

Topic: Education – Youth Orientation

Activity: After School Activities

Objective

- ✓ Participants will think of different after-school activities they may enjoy
- ✓ Participants will identify the benefits of being involved in extracurricular activities
- ✓ Participants will understand the need for self-motivation and time management

Lesson Time 45 minutes

Materials

- ☐ Markers
- ☐ Tape
- ☐ Blank flipchart paper
- ☐ Prepared flipchart paper with a list of extracurricular activities available in your community (e.g., arts and crafts, astronomy, board games, book, chess, choir, community services, computers, cooking, dance, debate, drama, gardening, geography, history/heritage, knitting, languages, mathematics, Model United Nations, music, photography, recycling, school newspaper, science, scouts, sports, student council, weather, woodworking, writing, etc.)

Practice

1. Lead a group discussion asking participants to consider how much time they spend at school, and how much time they spend out of school. Ask participants when this time outside of school occurs, and what they do with it. Highlight the different things individuals in the group do. This might include things like spending time with family or friends, listening to music, reading, playing video games, studying, working on English skills, doing chores, relaxing, going to tutoring sessions, and so on.
2. Tell participants that there is a direct tie between student involvement in extracurricular activities (such as athletics, after-school clubs, etc.) and student achievement. Ask participants what this means. (Students who participate in activities outside of school usually get better grades in school and are happier than students who do not participate in activities outside of school.)
3. Hang blank flipchart paper in front of the room and ask participants what activities they are involved in now or have been previously. Ask what activities they would like to become involved in now or once they feel more settled in the U.S. Write these on the flipchart paper. If participants find it challenging to come up with ideas or you feel they have not considered some activities they might find enjoyable, present the prepared flipchart paper to guide the discussion.
4. Separate participants into pairs. Have each participant identify one extracurricular activity they would like to get involved in, and discuss how they will go about getting involved. If participants have already been involved in an extracurricular activity, they might continue to be active with this. Have these participants identify the benefits they have seen from their participation. Tell participants that they can try new things they have never done before as a good way to meet new people, learn and improve their English skills, and get more involved in school and community life.
5. Gather participants into a large group and ask if everyone has selected an activity and has developed a plan to get involved in an after-school activity. Lead a brainstorming discussion to consider options for anyone who seems stuck.
6. Lead a large group discussion addressing any of the Reflection Questions (below) that did not come up in the course of the discussion previously.

Reflection Questions

- How are you feeling about your time outside of school?
- Why do you think being involved in extracurricular activities is linked to student achievement?
- Which new extracurricular activities sound interesting to you?

Variations

- If you do not have time in the full activity, conduct the initial brainstorming activity. Then have participants write down the activities they might be interested in trying.