

## **Working with Ages 12-14 (borrowed from the Bonney Lake 4H Challenge Course)**

### **General Tips:**

- Might have coordination problems: i.e. activities requiring balance may be hard
- Be aware of boundaries but allow for creativity
- For safety, watch for show-offs
- Success on elements is important for this group
- Not always willing to disclose information during health check or about personal abilities, so check health forms prior to start of day
- Be aware of body issues & sexuality regarding touching and lifting

### **Facilitator Tips:**

- Use Full Value Contract for "buy in" prior to and during activities
- Mix groups intentionally
- During welcome, focus on helmets
- -Head butting-Personalize them with names
- Be sensitive to size, ability , & gender issues
- Make activities inclusive
- Definitely use health check
- Bring additional facilitators
- Use non-facilitator for discipline issues
- Fair, firm direct instructions with boundaries
- Utilize muting or loss of use of body part to deal with individual dominating
- Gender specific groups helpful
- Mix abilities in groups, such as Special Ed. & Leadership students
- Emphasize Challenge by Choice
- Reward "creative" cheating
- Find ways to involve non-participants
- Have them be fishbowl observers, sharing during debrief
- Try using quirky humor

### **Sequencing:**

- Allow time to develop their own Full Value Contract
- Develop Full Value Contract during an initiative
- Give spotting breaks, such as shake out arms or create reminder gimmicks
- Provide activities that allow them to discover the importance of physical support, such as trust activities
- Use faster paced games to keep participants engaged
- Vary activities so each person has opportunity to be successful
- Sequence activities to raise comfort level in group
- De-emphasize touch at first
- Plan a pick up game like Frisbee after lunch

### **Briefing Tips:**

- Ask for plan prior to starting activity
- Is it safe?
- What are people's roles?

- How will the FVC be honored?
- Give only 3 directions at a time
- Use age appropriate obstacles
- I.e. drugs, grades, peer pressure

### **Debriefing Tips:**

- Give enough time for everyone to be heard: use round robin responses
- Keep debrief short
- Focus on the positive
- Lookout for cliché phrases like "team work" & "cooperation"
- Hold off on debrief for first half of morning to entice a deeper response later
- Use creative debriefing styles
- Pantomime
- Facial expressions
- Human Camera
- Form body how you feel
- Focus on how the group acted vs. how they felt
- Try to create an awareness of how they focus on their differences
- Use a deinhbitizer with this issue as the debrief focus

### **Good questions to ask:**

- What is something you might do differently after participating today?
- Was the initial challenge worth the reward of the activity?
- What kind of planning did you do for this activity?
- What about the process helped achieve the results?