

# **Lunch and Afternoon Break Monitor and Fun Activities**

On days you are assigned, you eat lunch with the students and enjoy afternoon snack break. You also get them involved in games/activities.

## **Make sure students stay in the designated area.**

- Newport High School: Portables and area outside when playing
- PLU: tbd, contact Jim
- Explorer West: In the school and area outside when playing

## **Make sure kids are interacting/connecting positively**

- See a kid "alone?" Come talk to Jim ASAP.
- Kid misbehaving? Stop it. Inform Jim if anything significant is going on.
- Stop furniture movement (because damages floor/furniture)
- Encourage and support kids interacting positively—help make it happen
- Food Issue? Help with it. Issue is more significant?—contact Jim ASAP.

## **Get kids involved in games/activities**

- Lunch time use last 20-30 minutes (give time to eat)
- Afternoon break use last 10-15 minutes (give time to grab snacks)
- Game ideas:
  - Frisbee
  - Group discussion sharing thoughts on an important issue
  - Toss/catch
  - No rough and tumble games where people can get injured
  - Not all games need winners and losers
  - The "I disagree" game; person makes an argument; person has to respond
  - Board games
- Philosophical Chairs
  - Set up: One person picks a topic that has clear sides (pro/con).
  - If you are for it: Go left.
  - Against: Go right.
  - Not sure? You can stand at the center but must choose after two speakers from each side speak.
- How to:
  - Sides take turns with one person speaking for 90 secs
  - If your mind is changed, switch sides
  - Goal is to move people to your side
  - Shows the power of listening to the other side instead of just only thinking your side is correct.