

# How To Create A Lesson Plan For Your Evening Program

**Goal:** You want to make an instructions sheet (lesson plan) that any group can follow in order to facilitate your evening program idea effectively and efficiently.

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## The parts of a lesson plan.

1. Desired Goal
  2. Materials Needed
  3. Preprogram Prep Needed
  4. Roles of the Staff Members
  5. Game/activity instructions
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### Explanation of Parts of the lesson plan.

#### 1. Desired Goal

- a. Here you want to write down both the tangible goal of the activity AND the conceptual goal of the activity. This is done so that groups that facilitate your program idea are aware of the reasons behind the activity in addition to simply how to facilitate that activity.
- b. **Tangible Goal Ex:** *Campers work together to build a bridge between two points using only the provided items.*
- c. **Conceptual Goal Ex:** *Campers learn how to think outside the box and communicate in a group to effectively overcome an obstacle.*

#### 2. Materials Needed

- a. Here you want to write down all of the items that staff members will need to have ready in order to enact the game. List EVERYTHING so that groups facilitating your activity are not surprised and running around frantically once the activity has begun.
- b. *Ex: 6 balls for 6 groups, 15 blindfolds, create music playlist, etc.*

#### 3. Preprogram Prep Needed

- a. Here you want to write down everything that needs to be done before the activity begins.
- b. *Ex: Cut paper circles, Make blindfolds, create group lists of campers.*

#### 4. Roles of the Staff Members

- a. Define each role that will be performed by a staff member. Your definition should include what they should tell the campers, what they should do with the campers, when they should do what. These instructions should also involve what and how cleanup for the activity will be accomplished.
- b. *Ex: Runner position: the staff member's job is to go from group to group and get materials for them should they need it. Staff member should do this continually throughout the first section of the activity. Runner will no longer perform this function in Part 2 and 3.*
- c. *Ex: Group leader: This staff member will need to enforce the rules of the game with their group. They should help the group without giving the group obvious answers to the riddles of the game. This staff member will listen for the bell that will sound when each of the sections of the game ends and bring their group back to the meeting rock. This staff member is additionally responsible for making sure the group stays together and does not leave anyone behind.*

#### 5. Game/activity instructions

- a. Here you want to write down the step-by-step instructions for how the game will be run. This should include where things go, what things are said, and a timeline for the running of the activity.

# Example Lesson Plan for Eating a Peanut Butter Sandwich

## 1. Desired Goal

- a. Camper will make a eat a peanut butter sandwich
- b. Camper will have their hunger satiated with a nutritious samich snack and have the strength to do all sorts of cool thangs during the day.

## 2. Materials Needed

- a. Plate
- b. Peanut Butter
- c. Grape Jelly (yes grape! It's the bestest!!1!)
- d. Butter knife
- e. Glass of milk (not goat milk, eeeeew)
- f. Bread (sliced)

## 3. Preprogram Prep Needed

- a. Purchase bread, peanut butter and jelly OR confirm with kitchen that we have enough of the required materials to perform this activity

## 4. Roles of the Staff Members

- a. Medic: This staff member will stand by to administer first aid if there is an unknown peanut allergy
- b. Builder: This staff member will be responsible for giving the items to the camper and for putting the remaining items away afterwards
- c. Distractor: This staff member will play simple quick games with the campers that are not currently involved in the eating of said PBJ samich.

## 5. Game/ activity instructions

- a. I'll let you imagine how this will look.
- b. I'll let you imagine how this next part will look.
- c. I'll let you imagine how this next part will look.
- d. I'll let you imagine how this next part will look.
- e. Cleanup will happen at 8:40-8:55. Campers are responsible for picking up trash from the floor and for cleaning the tables with soap and water.
- f. All tables and benches are to be put where they normally belong so kitchen does not have extra work to do in the morning for setup.