



Foothill Horizons Counselor Binder



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December 12, 2023

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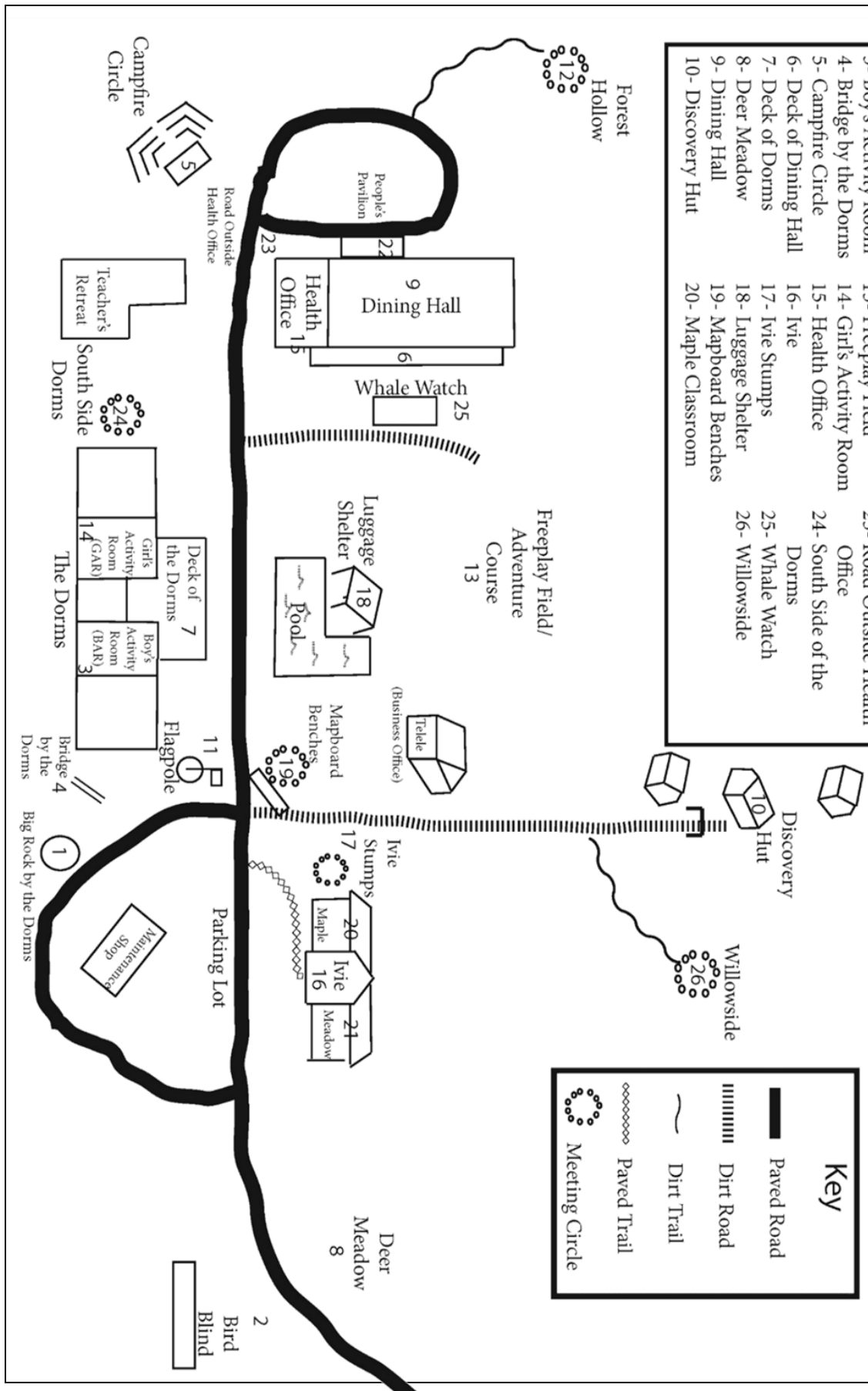
MEETING SPOT MAP

Meeting Spots

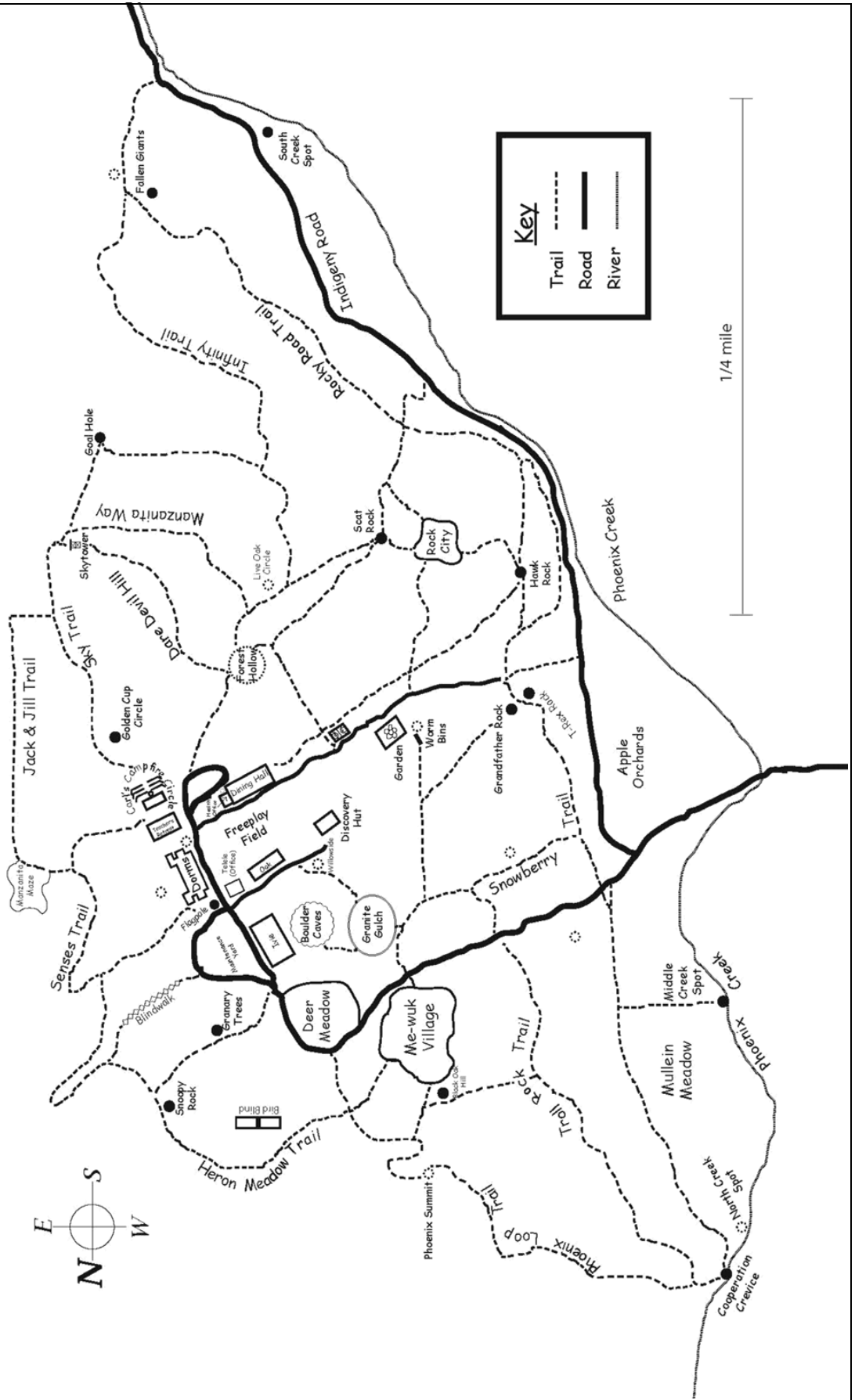
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|------------------------|--------------------------|--------------------------------|
| 1- Big Rock by Dorms | 11- Flagpole | 21- Meadow Classroom |
| 2- Bird Blind | 12- Forest Hollow | 22- People's Pavilion |
| 3- Boy's Activity Room | 13- Freeplay Field | 23- Road Outside Health Office |
| 4- Bridge by the Dorms | 14- Girl's Activity Room | 24- South Side of the Dorms |
| 5- Campfire Circle | 15- Health Office | 25- Whale Watch |
| 6- Deck of Dining Hall | 16- Ivie | 26- Willowside |
| 7- Deck of Dorms | 17- Ivie Stumps | |
| 8- Deer Meadow | 18- Luggage Shelter | |
| 9- Dining Hall | 19- Mapboard Benches | |
| 10- Discovery Hut | 20- Maple Classroom | |

Key

- Paved Road
- Dirt Road
- Dirt Trail
- Paved Trail
- Meeting Circle



FOOTHILL HORIZONS OUTDOOR SCHOOL



1. ROLE MODEL...24 hours a day

- Enforce and follow the “Foothill Five” and Dorm Rules
- Participate in activities and songs
- Be positive and enthusiastic – fake it if you have to :)
- Respond to challenging situations in a positive manner and try to stay calm
- Speak to others kindly – this will teach students to do the same

2. CAREGIVER / COUNSELOR / “PARENT”

- Learn their names and try to get to know each child
- Do your best to get students to activities on time
- Ensure that students are dressed appropriately for their next activity
- Provide a bedtime routine – read a story, quiet time, “goodnights”, pinky hugs
- Help your kids get off to a good start – be friendly & wake up with a smile. Provide them with an overview of their day
- Provide emotional first aide (counsel homesickness, cheer them up, etc.)

3. TEACHER’S AIDE

- Help pass out and collect teaching materials & journals
- Actively refocus students who are having side conversations by separating talkers, whispering to them: “Please listen” or “Eyes over here” or place yourself in between chatty students, etc.
- Spread out. It is not helpful to your students or Naturalist if you clump together with other counselors.
- Role model polite participation and be enthusiastic when appropriate
- During group activities, ask the students questions to promote learning

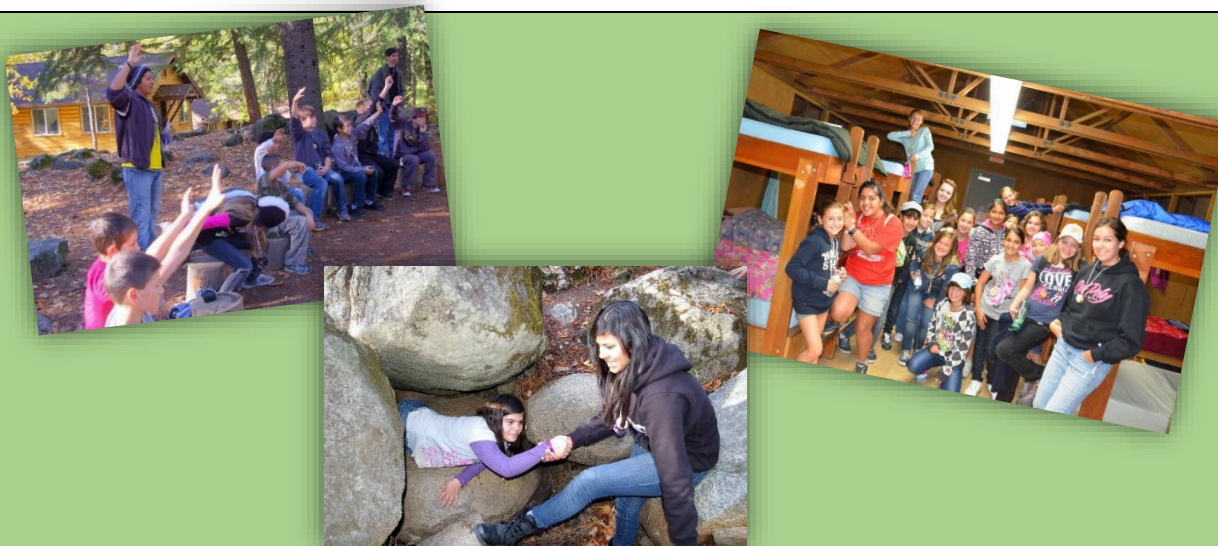
4. MEAL ‘SUPERVISOR’

- Help facilitate conversation at your table and encourage kind behavior
- During clean up, it’s helpful if you stay at table and assign tasks to students
- Let us know if someone isn’t eating or being polite to others



Being a Counselor is a large responsibility. If you are a good counselor, students will look up to you. They will imitate you in attitude and dress. So set a good example in the following ways:

1. Be enthusiastic! Get involved in the Activities. Students react to your mood. If you are happy, they are too. If you look interested, they are interested.
2. Don't try to be a buddy to the students. They will respect you more and do as you say if you act as their leader, not their buddy.
3. Never yell at the students but be firm and clear. The best way to gain their respect is by setting a good example.
4. When you have a discipline situation with students, write their names down on the detention sheet if you have given them detention. Then talk to their teacher ASAP. You are not expected to be a disciplinarian. If the students don't follow your instructions, ask their teacher to talk to them.
5. We are part of the Stanislaus County Office of Education and part of the regular school program. Therefore, the use of alcohol, drugs, tobacco, nicotine products, and or vapor emitting devices will result in immediate suspension.
6. No physical punishment. This includes Push-ups. If a student is out of line, talk to their teacher.
7. Always keep your group together. Lines are not always necessary. It's up to you to line them up or not- but you should always be in front.
8. Watch your language. Don't swear and do not allow the students to use inappropriate language. Say "please quiet down" instead of "shut up".
9. A good counselor is always observing their group. Don't wait for the little problems such as teasing or horseplay to escalate and blow up in your face. Deal with inappropriate behavior when it happens.
10. Please be mindful of your group's noise level. Keep noise to a minimum when moving your group- no chanting. Chanting leads to a competitive environment.



11. All outdoor school participants should wear appropriate clothes for their next activity. Make sure they are sleeping in something other than the clothes they wore that day.
12. Pranks and dorm raids are not allowed here and will result in counselor suspension and students will be put on steps. If you hear rumors –stop them in their tracks. This needs to be a safe place for our kids and they need to trust that their belongings will be safe, too.
13. Be conservative in how you interact with other counselors. When students see counselors together, they think that they are a couple. Remember, that for 6th graders, it's a big deal just for a boy to talk to a girl.
14. Try not to have physical contact with the students. Students often get crushes on counselors- do not encourage this. Students may view your actions differently than you intended. You may high-five them, fist bump, do silly handshakes and things of that sort.
15. What should you be thinking about during class time?..... Strategic placement. During classes, be a teacher's aide by focusing the students' attention on what is being taught. Help quiet your students by standing next to them or in between talkers. You may also move students or quietly pull them aside. Avoid clumping up with other counselors and spread out. Try not to stand, sit or walk with other counselors- join the circles with the students.
16. Confiscate all gum and candy. If you brought snacks- you must leave them in the Staff Office cabinet labeled "Counselor Snacks". Do not take any food or drink outside the Staff Office.
17. Ask for help! We all recognize that your job can be very challenging. You are not in this alone. If you have concerns or needs of your own that are not being met, talk to a staff member immediately.



Super Sleeper Award



Helping Hands Award



Golden Broom Award

Super Sleeper Award

- * Students earn this award by being **SILENT** from **9:45 pm- 7:00 am**.
- * No one is allowed to use the bathroom between 9:30 pm-10:00 pm (after that, one at a time).
- * You begin telling a story when lights go out – and read aloud for about 20 minutes or so.
- * They are disqualified for:
 - ✓ Giggling and/ or being silly
 - ✓ Being out of their bunk for no good reason
 - ✓ Fake coughing, fake snoring, or fake farting
 - ✓ Getting up and out of bed before 7:00am
- * Remember! If your dorm does not get the Super Sleeper Award, it is not a reflection of your ability to be a good counselor. Students make their own choices.

PRO TIPS FOR SUPER SLEEPER:

- * Tell students how much time they have left and count down. Examples below:
 - “8 minutes left!”... “5 minutes left!”
 - “I’m turning the lights off when I get to 1! ...10...9...8” You must actually turn the lights off- ready or not. They can finish in the dark.
- * Let them talk in their beds for 5 min (at 9:55 pm). The last minute is for whispering only.
- * Go around and say goodnight to each student with a fist bump or a pinky hug.
- * READ the story your Naturalist gives you! You can read it by the EXIT light or desk lamp. No scary stories!
- * Remind them about the award just as the lights go off.

Helping Hands Award

- * Students earn this award by helping with such things as:
 - Delivering food for snack
 - Stacking chairs in the dining hall
- * Ask your Naturalist for other ways to earn the award.
- * The helping hands award will break a tie if more than one dorm earns the most points.



Golden Broom Award

- * After every breakfast, you'll have about 10-15 minutes to clean up your dorm.
- * As soon as you get back from breakfast, huddle up with all of your students for a quick strategy meeting! Check the inspection list and begin all assigned duties.
 - Example: "You two are on sweeping! One for the broom and one for the dustpan!" and so on. Ready, Set, GO!
- * Remember to conserve energy! Turn off the lights, turn off the fan, and close the windows.
- * Leave drawers open and get to your meeting spot on time!

PRO TIPS FOR THE GOLDEN BROOM:

- * Be sure to read the Inspection Sheet directions.
- * Begin organizing before breakfast or the night before.
- * Make sure heating/ cooling vents are not covered by luggage or gear.



Dorm Awards - Proudly shown on Dorm Banners

	<p>Tried Something New Award</p> <p>Counselors give this award when every student in their dorm has tried something new that day. This could include climbing on rocks, meeting someone new, tasting new food, sleeping away from home for the first time etc. Counselors can have students share with each other what new thing they have tried</p>
	<p>On Time Award</p> <p>Counselors give this award to the dorm if all students (excluding any student who is with a staff member, teacher or in H.O.) are on time to their scheduled events.</p>
	<p>Ready to Rock Award</p> <p>Counselors/Staff give this award to the dorm if all students in that dorm arrive at an activity prepared with jackets, proper shoes, filled water bottles, etc.</p>
	<p>Awesome Attitude Award</p> <p>Counselors give this award to their dorm if students exhibit a positive attitude. This could be any words of encouragement given by students to each other, there has been no complaining and/or students are willing to help.</p>
	<p>Teamwork Award</p> <p>Counselors give this award to the dorm for any time a group works well together. This could be a team game in class, working together to prepare for inspection, packing luggage, helping clean their meal table, dorm olympics, etc.</p>
	<p>Kindness Counts Awards</p> <p>If counselors witness students in their dorm group being extra supportive and kind to one another, they can give this award.</p>
	<p>Hecka Hydrated</p> <p>Counselors give this award when students come to class with their water bottles completely filled and do not throw out water on the ground or students do a good job of remembering to drink water throughout the day.</p>
	<p>Helping Hand Award</p> <p>Staff members give this award to the dorm for anything extra helpful anyone in the dorm does such as taking down or setting up tables, flag ceremony, or carrying snack freeplay.</p>
	<p>Super Sleeper Award</p> <p>Staff members award this at breakfast. Students earn this award by staying quiet and in bed between the hours of 10pm and 7am. Foothill Staff will confirm with counselors in the morning who deserves this prestigious award!</p>
	<p>Golden Broom Award</p> <p>Staff members give this award if a dorm gets a perfect score on dorm inspection.</p>

***Nighttime radios are in the Activity Rooms. The SDA is in the Boys Activity Room overnight.**

For help during the day, call the health office by dialing 306 or 316

Allergies (aller: LT!)

Our staff will...

- Tell you if the naturalist or the child is in charge of carrying the EpiPen. (If students have a “**naturalist carries**” EpiPen their medication is carried by adults: during hikes the naturalist carries it, during the rest of the day it is in the health office, and at night it is kept with the SDA)
- **Train** students on how to use their EpiPen
- Tell you about any relevant **health history**

Your job is to....

- Make sure all “**Self-carry**” students have their EpiPens in their backpacks; make sure **the backpack** is with the child every time they leave the dorms. No one else can carry the backpack for them!
- Tell a staff member if the child experiences symptoms of a **severe allergic reaction**, such as:
 1. Tight, itchy, or swollen throat, mouth, lips, face, or tongue
 2. Trouble breathing, wheezing, repetitive coughing
 3. Hives or rash
 4. Pale or bluish skin tone, dizziness
 5. Sick to stomach, vomiting, diarrhea
- Tell a staff member if the student **eats** something they shouldn’t or is **stung by an insect**
- **Wash your hands** if you eat nut or peanut snacks in the break room; never eat snacks in the dorms
- If students bring **snacks** into the dorms, collect the food and give it to the teacher for safe keeping
- Tell Foothill staff if students are being **unsafe** with their medication

Asthma

Our staff will...

- Carry inhalers for students who cannot carry their own; if students have a “**naturalist carries**” inhaler their medication is carried by adults throughout the day: during hikes the naturalist carries it, during the rest of the day it is in the health office, and at night it is kept with the SDA
- If a student has a **nebulizer** (for trouble breathing at night) it is kept with the SDA in the Boys Activity Room

Your job is to...

- Make sure any students who have a “**self-carry**” inhaler are keeping the medicine in their backpacks and always take those backpacks with them **whenever they leave the dorms** (students cannot get on the bus for field trip or start a hike without their inhaler)
- Report **missing** medication to the health office immediately so it can be found
- If a child is having **trouble breathing**, says they are having an **asthma attack**, or are using their inhaler:
 1. Encourage the child to sit comfortably and rest
 2. Call Foothill Staff immediately
 3. Remind the child to use his/her inhaler if they have not done so already
- Tell a staff member if a student is acting **unsafe** with their medication

Seizures

Our staff will...

- Let you know what kind of seizures the child might have; share **signs and symptoms**

Your job is to...

- Find the student a **bottom bunk**
- If the student has a grand mal seizure:
 1. **Protect the child’s head** but do not restrain
 2. **Time** the seizure
 3. **Call Foothill staff**
 4. **Reassure** other students while protecting the privacy of the student who is seizing

Diabetes

Our staff will...

- Introduce you to the student's **Parent Shadow or Nurse**; this is the person who is in charge of the students' care and should be called in case of emergency
- Train you on how to use our **nighttime radio** so you can call for help if needed
- Explain why students with diabetes are allowed to have **snacks** in the dorms
- Tell you if a student may **miss an activity** to count carbs, test their blood sugar, or rest

Your job is to...

- Remind the student to take his/her **backpack/bag** with snacks, test kit, and their **emergency glucagon** with him/her EVERY time the group leaves the dorms
- Make sure the student has a **bottom bunk near the door** so the parent shadow can find the child at night
- Call the parent shadow (at night) or the health office (during the day) if the student does not feel well
- Let the student have a **snack** if s/he says they are "low," but always call the parent shadow if the child is eating food—this could be a sign that his/her blood sugar is dangerously low
- If the student **passes out** or starts having a seizure call the parent shadow and Foothill staff immediately; locate the child's backpack with the **emergency medication**

Limited Activities (LM = Limited Mobility)

Our staff will...

- Tell you if the child cannot participate in certain activities

Your job is to...

- Give the student a **bottom bunk** if they have a limitation or injury that makes it unsafe for them to climb
- Remind students about their **limitations** (for example, not safe to run with a broken foot)
- If a student has a **cast**, help him/her cover it with a plastic bag for showering (teachers can help with this too)

Bedwetting (BW)

Our staff will...

- Call students up to the health office to put on **pull-ups** at night before bed and in the morning when they wake up
- **Wash** wet pajamas and bedding for students
- Return clean items to your dorm while your group is out hiking

Your job is to...

- Make sure to get the student a **bottom bunk**
- Help students find a **buddy** to walk them to the health office
- If the child has an **accident** during the night, help him/her discreetly:
 1. Find gloves, Oxivir spray, trash bag, paper towel in the activity room closet. **Put gloves on!**
 2. With gloves on, put wet pajamas and bedding into a **trash bag**
 3. With gloves on, **wipe bed** with Oxivir spray and paper towel
 4. Re-make bed (bedding to borrow is in the health office; ask SDA for help at night)
 5. Label the bag for the health office; give it to the SDA or deliver it to the health office
- Always respect the child's **privacy** and confidentiality; don't tell other students why a student needs to go to the health office or have their bedding changed. It's ok to say "a water bottle spilled on the bed."

Sleeping Walking (SW) or Night Terrors

Our staff will...

- Give you specific information about a student if s/he sleepwalks or has night terrors

Your job is to...

- Find the student a **bottom bunk** near a counselor and the door to the hallway
- If a child is out of bed and appears to be sleepwalking, gently encourage them to go back to bed—**don't try to wake them up**
- If a child has a night terror, try talking calmly and **reassuring** them that everything is okay
- If you wake up and the child is **not in bed**, check the restroom/hallway; **notify SDA if a child is missing**

Please Check in with a Staff Member before you take off for your breaks. 😊

You can take 1 Hike off during your week at Foothill. Talk to your Naturalist for more info.

Where can I go on Break with my phone?	Where can I go on Break with NO phone?
<ul style="list-style-type: none"> • Dining Hall (Deck, eating area) • Staff Office- Please clean up after yourself, especially if you eat snacks or play games. • Peoples Pavilion 	<ul style="list-style-type: none"> • Dining Hall (Deck, eating area) • Staff Office- Please clean up after yourself, especially if you eat snacks or play games. • Peoples Pavilion • Your own dorm • Basketball Court (Basketballs are in the Rec shed, be sure to put them back 😊) • The Kitchen is off limits, but you may get or return dishes

When can I take a shower?		
Break time	Yes or No	Notes
8:50-9:15 AM (If not on Field Trip)	Yes	You will drop your students off at their meeting spot, then be on break.
12:30- 1:00 PM (If not on Field Trip)	Yes	Please be ready to pick your students up at 1:00 to prepare for the afternoon hike
4:25-5:00 PM	Yes	Once the counselor meeting is over you have the rest of the time to take a break
Campfire (Not first night)	Yes	Students will be at Campfire; you are welcome to join if you wish.
Your hike off (BEFORE 9:30AM)	Yes	Custodians begin to clean around 9:30am.

- * You can only take a shower when the student **are not** in the dorms.
- * Our Custodians will be cleaning the restrooms at variable times.
- * No early morning or late-night showers.

CELL PHONE USE:

WHICH BREAKS CAN I CHECK OUT MY PHONE?

***as long as staff are present**

~~8:50-9:15 AM~~

NOT THIS ONE -Naturalists are prepping lessons

12:30- 1:00 PM

4:25-5:00 PM

8:45-9:00 PM

Your hike off

I CAN TAKE MY PHONE TO THE...

- Dining Hall and surrounding deck
- Staff Office
- Peoples Pavilion

I CANNOT TAKE MY PHONE...

- Anywhere else

WHEN DO I GET MY PHONE BACK?

At the end of Closing Ceremony...
which is the last day
right before you get on the bus



The Foothill Five



- Celebrate efforts and achievements - both your own, and others'.
- Take responsibility for your words, actions, and body language.
- Be respectful of each other, yourself, our school, and nature.
- Commit to participate and to try new things.
- Be safe with your body and with other people's feelings.

EXPECTED BEHAVIORS

Rev: 7.18 JLH

Expected Behaviors						
The Foothill Five	All Settings	Dorms	Bathrooms	Bus	Dining Hall Meals	During Hikes & Classes
Celebrate	<ul style="list-style-type: none"> Give compliments Make new friends 	<ul style="list-style-type: none"> Thank people who help you No put downs or making fun with others 	<ul style="list-style-type: none"> You're saving water! -Turn off faucets 	<ul style="list-style-type: none"> Thank your bus driver 	<ul style="list-style-type: none"> Applaud achievements Join the Clean Plate Club 	<ul style="list-style-type: none"> Discover someone else's strengths Work as a team
Take Responsibility	<ul style="list-style-type: none"> Listen to and follow directions Be helpful 	<ul style="list-style-type: none"> Stay with your group Tell your counselor what you need Be honest Do not leave your group 	<ul style="list-style-type: none"> Flush toilet Report mean behavior to an adult 	<ul style="list-style-type: none"> Quiet voices Help driver 	<ul style="list-style-type: none"> clean your table Stay seated 	<ul style="list-style-type: none"> Carry your water bottle & medications Leave only footprints
Respect	<ul style="list-style-type: none"> Be kind Respect nature and people Use appropriate language No putdowns 	<ul style="list-style-type: none"> Listen to and follow your counselor Don't touch someone's stuff or bunk No cussing No photos in dorms or bathrooms 	<ul style="list-style-type: none"> Wait your turn Don't bang on stall doors No photos Keep conversations friendly 	<ul style="list-style-type: none"> No food 	<ul style="list-style-type: none"> Say please and thank you Listen to the meal leader 	<ul style="list-style-type: none"> Listen to others Disagree respectfully Don't squish bugs or pick plants
Commit	<ul style="list-style-type: none"> Try new activities Include others 	<ul style="list-style-type: none"> Work to win awards Help group be on time No talking or playing between 9:30pm-7 am 	<ul style="list-style-type: none"> Everybody cleans Try to go! 	<ul style="list-style-type: none"> Teachers and counselor assist with supervising 	<ul style="list-style-type: none"> Volunteer to serve Try new food 	<ul style="list-style-type: none"> Accept challenges Share your ideas and ask questions Learn something new!
Be Safe	<ul style="list-style-type: none"> Keep your hands and feet to yourself If you see something, say something Stay with your group 	<ul style="list-style-type: none"> Be kind with your words and actions No hanging on rafters you or your stuff No play fighting/pushing 	<ul style="list-style-type: none"> Keep water off of floor Wash your hands 	<ul style="list-style-type: none"> Stay in seat Face forward No throwing Keep hands and feet to self 	<ul style="list-style-type: none"> Clean hands! No eating contests Special diet? Talk to cooks 	<ul style="list-style-type: none"> Stay on trail No throwing rocks or sticks Avoid poison oak
						<ul style="list-style-type: none"> Celebrate others who try the WOW challenges
						<ul style="list-style-type: none"> Return borrowed equipment Be kind to others Ask an adult for help
						<ul style="list-style-type: none"> Have good sportsmanship Treat equipment with care
						<ul style="list-style-type: none"> Try new challenges or games Include others Meet new people
						<ul style="list-style-type: none"> Stay in boundaries Play hard but fair Report dangerous conditions or broken equipment

The Foothill Five	Dorm Rules	
Celebrate	<ul style="list-style-type: none"> • Thank people who help you 	<ul style="list-style-type: none"> • No put downs or making fun of others
Take Responsibility	<ul style="list-style-type: none"> • Stay with your group • Tell your counselor what you need • Be honest 	<ul style="list-style-type: none"> • Do not leave your group
Respect	<ul style="list-style-type: none"> • Listen to and follow your counselor 	<ul style="list-style-type: none"> • No cussing • Don't touch someone else's stuff or bunk • No photos in dorms or bathrooms
Commit	<ul style="list-style-type: none"> • Work to win dorm awards • Help your group be on time 	<ul style="list-style-type: none"> • No talking or playing between 9:30pm-7:00am
Be Safe	<ul style="list-style-type: none"> • Be kind with your words and actions 	<ul style="list-style-type: none"> • No hanging on rafters – you or your stuff • No playfighting/pushing

Children's Rights: 1. To be safe at all times
 2. To be helped by all adults
 3. To have privacy
 4. Have the best week at Foothill

If you see something, say something

DORM BEHAVIOR CHART

Positive Behaviors		Consequences	
CELEBRATE RESPECTFUL	<ul style="list-style-type: none"> Helping others by holding door, assisting with backpack, comforting others Getting in line when asked Being quiet at night Cleaning Being prepared for hikes Asking how to help you Joining clubs Including others 	<ul style="list-style-type: none"> High five Verbal praise: <ul style="list-style-type: none"> "Thank you for..."; "I love it when you..." Spot at the front of the line Wow board (<i>as many times as the child deserves</i>) A Bead Dorm awards (clean, quiet, helpful) 	REWARD WHAT YOU WANT
	Negative Behavior	Consequences	
	<ul style="list-style-type: none"> Keeping others awake Jostling others in line Not lining up on time Talking over naturalist, teacher, counselor Not following directions Calling names, teasing excluding 	<ul style="list-style-type: none"> "_____ is not ok at Foothill" Move student to another location (bunk, spot in line, seat at table) Stand by the student <p>THEN: 5 min, 10, 15 min off of freeplay</p>	SEEK TO UNDERSTAND THE CAUSE
	<ul style="list-style-type: none"> Repeated disruption Repeated not following directions Non-directed hate language Repeated calling names, teasing, excluding Play fighting 	<p>GET STAFF OR TEACHER</p> <p>STEP 1 or 2</p> <p>Given by teacher, FH staff</p>	
HURTFUL OR HARMFUL	<ul style="list-style-type: none"> Directed hate speech Fighting or violent behavior Exposing genitals (own or others) Harassment, intimidation Touching others at night Theft • Threats Student not responding to adult or yelling, screaming or running 	<p>IMMEDIATELY</p> <p>get Staff or Teacher</p> <p>STEP 2 or 3</p> <p>Given by teacher or Staff</p>	

Children's Rights:

1. To be safe at all times
2. To be helped by all adults
3. To have privacy
4. Have the best week at Foothill

Communicate with your Naturalist & Teacher

If misbehavior continues even after detention time is given, or if it is a severe situation (such as pushing, shoving, defiance, harsh language, photos in the bathroom, bullying etc.) Speak to a teacher or a staff member immediately.

Foothill Horizons Outdoor School has a

3 Step Discipline Policy:

1. Conference-

Teacher or Staff member meets with student and has a counseling session identifying what behavior needs to be improved upon.

2. Call Home-

Teacher/ Staff and student call parents or guardians to inform them of behaviors.

3. Go Home-

Student is separated from the group until parent or guardian picks them up to go home.

Your responsibility in this process is to quickly communicate misbehavior to the teacher or Naturalist. You will not be giving steps. Steps are given by teachers or Foothill Staff.

PRO TIPS FOR MANAGING YOUR GROUP:

- * Tell students how much time they have left and count down. Examples below:
- * ALWAYS POINT OUT THE GOOD! Catch them behaving the way we ask them to.
- * Never yell or embarrass students. This includes saying "shut up."
- * Teasing, "kidding around", and sarcasm can easily be misunderstood by 6th graders, and they may take things personally or not how you meant. Avoid such behavior.
- * Avoid endless arguments with the students. If they choose to argue with you, tell them, "I will no longer continue this conversation with you, you can talk to your teacher." Then take them to a teacher as soon as you can.
- * Do not make promises you can't keep. After one warning, there must be a consequence.
- * If a student who has been having a hard time begins to show improvement, make a point to praise their behavior and thank them for choosing to turn it around!

Games!

Beat the Feet (great for learning names!)

Equipment: none (or a simple object like a hat)

Students sit in a circle on the floor/ground. One student is selected to be in the center. A student sitting in the circle calls out the name of someone else in the circle. The student who was just named must call out the name of another student seated in the circle **before** the student in the center touches their feet with their hand or the object. If the student's foot is tapped, they go to the center, and it begins again.

Follow the Leader

Equipment: none

Assemble the group in a circle. Send one student out of the circle. Elect one student to act as the "Leader". The "Leader" starts out doing an arm, hand, or body motion. (i.e. Clap hands, disco moves etc.) Everyone else in the circle must follow and do the motions of the "Leader". The person asked to leave the circle in the beginning is asked to rejoin the circle and stand in the middle. This person has three tries to guess who the "Leader" is. **Note:** the "Leader" should continuously vary the arm, hand, or body motion. If everyone did the same motion the whole time it would be difficult to determine the "Leader"

Draw a Face

Equipment: none

With your **LEFT** hand, draw a happy face in the air. Ask students to duplicate the face you drew EXACTLY as you draw it. (This included drawing it with their **left** hand, but don't tell them that!) Students must try to guess what they are doing wrong and try again. Students should not yell out answers (as this ruins it for others). If a student draws the happy face with their left hand, tell them that they are correct (but not why!).

Geiger Counter

Equipment: none

Send one student out of the room, pick an object. When the student returns, the remaining group claps their hands slow -> fast as the person gets closer to the object. The person is given a standing ovation when they find the correct item!

Johnny, Johnny, Whoops

Equipment: Your hand

Put your hand out in front of you with your fingers stretched out. With the index finger of the other hand, touch the pinky finger and say “Johnny” then go to the next finger etc. saying “Johnny” each time. After the fourth Johnny at the index finger, slide the pointer finger down the index finger and up the thumb, saying “whoops, Johnny” and touch each finger back to the pinky saying “Johnny” at each fingertip. Finally, do a subtle move of folding your hands and set them in your lap. (Final move variations: cross your arms, scratch your nose, etc.)

Have the group observe how you have done the above, and then ask them to repeat the action exactly as you did it from the beginning to end. In order to be correct, they must do the “final move”. This is tricky because they focus on the “Johnny” part.

Mirror, Mirror

Equipment: none

Place students in pairs. One will be the leader, the other the mimic, then they will switch. The partners face each other, and the leader makes motions which the other mimics as exactly as possible.

Ducky Wucky

Equipment: none

Have students form a circle. One person stands in the middle and tries to make another student laugh by approaching them and saying, “Will you be my ducky wucky?” in a funny manner. The student asked must respond: “No, I will not be your ducky wucky because I cannot smile or laugh” without smiling or laughing. If the student laughs, they go to the middle and tries to make someone else laugh. No one is allowed to touch another person at any time.

Telephone

Equipment: none

Sit in a circle. Facilitator will whisper a short statement into the ear of the person sitting on the right or left (not both). The statement is passes around the circle. The last person will announce the message. Compare the last with the original statement.

Animal Charades

Equipment: none

Students form two lines facing you. One student from each line comes up to you. Whisper the name of an animal to each of them. They go back to their line and imitate the animal to their teammates. When the animal is guessed by the line, the next students in the line are assigned another animal. The first line which guesses the animals performed by all of the students wins!

Variation: Have one student imitate the animals in front of the whole group, with the rest of the group guessing.

Red-Handed

Equipment: small object

Have your group sit in a circle. One person is “it” and goes into the center. A small object (stick, acorn, rock etc.) is given to the person in the circle. Each person has their fists out towards the person in the center. “It” closes their eyes and counts slowly to 20. Meanwhile, the players in the circle are passing the object around from person to person. After “it” opens their eyes, “it” tries to guess where the object is as the group keeps passing the object. The person caught “red-handed” becomes “it” for the next round. You can pre-determine how many guesses “it” gets.

Count to Ten

Equipment: none

Sounds easy to count to ten. Try having your group count to ten randomly without anyone speaking at the same time. If multiple people say the same number at the same time, the group must start over at 1. Once they are successful, start over.

Match Game

Equipment: none

Divide the group in half. Have each group line up behind parallel lines several yards apart. Give each student in the first group the name of an animal which they have to imitate, then give the second group the same animals. When the game begins, the students must find their partner by making animal noises and movement.

Pulse

Equipment for level 2: a coin, and an object such as a hat, stuffed animal, or small pillow.

Level 1: Sit in a circle and “pass” a pulse around the group. A pulse is when you squeeze a hand. When that person feels the squeeze then that person will squeeze the hand next to them and so on, as it goes around the group.

Level 2: “Lightning Pulse”: Divide your group in half and have them sit down in two lines. Each line should be sitting elbow to elbow, with their legs crossed, facing the other team. The adult should be at one end of the lines holding a coin, and the object should be on the ground, evenly spaced between the last two people in the lines. The adult flips a coin-

If “Heads” the first person in each line sends a pulse down their team’s line.

If “Tails” nothing should happen.

Once the pulse is sent, and the last person receives the pulse, they then try to be the first person to grab the object. The team that gets the object receives a point if the pulse was sent on “Heads”. If the pulse was sent accidentally on “tails”, and the object was grabbed, the team loses a point. Switch the person at the front of the line from time to time.

Person to Person!

Equipment: none

Explain to the students that when you call out “Person to Person!” they are to find a partner. Once they find a partner, they are to comply with the next set of directions until they hear “Person to Person” again. Begin calling out directions such as “foot to foot,” “elbow to elbow,” “knee to knee,” etc. The students must comply with the directions given and build upon each one. They cannot “undo” one direction to do the next. Once the pairs look pretty twisted up and they are laughing pretty hard-then call out “Person to Person!” again and start all over.

Other silly call ideas: Pinky finger to head! Toe to head! Thumb to shoulder! Hip to hip etc.

People Bridge (great for team building)

Equipment: none

Pick an object several yards away from your group. They must stretch from where they are standing now to the object in one continuous chain of bodies keeping contact with each other.

Forced Choice (Great for a group to get to know one another)

Equipment: none

Make two parallel lines in the dirt about three feet long and three feet apart. Students are asked questions and have to decide between two choices. Each line is designed as one or the other choice. The students must stand behind the line which represents their choice.

Examples of questions:

Would you rather be or have....

- | | |
|---------------------------|--------------------------|
| Ice cream or cake? (Why?) | Hammer or nail? (Why?) |
| Pitcher or Batter? (Why?) | Helper or Helpee? (Why?) |
| Forest or Ocean? (Why?) | Tree or Rock? (Why?) |

Make sure to keep choices non-threatening and non-embarrassing to the students. Have them discuss why they made the choices that they did after each one before calling out another.

Back-to-Back

Equipment: none

Students stand back-to-back and must link elbows. Then try to sit down together. Next, they try to stand back up again. Have pairs race to see who can finish first.

Minute Mysteries: These are mysteries that you say to the students, and they try to solve them by asking you only “yes” or “no” questions. **An example:**

There is a girl bicycling down the road dressed entirely in black. There are no lights on anywhere and no moon. A car with no lights on comes down the road and manages to avoid the girl... How?

- “Does the driver have night vision?” (No). “Is the girl on the side of the road?” (no)
- “are there reflectors on the bike?” (No) **Answer: It’s daytime.**

- A boy goes into a town with only two barber shops to get a haircut. The barber in the first shop has a very bad haircut. The barber in the second shop has a near, good-looking haircut. Which barber should he go to? (The first, because he cut the second barber’s hair.)
- Two women walk into a coffee shop. They both order cherry cokes with extra ice from the same waitress. One woman drinks her coke quickly, and the other sips hers slowly. The woman who drank her cherry coke slowly died one hour later, while the other woman lived. What happened? (**There was poison in the ice.**)
- Two people are out in the desert with nothing around them, not even any tracks. One is dead and one is alive. The dead person has a full backpack, and the living person has an empty one. What happened? (**There were parachutes in the backpacks.**)
- It’s at the start of everything, in the middle of forever, and the beginning of the end. What is it? (**The letter “E”**)

Silly Questions:

1. If a plane crashes on the boarder of Canada and the United States, where would the survivors be buried? (**You don’t bury survivors**)
2. If you have ten cows and all but three died, how many are left? (**Three**)
3. A rooster sitting on the center of a doghouse lays an egg, which side of the roof will the egg fall on? (**Roosters don’t lay eggs.**)
4. You go into a room with only one match. You must light a lantern, a gas stove, the pilot light of a water heater, and a fire in the fireplace. Which do you light first? (**The match**)

