is the number of students in a group + 5 large steps 5. Leaders split students into 10 groups or groups of 20 people depending on the amount of students (each leader should be supervising one or two groups) 6. Each group would be provided with 5 pieces of paper less than the number of people they have in the group 7. Each student from the group has to cross the "boiling lava" by only stepping on the paper to the other side of the island 8. All groups begin at the same time 9. The first group to have all the members crossing the boiling lava and sits down and says "I'M STILL ALIVE" wins. (Winning group will receive sweets)
Rules	<ul style="list-style-type: none"> - If the piece of paper placed on the floor is not stepped on, it would be taken away from the group. - Only two feet maximum on each paper. - If the student steps on the boiling lava instead of the paper, the student has to start from the beginning again.
BACK UP GAME: MINE FIELD	
Amount of time	15 minutes
Materials needed	Newspaper, paper, sweets (prize)
Instructions	1. Students are put into pairs. 2. One student will be blindfolded while the other student will be standing on the other side of the "minefield". 3. The blindfolded student will not be allowed to step on newspapers which are laid out in random locations on the floor. 4. The blindfolded student will be guided by his/her partners' voice from the finish line. The first pair who reaches across the "minefield" will win a prize (sweets).
Rules	<ul style="list-style-type: none"> - If they step on the newspaper they will have to start again from the beginning.

DAY 2	
Amount of time	30 minutes (per session)
Amount of sessions	1 session
Activity 1: GIANT, WIZARD, ELF	
Amount of time	15 minutes
Materials needed	Rope
Instructions	<ol style="list-style-type: none"> 1. Students split into two groups and there would be rope to define the home base for each team and one for the middle line. 2. During each turn, each team must decide to be a giant, a wizard or an elf. 3. The teams stand in a row facing each other and on the count of three they act out their character or a giant, a wizard or an elf. 4. The team who wins chases the other team. 5. The game would end once there are only a few members left on one side. Identical characters are a draw.
Rules	<p>Giants squash elves, elves outsmart wizards, and wizards zap giants.</p> <ul style="list-style-type: none"> - If the chased team member gets caught before they reach the home base, she becomes part of the other team. <ol style="list-style-type: none"> 6. Divide everyone into two teams and have them separate into opposite sides of the room. For each round, the following takes place: 7. Each team forms a huddle and decides to become a giant, wizard, or elf. 8. Both teams then line up and face each other, about 5 feet apart. 9. The facilitator says "3...2...1...Go!" Each team acts out the giant, wizard, or elf (whatever they decided to become).
Characters	<p>For the giant, each person stands on their tippy toes, lifts up their arms, and makes an angry growling noise: "Roooar!"</p> <p>For the wizard, each person stands up straight, flutters their fingers as though they are casting a spell, and they make a magical noise: "Wooooo!"</p> <p>For the elf, each person gets down very low on their knees, cups their hands around their ears, and makes a high pitched elf noise: "Eeeeeee!"</p>
Activity 2: GROUPS	
Amount of time	15 minutes
Materials needed	Music player, speakers, sweets (prize)
Instructions	<ul style="list-style-type: none"> - Music starts playing and once the music stops, the KGV student would shout out the amount of people and what they should do. Students have to get into the amount that the KGV student says and do what he/she says. - The last group would lose - This game would last until 1 or 2 groups are left

DAY 3	
Amount of time	45 minutes (per session)
Amount of sessions	1 session
Materials needed	None
Activity 1: KNIGHT, PRINCESS, RIDER	
Amount of time	20 minutes
Materials needed	Music and speakers, sweets (prize)
Instructions	<ol style="list-style-type: none"> 1. Students will be paired up and within their pair, they will label themselves A or B 2. A's of all pairs will stand to make a circle and B's will stand to form a larger circle around A's 3. When the music begins, the circle in the middle will move clockwise staying in the circle while the outer circle moves anti clockwise 4. When the music stops, a leader will shout out "KNIGHT", "PRINCESS" or "RIDER". Students need to find their partner and act out the character shouted as fast as possible. The slowest few pairs would be out of the game 5. Continue until one or two pairs or left. They will receive sweets
Characters	<p>For knight, 1 person has to piggy back their partner. The partner has to raise and point their hands upwards like a sword</p> <p>For princess, 1 person kneels one leg so that the other leg becomes the "chair". The partner would be the princess and sit on the "chair"</p> <p>For rider, 1 person balances on hand and legs like a horse. The partner would sit on the "horse"</p>
Activity 2: HUMAN KNOTS	
Amount of time	15 minutes
Materials needed	None
Instructions	<ol style="list-style-type: none"> 1. Form a circle facing each other (the difficulty of the activity increases, the greater the number of students in the group). 2. Students close their eyes and reach across the circle with their right hand to grasp the right hand of another student. 3. With eyes open, have each student reach across the circle with their left hand and grasp the left hand of a different student. 4. No student should be holding both hands of the same person. 5. Without letting go, have the students untangle themselves. <ul style="list-style-type: none"> - The result should be a circle of intertwined circles, or one large circle. - If you wish, this icebreaker can be played competitively, in which the facilitator says "Ready... Set... Go!" and has all the groups race to become the first group to finish. If any group member lets go of a hand (breaks the chain), then the group must start from the beginning, or you could impose a penalty/punishment for that person (e.g. wear a blindfold).

Craft Specialty Project

Craft Specialty leaders: **Christel, Claudia, and Josephine**

Theme	River of Dreams
Project	Water Dragon
DAY 2	
Amount of time	45 minutes (per session)
Amount of sessions	2 sessions
Aim	Creating the body of the water dragon
Materials needed	Polystyrene bowls, paper "scales" (5 colours), tape/glue, pens, coloured pencils/feltips
Instructions	<ol style="list-style-type: none"> 1. Show the children a pre-made "body part" (polystyrene bowl with scales stuck around sides) 2. Ask children to pick the colours they want their scales to be and collect from upfront 3. Show children how to cut a scale shape out of the coloured paper 4. Allow children to cut 5-8 scales out of the coloured paper 5. Allow children to write their dreams/hopes/wishes onto the scales 6. Allow children to form themselves into groups of 6 (1 scale each) 7. Allow children to decorate their scale with provided materials 8. Leaders walk around and help those in need 9. 15 minutes before the session - tell students to tidy up and help

DAY 3	
Amount of time	45 minutes (per session)
Amount of sessions	3 sessions
Materials needed	Polystyrene bowls, paper "scales" (5 colours), tape/glue, pens, coloured pencils/feltips, rope
SESSION 1 & 2	
Aim	Finish creating body of the water dragon
Instructions	<ol style="list-style-type: none"> 1. Show the children a pre-made "body part" (polystyrene bowl with scales stuck around sides) 2. Leaders give each child two bowls 3. Allow children to decorate their bowls with provided materials 4. Demonstrate to children how to stick scales (from day 2 sessions) onto the polystyrene bowl 5. Allow children to stick scales onto their bowls 6. Leaders walk around and help those in need 7. 15 minutes before the session – tell children to tidy up and help
SESSION 3	
Aim	To assemble all the parts of the dragon together
Materials needed	Rope, tape/ glue
Instructions	<ol style="list-style-type: none"> 1. Leaders: thread rope through the hole located at the bottom of each polystyrene bowl to form a chain 2. Leaders attach pre-made dragon's head and start the chain 3. Students attach their own body part onto the chain 4. Leaders attach pre-made dragon tail to finish off the chain 3. Make any finishing touches to dragon