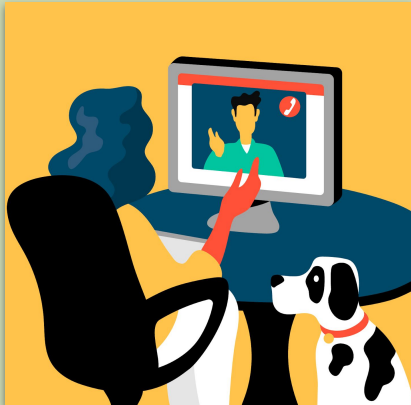


Welcomes You Back Pocket Activities

Please take a moment to...



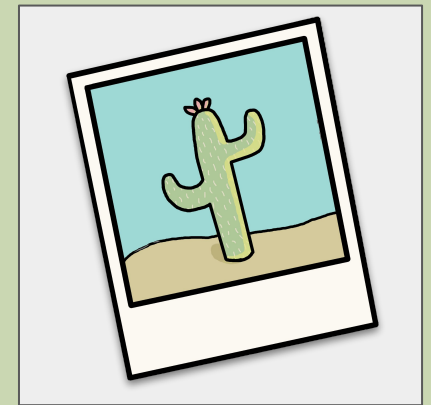
Check your sound &
camera



Find a “fidget toy”



Sign in on slides 3-5



Pick one image from
slides 6-10

Take a moment to set up your screens and devices



Desktop or Laptop

Log into Zoom and then open Google slides on a desktop or laptop and arrange the windows so you can see both

Two Portable Devices

Log into Zoom on one device and Google on another device



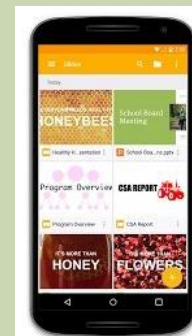
Tablet Only

Log into Zoom on a tablet but keep it in the background. Then open Google and keep it visible



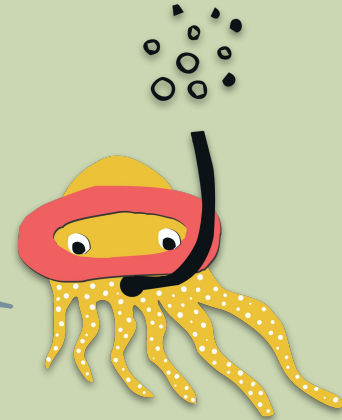
Smartphone Only

Log into Zoom on the phone. Keep it in the background and follow along with Google

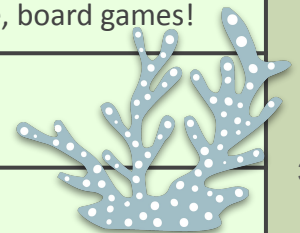


Who is here today?

Please take a moment to tell us about yourself! Complete a line on the grid below.

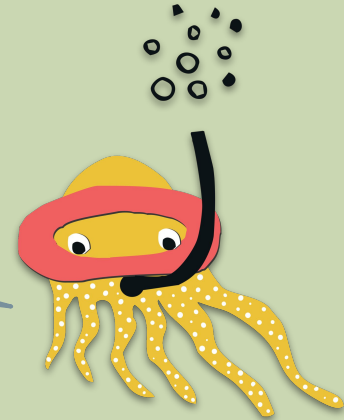


Your Name	Your pronouns	Which organization are you here from?	Something you do now to have fun
Claire Bruncke	She/Her	Dylan Jude Harrell Community Center	Walk & Bike on the beach
Jess Crask	she/her	Tacoma Boat Builders	Dance, paint, stained glass, eat, pup cuddles
Isaiah Rivera	he/him	Tacoma Boat Builders	Walk my pup, listen to music
Van Vu	He/Him	Kent Youth & Family Services	Play sports , trying new foods, music
Jodie Kercheval	She/Her	Hope for Homies/Second Chance Outreach	Walk, garden and write
Gabrielle Davis	she/her	ROOF Community Services	Walk, hang out with family
Krystal King	SHe/her	Concerned Citizens	Being with my family
Rachael Parks	She/Her	Neighborhood House	Listen to music, hike, board games!
Marco Rivera		Boys & Girls Club of Whatcom County	Go fishing!!!!
Racheal Suggs	She /her	Kent Youth and Family Services	Baking!

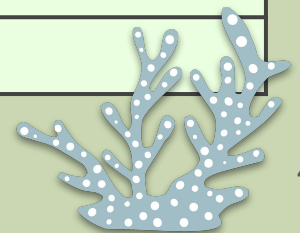


Who is here today?

Please take a moment to tell us about yourself! Complete a line on the grid below.

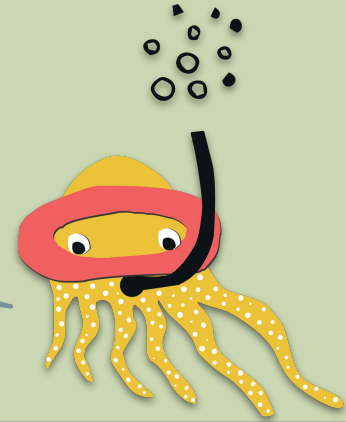


Your Name	Your pronouns	Which organization are you here from?	Something you do now to have fun
Kellie Bennett	she/ her	The Red Barn Association	Board games
Maria Jennings	she/her	The Isaac Foundation	paint
Edgar Salamanca	He/Him	Communities in Schools NCW	Snowboard
Ashley Guerrero Campos	She/Her	TSPS MESA	Playing soccer
Chris Rossman	He him	Urban League	Watch/play sports
Annah Irungu	PNTA	Teenagers Plus	Knit
Nesreen AL Muzayen	she/her	ICTC	paint

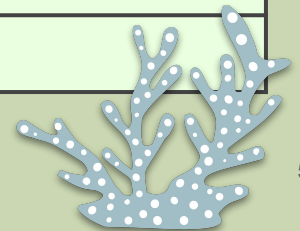


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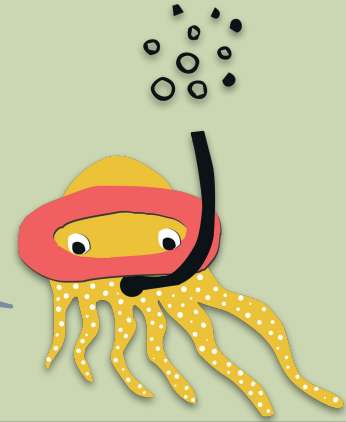


Your Name	Your pronouns	Which organization are you here from?	Something you do now to have fun

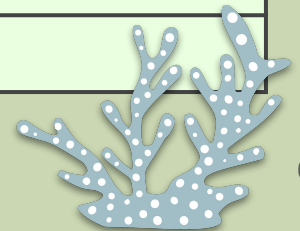


Who is here today?

Please take a moment to tell us about yourself! Complete a line on the grid below.



Your Name	Your pronouns	Which organization are you here from?	Something you do now to have fun



Find an image on the slides that follow that captures your hopes for how youth feel while they are in your program...add your word under the image



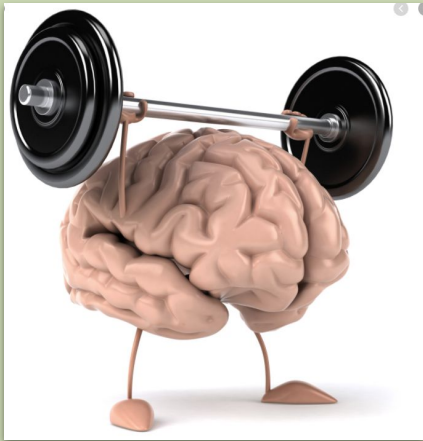
Example: Energetic
Free!



investigate



Example: roller coaster



Brains working. Preventing summer
learning loss



Find an image on the slides that follow that captures your hopes for how youth feel while they are in your program...add your word under the image



Trust in self and others.



Find an image on the slides that follow that captures your hopes for how youth feel while they are in your program...add your word under the image



Different and okay



Able to do hard things



Child- like and free :)

Find an image on the slides that follow that captures your hopes for how youth feel while they are in your program...add your word under the image



With friends



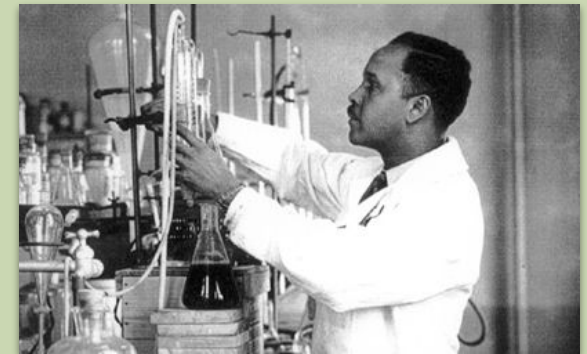
BRAVE!



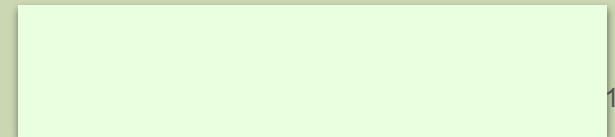
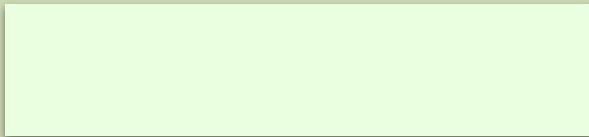
capable



Creative

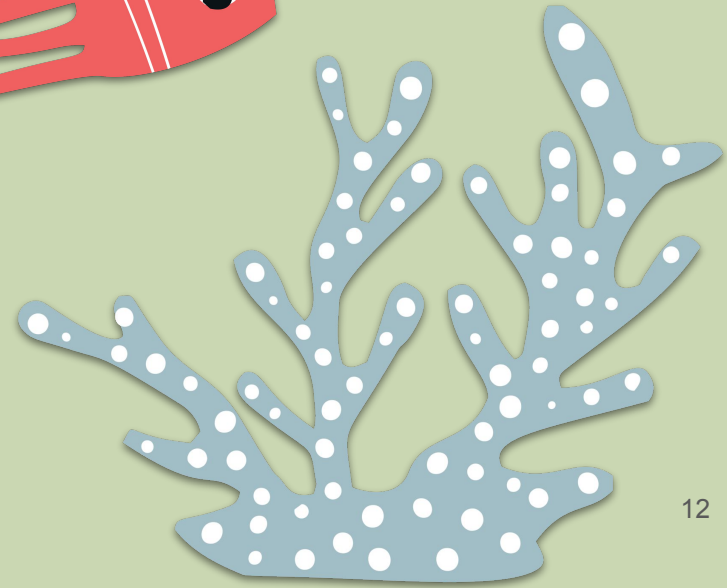
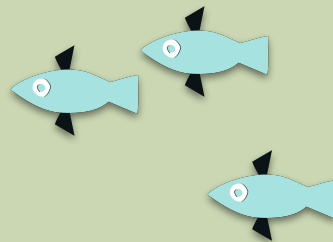
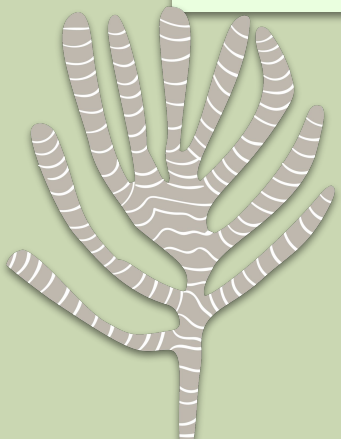
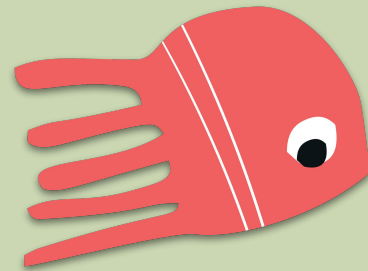
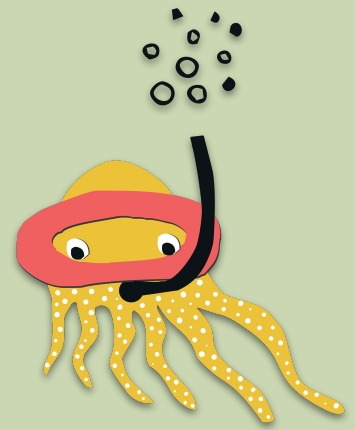


Find an image on the slides that follow that captures your hopes for how youth feel while they are in your program...add your word under the image



Our aims for this workshop...

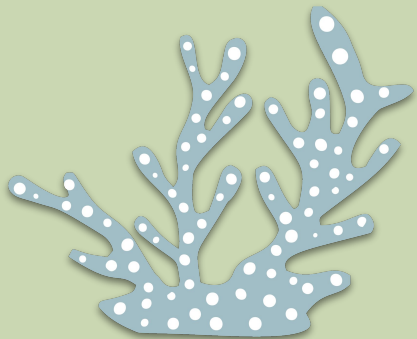
- You will walk away with dozens of easy-to-implement **“back pocket activities”** you can do with your youth during breaks, transitions, and free time.
- You’ll learn some tips to making sure that the activities **go smoothly** and are **fun** for all.



Warm Up Discussion

Round One

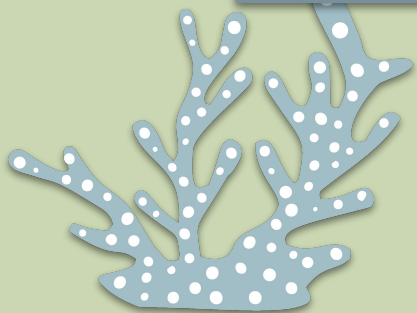
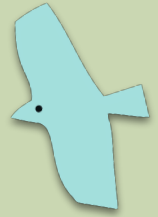
Introduce yourself to your partner and share your image and the word that came to mind.



Warm Up Discussion

Round Two

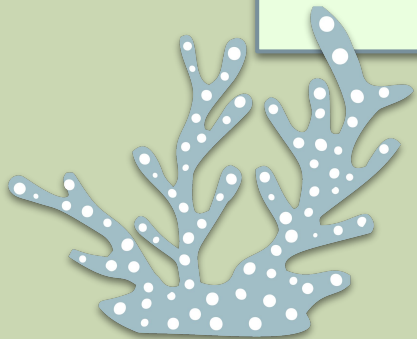
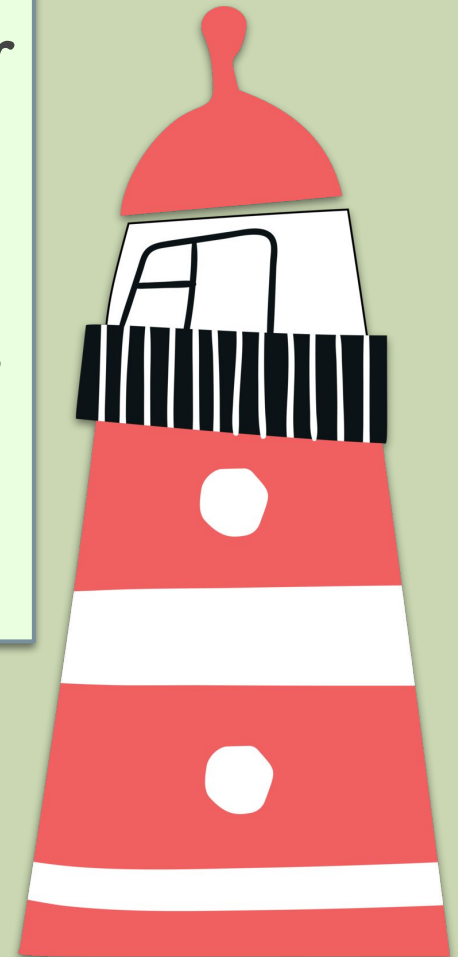
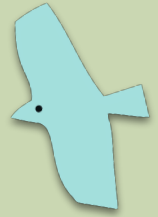
Introduce yourselves and share, what are the most challenging times during your program? What makes those times challenging?



Warm Up Discussion

Round Three

Introduce yourself to your partner and talk about your experience managing transitions or down time between activities. What are your strategies for making them go smoothly?



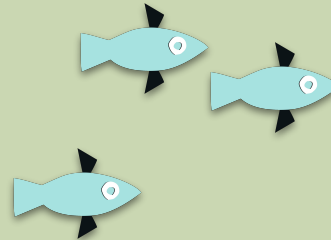
What is a "Back Pocket Activity?"

Doesn't
require a lot
of materials

Can be done
at a
moment's
notice

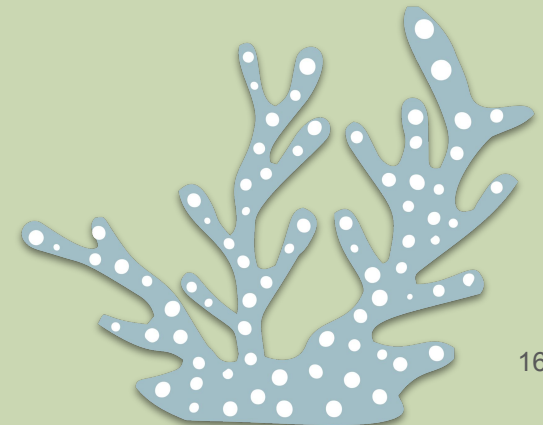
Easy to give
directions
for playing

Can be
completed
in a short
amount of
time



Involves the
whole group

Bonus: Can
be made
easier or
harder



What are some times and places you could use a BPA?

Moving from one activity to another, when the activity finishes before it's time to switch, during outside free play

While waiting for a guest speaker to arrive.

When kids need to move! Or have a lot of energy to get out.

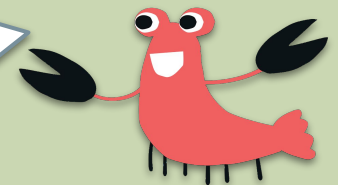
When it is taking one student a little extra time to get ready and everyone is lined up

During Clean up for kids who clean quickly.

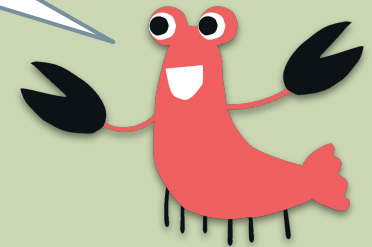
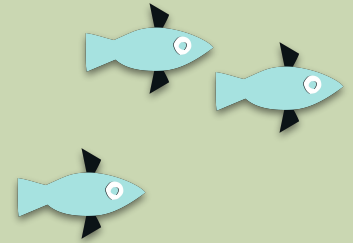
Waiting for supplies to be available (i.e. activity transitions)

Before Lunch

Double click in a box to start writing



S-T-R-E-T-C-H

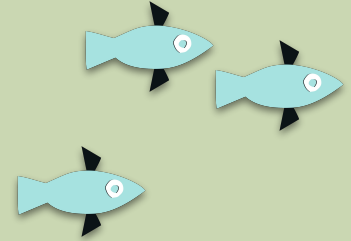


Let's try one of the Back Pocket Activities

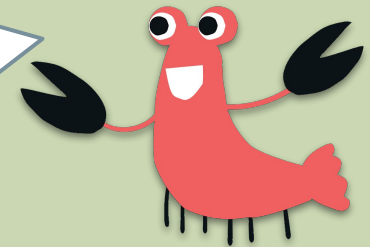
Say, "Once upon a time..." and complete the opening sentence of a story. Ask the first youth in line to make up the next sentence. Each person in line continues the story by adding their own sentence. Keep going until there is a satisfying ending.

WAITING IN LINE

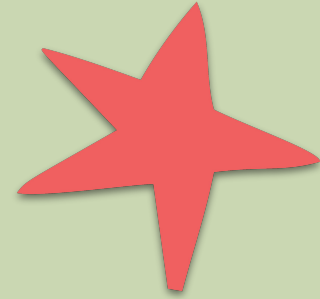
21



Everyone start by raising their virtual hand. Once you've had a turn, lower your hand.



Let's try another one!

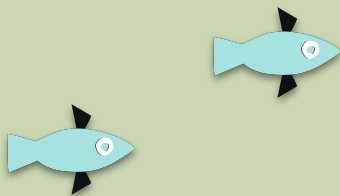


Hold a Scavenger Hunt. Write a list of interesting objects that can be found around you (e.g. a yellow flower, an airplane, etc.). Give teams copies of the list and see how many items they can find in 10 minutes. Other options for lists include shapes, letters and numbers.

IN AN OPEN SPACE 28

How many of these can your group find?

1. A magnet
2. A staple remover
3. A toy or stuffed mouse
4. An electric toothbrush
5. A rubber chicken
6. A red ball
7. A purple pen
8. A green hat
9. A ripe banana
10. A phillips head screwdriver
11. A snowglobe
12. A children's book
13. A chia pet

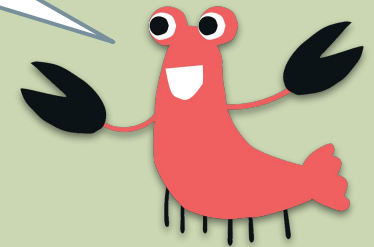
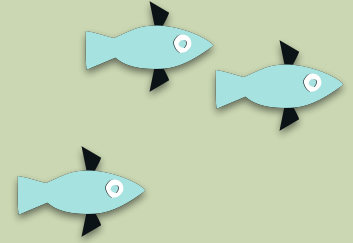


Let's Debrief!

With your partners, discuss the following questions:

- 1. What did you like about these activities?**
- 2. What was challenging?**
- 3. What would you modify about these activities to make them work best for your students?**

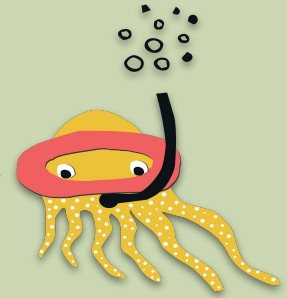
S-T-R-E-T-C-H



**Room
One**

Create your own "Sparks"

Take ten minutes in your group to come up with two "BPAs"



- 1) "I'd like to meet my neighbor" (active game)
- 2) "I stand"

In a Circle

- 2) I'm going on a trip and I'm bringing" (memory)
- BONUS (Telephone)**

In a Circle

Conversation/Story ball toss, discuss favorites during the pass, pointing at objects & passing, Baton Exercise

In a Circle

Hop Left!

In a Circle

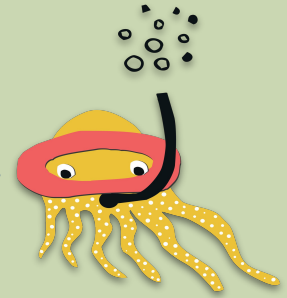
Remember, back pocket activities:

- Require minimal materials
- Are easy to explain
- Don't take too long
- Involve everyone in the group
- Are fun!

**Room
Two**

Create your own "Sparks"

Take ten minutes in your group to come up with two "BPAs"



Find something that makes you happy

I- SPY
Telephone

Waiting in Line

Arrange selves in order of (birthday, height, etc.) without talking

Waiting in Line

Electric current game

Hot potato

Waiting in Line

20-Questions
"Would you rather..."

Waiting in Line

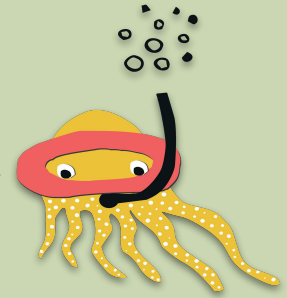
Remember, back pocket activities:

- Require minimal materials
- Are easy to explain
- Don't take too long
- Involve everyone in the group
- Are fun!

**Room
Three**

Create your own "Sparks"

Take ten minutes in your group to come up with two "BPAs"



Sprout Ball

Staff needs 6 balls (dodgeballs) and students will need to go to the ground if another person hits them. They can get back up if someone gets the person that got them.

In an Open Space

Three Legged Race

Students will be in pairs. One leg will be tied to the other students leg. First to cross the finish line wins.

In an Open Space

In an Open Space

In an Open Space

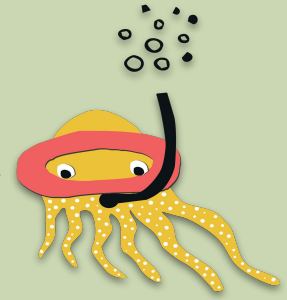
Remember, back pocket activities:

- Require minimal materials
- Are easy to explain
- Don't take too long
- Involve everyone in the group
- Are fun!

**Room
Four**

Create your own "Sparks"

Take ten minutes in your group to come up with two "BPAs"



Movement / Dancing

Brain Breaks

Simon Says

Brain Breaks

Cross Body Movement / stretching

Category/Versus: Will be in a group and given a topic - another group will judge

Brain Breaks

Countdown followed by movement (shaking body part)

Would you rather questions, Hot potato, Question of the Day

Brain Breaks

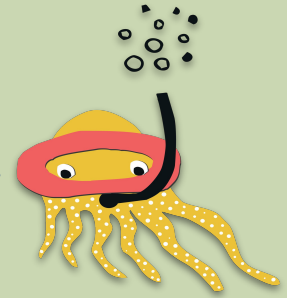
Remember, back pocket activities:

- Require minimal materials
- Are easy to explain
- Don't take too long
- Involve everyone in the group
- Are fun!

**Room
Five**

Create your own "Sparks"

Take ten minutes in your group to come up with two "BPAs"



Paper Airplanes, Fortune Tellers, Boxes that require no scissors or glue

With Paper

Head, Shoulders, Knees, Toes, FLOOR (crumpled up ball of paper)

With Paper

**Trash Ball Trivia
'Pickle Night'**

With Paper

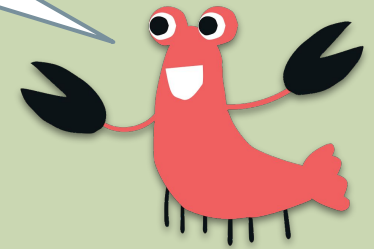
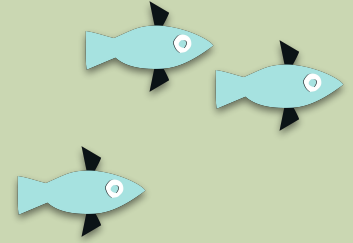
Abstract drawing

With Paper

Remember, back pocket activities:

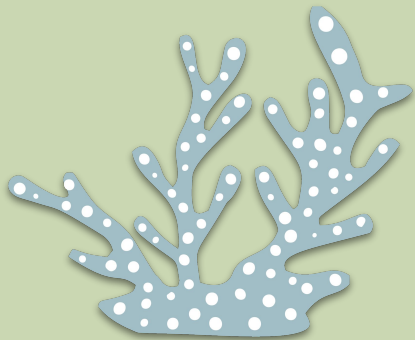
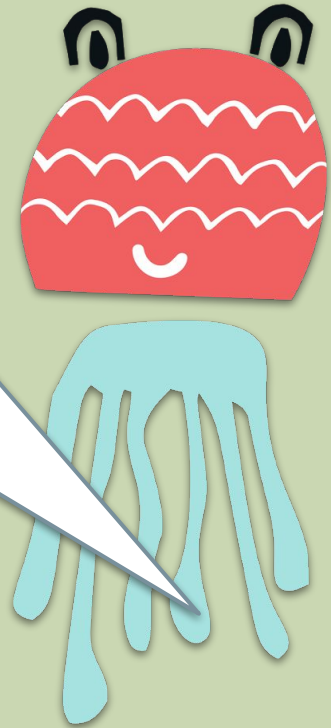
- Require minimal materials
- Are easy to explain
- Don't take too long
- Involve everyone in the group
- Are fun!

S-T-R-E-T-C-H



Round 1:

Which one have you done before? When and how?



Pick one you've done before. Share when and how!

Say any word and throw a ball to someone. That person needs to either say a word that rhymes, or a related word, before tossing the ball to the next person. For example, a sequence might go "ball," "wall," "gate," "door," "floor," etc.

IN A CIRCLE

2

Make a statement and ask youth to step into the circle if the statement is true for them (e.g. "Step in if you have a younger brother"). Ask everyone to step back out, then say another statement. You can also go around the circle and have youth come up with the statements.

IN A CIRCLE

8

Say your name and an adjective that starts with the same sound (e.g. Tony Terrific). Toss a ball to a youth and ask her to repeat your name, state her own name/adjective combination, and then pass the ball to someone else. A challenging variation is to repeat every name that went before.

IN A CIRCLE

12

Say a number. The next person in line skip counts to the next number in the sequence (e.g. 5, 10, 15 or 22, 44, 66). Play continues all the way down the line.

WAITING IN LINE

19

State a simple action (e.g. "eating a bowl of cereal" or "catching a fish"). Invite youth to act out the action silently. You can also let youth come up with their own actions for others to act out.

WAITING IN LINE

20

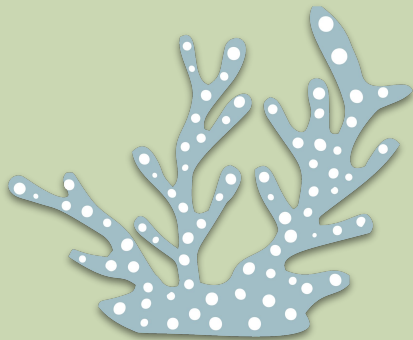
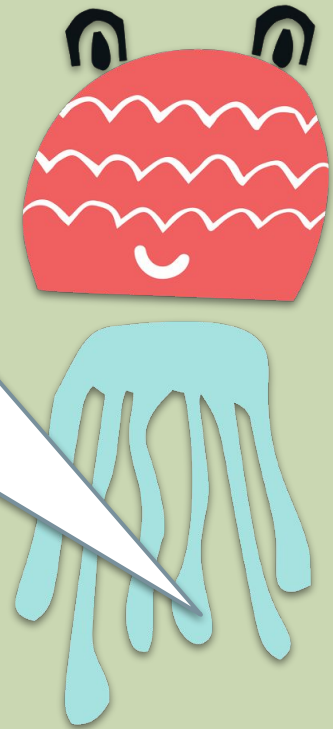
Make a statement that youth are likely to disagree about (e.g. "Summer vacation is boring"). Ask everyone who agrees with the statement to step forward. Now invite volunteers to share why they agree or disagree.

WAITING IN LINE

22

Round 2:

Which one could you envision doing with your students? When and how?



Which could you envision doing with your students? Share when and how!

Play Simon Says. When you say, “Simon says... (put your hands on your head/ears/nose, etc.),” everyone must do the action. If you say, “Put your hands on your head,” without saying “Simon Says” first, anyone who does the action must hop 10 times. You can also choose a youth to be Simon.

IN AN OPEN SPACE 24

Ask everyone to form a line like a train and follow the actions of the first person in line. This “conductor” can run, jump, crawl, do funny movements, etc. After a minute, the conductor goes to the back of the line and the next person in line becomes the conductor.

IN AN OPEN SPACE 29

Toss a light object in the air (e.g. a balloon or crumpled piece of paper), and time how long your group can keep the object in the air without catching it. Make it more challenging by adding additional objects, not allowing youth to use their hands, or playing the game in pairs.

IN AN OPEN SPACE 30

Ask youth to act out long math problems as a group as you recite them. For example, “There are 5.” (Five youth stand up). “Add 4. Now subtract 3. Double that.” When you reach the end, see if the group got the right answer. You can also ask youth to invent the math problems.

BRAIN BREAKS 33

Sit with your feet flat on the floor and your hands resting on your knees. Invite everyone to follow you, and together take five slow, deep breaths – in through the nose, out through the mouth. When you’re done, invite everyone to stand up and slowly stretch.

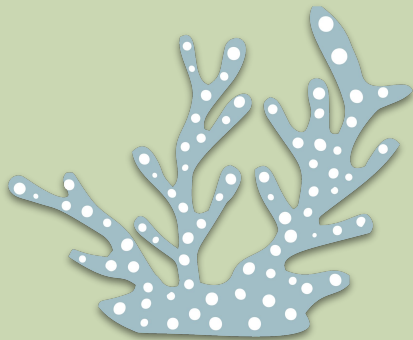
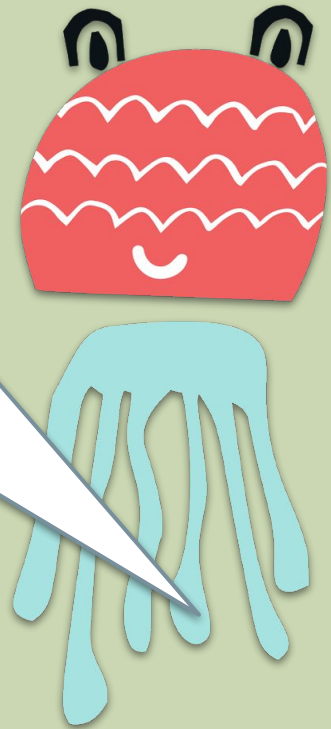
BRAIN BREAKS 35

Clap or tap out a complicated rhythm and challenge youth to repeat it. You can also invite youth to take turns inventing rhythms that everyone must try to imitate.

BRAIN BREAKS 37

Round 3:

How could you modify one of these for your students?



How might you modify one of these for your students?

Play Pictionary. Create two teams and select an artist from each team. Secretly share a word with the artists, who now have to draw a picture of the word so that their team can guess what it is. The first team to guess correctly gets a point. Select new artists for the next round.

WITH PAPER

49

Give each youth a piece of paper and markers and ask them to draw a set of random, squiggly lines on their paper. Now ask them to trade papers with a partner. Each youth now builds on their partner's lines to create a drawing.

WITH PAPER

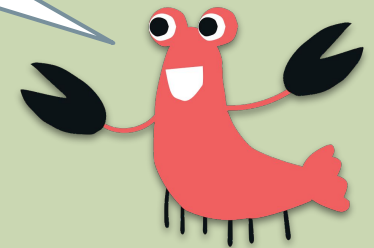
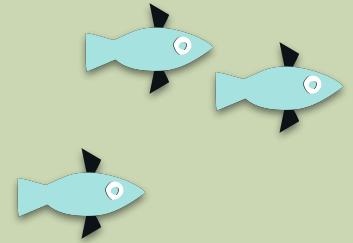
51

Write a category on the board (e.g. foods, animals, countries). Now announce a letter (e.g. "P") and give teams a minute to write down as many items in that category that start with the letter as they can (e.g. pears, pie, pasta). Which team came up with the most words?

WITH PAPER

50

S-T-R-E-T-C-H

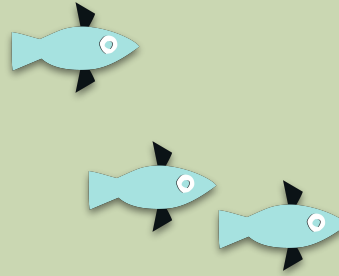


Try these tips for making BPAs run smoothly!

Play it again, with variations

Model by doing (instead of saying instructions)

Don't play too long (quit before they get bored)



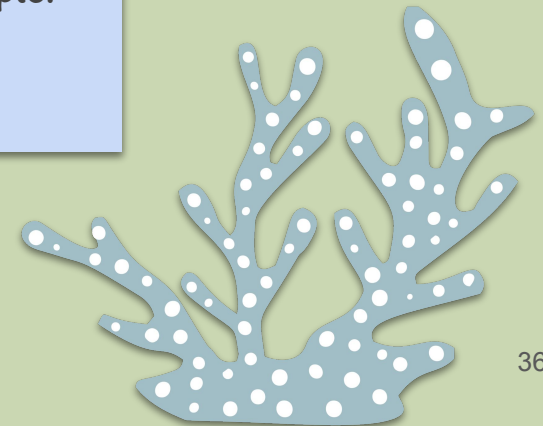
Print the ideas off, put them on index cards on a jump ring for your pocket!

Have the staff practice ahead of time

Let students contribute ideas for how to play/rules

Keep it simple!

Write instructions for students to see



Poster 1

What's a new idea
you (re)learned
today that made a
light bulb go off
for you?

Icons to use!



Enter your comments below

- Nostalgic games from childhood that are still relevant

- Going to put scavenger hunt lists in my staff fanny packs to make it easier to do quickly!

Letting students make up the rules to the games/ decide on the rules of the games instead of being focused on the "actual" rules.

Poster 2



What are you excited to bring back; what do you want to try?

Icons to use!



Enter your comments below

I have been so reticent to do scheduled activities that I have missed out on these fun games with the youth and want to start some!

Games that work indoors/outdoors for summer

Very quick games that can be done in a few minutes to keep attention

- Looking forward to engagements with youth and adults (more laughs please).

Games that are quick, easy and get the youth moving. Keeping them engaged while having a physical element for staying active and healthy.

Hop left

Exploring New Games with our youth .

scavenger hunt. I think the kids will have a lot of fun finding some fun and creative things.

Poster 3

What questions and worries do you still have?

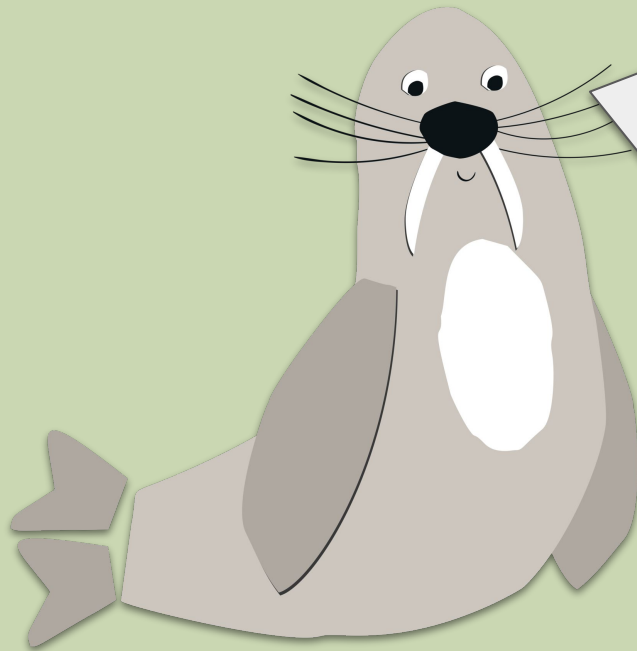
Icons to use!



Enter your comments below

- How do I get staff to buy into using these activities?
- Where do I find these backpacket decks you speak of? Here! <https://www.spark-decks.com/product/back-pocket-activities/>

Thank you for attending today's session!



Make your very own
copy of this slide show.

Sign up for our mailing list, contact us or explore Spark Decks:

SPARK  DECKS

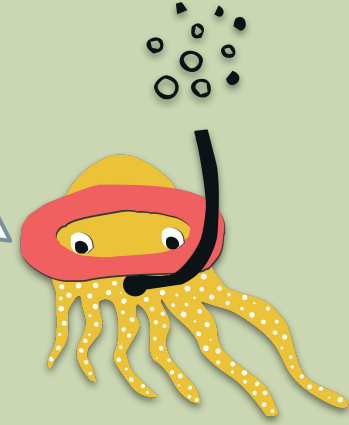
oscar@spark-decks.com
eva@spark-decks.com

Share your appreciations...

Thanks Kellie for offering to connect about questions I have

Thanks for the warm and inviting vibes in a morning seminar.

Double click on a square to start typing



New creative ideas to utilize for our youth..

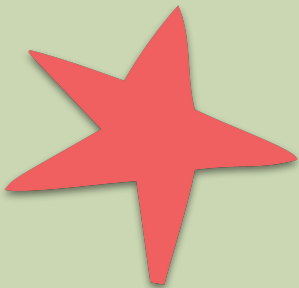
Thanks Chris for being the facilitator in most of my breakout rooms.

Thank you Ashley Guerrero Campos for making the network connection! Thumbs up!

Thank you Van for hosting our breakout session.

Thanks everyone for sharing ideas!

THANKS TO EVERYONE FOR ALL THEIR INPUT!



Share your appreciations...

Double click
on a square to
start typing

