

# REALTALK ACTIVITY AGENDA

Below is a sample activity agenda. With the exception of Divorce and Grief, it can apply structure to any REALTALK activity. The activities can be completed as a group of two or more.

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## Adviser duties:

- Oversee Team Leader prep and duties.

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## Team Leader prep:

- Select a quote.
- Select a worksheet activity and gather materials.
- Make copies of the quote for the Team Leaders (if needed).
- Make copies of the activity worksheet and template (if applicable) for the entire group (if needed).

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## Team Leader duties:

- Welcome the group and encourage participation.
- Read aloud the quote.
- Discuss the quote's meaning and how to apply it to daily life.
- Hand out activity materials and copies.
- Read aloud the worksheet activity.
- Guide the group through each activity component.
- After completing the activity, lead an open discussion on what was learned.

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## Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next REALTALK gathering and encourage future participation.
- Remind the group to practice the life skills learned in today's activity.
- Put away materials and leave the room as you found it.