

## Creating A Well-Rounded Youth Program

Fun activities that build community within your group and allow students to have a fun brain break are an essential part of any youth program.

Evaluations from previous programs have shown that educators want to have extra time built into their programs to allow for transitions, snacks, community building, brain breaks, etc. With this in mind, we designed CEREBROedu to allow time for educators to incorporate their favorite activities.

If your group plans to meet for 32 hours, you should have about 1.5 hours per curriculum module as free time to conduct any activities you choose.

Welcome Event For Families [2 hours]

Module 1: Curriculum [5 hours]  
Transitions, brain breaks, etc. [2 hours]

Module 2: Curriculum [5 hours]  
Transitions, brain breaks, etc. [1.5 hours]

Module 3: Curriculum [5 hours]  
Transitions, brain breaks, etc. [1.5 hours]

Module 4: Curriculum [4 hours]  
Transitions, brain breaks, etc. [2 hours]

Family Fiesta [4 hours]

If you would like to include more brain activities in your program, it may be fun to do the activities in the family guide. This will empower your youth to help lead these activities at home or during the family fiesta.

Here are a few suggested places to look for fun brain breaks and community building activities:

<https://www.weareteachers.com/team-building-games-and-activities/>

<https://www.thoughtco.com/team-building-activities-for-middle-school-4178826>

<https://www.teachthought.com/critical-thinking/10-team-building-games-that-promote-critical-thinking/>

<http://brainbreaks.blogspot.com/>