

**CELEBRATE THEIR RETURN**

# Create an "I'm so happy you're home" card

**Materials:** Worksheets, folded cardstock or construction paper, pencils, markers, crayons, stickers

**Directions:** Read the worksheet, complete the activity and discuss with the Group.

Thinking about your special person who is away can be very exciting as the time for their return nears. Think about all the things you'll be able to do together again! Think of all the fun you'll have! And don't forget all the hugs and kisses!

To celebrate, let's create an "I'm so happy you're home card" to give to your special person when they return.

Here are some ideas for your card:

## I'm so happy you're home card ideas

I am so glad you are home, because .....

I really like it when you .....

My favorite thing to share with you is .....

I'm so glad we'll get to play .....

You are special to me, because .....

You can decorate your card with markers, crayons and stickers. And be sure to sign your name.

Get happy and start creating!



## UNIT 2 AGENDA

### Healthy body

#### Select and check one:

- Activity 1 – *Choose wisely: Eat healthy vs. unhealthy snacks*
- Activity 2 – *Exercise for health: Jumping jacks for joy!*

#### Adviser tasks:

- Hand out badges to Team Leaders.
- Gather materials for the selected activity and make copies as indicated:
  - ▶ Activity 1 – Worksheet copies, snack template copies, pencils, timer
  - ▶ Activity 2 – Worksheet copies

#### Team Leader tasks:

- Welcome the Group and encourage participation.
- Read aloud the Character Development Quote.
- Watch “If You Don’t Take Care Of Your Body, Where Else Are You Going To Live?” DVD clip (optional):
  - ▶ Activity 1 – Chapter 6
  - ▶ Activity 2 – Chapter 4
- Pass out activity materials.
- Read aloud the worksheet activity and help guide the Group.
- After completing the activity, lead an open discussion on what was learned.
- Remind the Group to write in their journals.

#### Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next Group activity.
- Encourage involvement in future Group activities.

#### Clean-up:

- Put away materials and leave everything as you found it.
- Return the Team Leader badges to the Adviser.