TEENS FOR TOMORROW

RED RIBBON WEEK®

Poster Contest Toolkit

Oct. 2022

A YOUTH-LED EDUCATIONAL POSTER CONTEST AND MENTORING PROJECT TO TEACH 1ST-5TH GRADERS ABOUT MAKING HEALTHY CHOICES

Created by Teens for Tomorrow, Clark County Community Services
Hosted in partnership with the Clinton & Gloria John Clubhouse and West Van for Youth

Table of Contents

Who are we?.....3
Why we made this toolkit.....3
How to use the poster contest toolkit.....3
Overview.....4
Day 1 Agenda.....5
Day 1 Script.....6
Day 2 Agenda.....11
Day 2 Script.....12
Day 3 Agenda.....14
Day 3 Script.....15
Extra Activities (if needed).....17
Mentoring Tips.....18
Mentoring Tips (continued).....19
Extra art ideas if youth finish a poster early.....20
Handouts and worksheets.....21

*

Who are we?

We are Teens for Tomorrow, a nonjudgmental and inclusive group of Clark County, WA youth (ages 12-18) preventing youth drug and alcohol use, using our own words and in our own way. We work to learn about substance use prevention among ourselves and other youth by: exchanging knowledge and resources, promoting mental health, creating an inclusive, resilient community, and building and elevating youth leadership.

Why we made this toolkit

Our goal with the poster contest was to not only teach grade schoolers about healthy coping skills, but also to add protective factors to their lives by connecting with them as peer mentors.

The goals we wanted to accomplish with this project were:

- **Prevention:** We want youth to learn coping skills early so that they are less likely to use substances later in life.
- **Empowerment:** We want youth to be their own experts on what coping skills work for them.
- **Community engagement:** We want youth to use their voices through their art to teach the community that youth and young kids have valuable perspectives.
- **Peer learning:** We know that youth to youth education is really powerful.
- **Connection:** We wanted an event for youth of different ages to connect with each other, hear each other's ideas, and learn about the things they have in common.

How to use the poster contest toolkit

This toolkit is a collection of all of the materials we either developed or collected for our poster making contest, including the scripts we wrote, worksheets we made, and more. Since we created everything for our own workshop, please feel free to change the details to fit your own needs. Please remember to credit Teens for Tomorrow if you use our work.

Overview

The event was held at the Boys and Girls Club over 3 days, for about 2 hours per day. The same 25-40 students were present for each day. Each day involved a warm-up activity centered around a healthy coping skill.

Day One	Day Two	Day Three
● **Introduction:** Who are we, and what is RRW? ● **Icebreaker activity:** Rock Paper Scissors Train ● **Coping skill activity:** Bubble breathing ● **Group discussion:** What are your healthy coping strategies? ● **Poster contest instructions** ● **Mentoring and poster making time!** ● **Clean-up and closing**	● **Opening** ● **Coping Skill Activity:** Positive affirmations ● **Mentoring and poster making time! (**Finish posters) ● **Clean-up and closing**	● **Opening** ● **Icebreaker:** Try Not to Laugh ● **Poster voting!** ● **Vote-tally activity** ● **Announcement of winners and closing**

Participants were divided into two categories: 1st through 2nd grade, and 3rd through 5th grade. Each category had a 1st, 2nd, and 3rd place winner.

Teens for Tomorrow worked with West Van for Youth to provide the following selection of prizes for winners: Razor scooters, art kits, lego sets, and stuffed animals. TFT decided on these specific prizes because they wanted the prizes to promote healthy coping skills. Examples of other prizes that could promote healthy coping skills could include soccer balls, journals, art projects, bath bombs, and more.

For voting, we asked students to vote on each others' posters based on creativity, original ideas, and how well the poster followed the theme.

Day 1 Agenda

---

1. **Introduction**
    a. Who we are and why we're here
2. **Icebreaker activity**
    a. Rock Paper Scissors Train
3. **Coping skill activity**
    a. Bubble breathing **worksheet included in appendix*
4. **Group discussion**
    a. What are your healthy coping strategies?
5. **Poster contest instructions**
    a. **Instruction flier included in appendix*
6. **Mentoring and poster making time!**
7. **Clean-up and closing**

Day 1 Script

Introduction
[Speaker]: _____

➢ Hello everyone, how are you all doing today?

➢ My name is _____ and these are some of my friends. Let us introduce ourselves to you *[each TFT volunteer, partners, staff]* say your name, pronouns, grade, and something you do for fun?

➢ We really appreciate you having us here today. We are Teens for Tomorrow, a group of teens that are trying to make a better future for youth, like you. We connect with youth to learn from each other on how to build important skills like dealing with stress in a healthy way, and how to make healthy choices so that we can stay away from things that could harm us like vaping, alcohol and other drugs.

➢ We would also like to introduce our partners here today, West Van for Youth. *[ask them if they would like to introduce their group and what they do]*

➢ This is some of our first times being here at Boys and Girls Club, is there anyone who would be willing to share what Boys and Girls club is and what you love about it? *[If no kids volunteer you can ask teacher to share]*

Icebreaker: Rock Paper Scissors Train
[Speaker]:_____

➢ Now that you know us a bit better, we want to invite you to play a game! *[Ask staff, and at least two volunteers to demonstrate the instructions as you speak.]*

➢ This is a fun twist on the classic game rock paper scissors! Everybody will find a partner. *[Help volunteers demonstrate pairing up.]* With your partner, play several rounds of rock paper scissors. Our rules are 1, 2, 3, Shoot. *[Volunteers demonstrate*.] The first person to win two times is the winner.

➢ The winner becomes the front, or 'engine' of a train, and the person who lost becomes a train car by coming around behind the winner and following them *[demonstrate].* Then the engine finds another engine to play rock paper scissors with. The losing train adds itself to the end of the winning train *[demonstrate*]. This pattern continues until all participants are on the same train. The complete train then takes a victory lap by running in a small circle *[demonstrate]. [During victory lap, Thomas the Tank Engine theme will play. Ask if anyone knows the song and give a prize to the winner.]*

➢ Ready to play? *[Once the game is complete, we'll play the Thomas the Tank Engine theme song during our victory lap.]*

[After icebreaker: gather everyone's attention calmly, invite them to take a seat. Let them know that we'll be transitioning into another activity that will help us prepare for our poster contest.]

Transition activity: Bubble Breathing

[Speaker]_____

➢ That was super fun to watch! How do you feel after playing that game? (happy, excited, energic) *[Give small prize to the 'engine' and congratulate them for winning the game!]*

➢ Rock paper scissors train was a great way to get our energy going and have fun! Now we want to teach you a simple and fun breathing exercise. Breathing exercises like this one we're about to show you can help you feel calmer very quickly when you are feeling lots of energy, like you might be feeling now. [Speaker], would you mind showing us what to do next?

[Speaker] _____

➢ Sure. In a minute we'll hand everyone some bubbles. When you get them, go ahead and unscrew the top, take out the wand, and make some bubbles by blowing through the wand. *[demonstrate all of this.]* Notice that if you blow air through the wand really fast, you get lots of little bubbles. But if you blow slowly and gently, your bubbles will be much bigger.

➢ Our goal here is to see how **big** you can make your bubbles! The slower and deeper you can make your breaths, the bigger your bubbles will be. Try to make the biggest bubbles you can, at least three times.

Spend a few minutes making bubbles. Volunteers and staff can wander around to help, and also kindly guide students back into the activity if there are any disruptive or silly bubble shenanigans.

➢ *[When done]* Okay, great job everyone! We're going to come around and collect your bubbles from you, so if you can put the wand back inside the tube and screw the lid closed, that would help us out a lot. Once we have all your bubbles back I'll pass it over to my friend, [speaker].

[Speaker]_____

After breathing exercise:

- How did deep breathing make you feel? *[You may prompt some feelings they may feel: calm, relaxed, energized, or focused.]* Any different than before we started breathing? *[validate responses, whether yes or no. As facilitator, offer up your own experience]*
- Why do you think taking deep breaths can help you feel calmer? *[Taking deeper, slower breaths tells your brain you want to relax.]*
- In your packet, you have a sheet of paper called "Bubble Breathing Tally Sheet *[Hold up copy of paper]*. Your challenge this week is to practice your bubble breathing. *[Have everyone fill out the first day]*

Breathing Worksheet: On the back is another list of creative and fun ways to practice breathing. You are welcome to show your family when you get home too. We will give you bubbles as you leave today.

Group Discussion - Explaining Healthy Coping Strategies
[Speaker]_____

➢ Thank you for doing that with us! That was fun. Breathing to feel calmer is a great example of a *healthy coping skill,* which is a big part of the reason why we're here. Today, Wednesday, and Thursday we are here to celebrate National Red Ribbon Week® with you! Red Ribbon Week® is about celebrating healthy choices and healthy coping skills.

➢ Here is how we want to celebrate with you! We would like to invite you to participate in a poster making contest. The posters you create for this Red Ribbon Week® poster contest are going to help us teach our community and ourselves more about healthy coping skills.

➢ Does anyone know, or can guess, what we mean by healthy coping skill or healthy coping strategy?
[Example answer: Coping skills or strategies are things that we can do to help ourselves in moments when we are feeling sad, mad, or stressed. They help us turn down the volume of our emotions so we don't get overwhelmed.]

➢ Think of a time when you were upset and you were able to help yourself calm down. What's one thing that helped you feel calmer? In a moment, we'll go around and share and I'll write your answers as we go so we can make a list together. We'll see if we can get at least 10! So think about it for a minute.

➢ …Have you had enough time to think? Who wants to start us off? *[If nobody volunteers, a TFT member can start with a simple example.]*

- Go around the room and give everyone a chance to share
- Repeat and rephrase the question every so often as you keep the conversation flowing (i.e. "thank you for sharing, Phoebe! Skylar, how about you - what's something that's helped you feel calmer?")
- Validate answers! Find something positive to say about every share, even if it's just a warm thank you. OR if the pace of the sharing is moving quickly and you don't want to slow it down, a smile and a quick word ("great!" "awesome" "good one") go a long way.
- If someone wants to pass, respond with as much warmth and enthusiasm as you would give to someone who shared (a friendly "of course!" or "yeah, totally!" before moving on works well).
- If it seems like someone needs more time to think, kindly ask if they'd like us to come back to them.

➢ *[Wrapping up--remember to return to anyone who wanted you to come back to them.*] Good job everyone! All of these things you've shared are great examples of healthy coping strategies. Does everyone feel like they understand what a healthy coping strategy is now? What questions can I answer? *[give a few moments to making sure everyone understands*]

Poster Contest Instructions
[Speaker]_____

- Now we're going to put what we learned to good use! As you know, we're having a poster contest. The theme of the contest is about sharing healthy coping skills.
- Think about if you had a friend who was stressed. What's one coping strategy you would recommend to them?
- (show blank poster) These are the blank posters we're going to hand out to everyone. At the top of each poster, it says "stressed? Try…." with a big blank spot. Complete the sentence by filling in the blank spot [point it out on the paper] with one coping strategy you'd recommend to a friend. You can use the list we made together for inspiration, or you can think of a different coping strategy that's not on the list.
- Remember, any healthy thing you can do to feel calmer and more relaxed when you're stressed is a healthy coping strategy that you can use for your poster. Once you write in your coping strategy and complete the sentence, then you have your poster title! Create the rest of your poster to match the title.

[Show some examples of some posters made by TFT]

What questions can I answer?

Okay, I'm going to ask [speaker] to go over one more thing before we get started.

Transition - Instructional Flyer
[Speaker]_____

This paper is to help you as you decide what to draw. *[Hold up instruction handout - see pg 21 of this toolkit]*

- *[upper left]* Here's a quick explanation of what Red Ribbon Week® is, if you'd like a reminder.
- *[upper right]* These are a couple of examples of Red Ribbon Week® posters from other competitions in the past
- *[blue sentence below examples]* Like it says here, this contest is all about you helping out our community by sharing your voice about things anyone could do to help them deal with stress
- *[dark blue box]* So here's the theme again, which is a fill-in-the-blank sentence that you complete with the coping strategy you choose for your poster
- *[lighter blue box]* These are some helpful tips and hints that we've written to help you, and you can also always ask questions to us or to staff members!
- *[Red box]* This box is just to tell you that we'll sort everyone into two age categories. One category will be anyone in 1st and 2nd grade, and the other category will be anyone in 3rd, 4th, or 5th grade. Each category will have 1st, 2nd, and 3rd prize winners.
- *[Spiky box]* Here are our prize options! Thanks to West Van for Youth we have some great prizes to give away. If you win, you could win a Razor scooter, art kit, lego set, or stuffed animal!

- ➢ *[black and red sentences]* And finally, this part just reminds you that your poster is officially due on Wednesday at 5:30 in the afternoon, and the winning posters will be displayed in public in a few different places. If you'd like to know more about that, feel free to talk with us!

- ➢ *[Flip page over]* And on the back, this dark circle at the bottom has our planned schedule for the week, and all of these lighter blue boxes have totally optional questions that you can answer if you need some help thinking of ideas for your poster.

- ➢ Remember, you won't be judged on your art skills! We're looking for creativity, original ideas, and how well your poster follows the theme. And the most important thing is to have fun. Are you ready to get started?

- ➢ The supplies are located_____. Also, myself, TFT volunteers, WVY staff and Boys and Girls staff are available to help, just raise your hand. We can help with brainstorming your poster, talking through an idea, if you want help drawing something, need supplies or just want someone to hang out with. We will also be going around to help and learn from you.

You will have about _____mins/hr to work on your poster today and _____ next time.

Clean-up and Closing
[Speaker]_____

- Give creators both a 10 and a 5 minute warning before cleanup time
- Announce when we need to start cleaning up, and let them know that we'll be back on Wednesday so they can have more time to work on their poster if they need it
- **Ask everyone to put their name and grade on the back of their poster!**
- Gather everyone and ask for a show of hands:
    - Who had fun!? :)
    - Who's excited to come back for more on Wednesday!?
- (Optional depending on time and vibe) If you want to, you can invite your neighbor for a high-five and tell them they did a great job! Or if you're not in the mood to high-five today, that's okay too!
- Thank them for being so cool and doing such a great job (or similar positive comments)
- On Wednesday you can pick up where you left off. A couple of us will be here again on Wednesday, and you'll get to meet some new Teens for Tomorrow volunteers too.
- Before we leave today, we wanted to introduce you to another way to win a prize on Thursday, called Better You BINGO. Who has ever played BINGO before? Raise your hand. Okay, this is like that but with a coping skills twist. *(Read the flyer to give instructions - flyer is attached in the appendix.)*

Day 2 Agenda

1. **Opening**

2. **Coping Skill Activity**
    a. Positive affirmations

3. **Mentoring and poster time!**
    a. Finish posters

4. **Clean-up and Closing**

Day 2 Script

Opening
[Speaker]_____

Hi! It is us again, Teens for Tomorrow*, some of us are new faces to you today so I will have us introduce ourselves. I will have have each TFT volunteer share their name, favorite coping skill and grade. [include Alaina, Linnea share their name and favorite coping skill]* and West Van for Youth!

We had a great time with you last time *[share something you really enjoyed].* We are so excited to see your final posters come together today! Today's your **last day** to work on your poster and turn them in.

Does anyone want to share the coping skill they are drawing today?

Did anyone do Better You Bingo and have a Bingo Card to turn in for a prize?

Before we get started today we wanted to teach you a new coping skill called positive thinking, or positive affirmations. Which is really valuable as you finish your posters today. I'll let [speaker] tell you more about it.

Coping Skill Activity: Positive Affirmations
[Speaker]_____

Who can share or take a guess about what a **positive affirmation** is or what positive thinking is? (pass out prize for guesses)

- Positive Affirmation and positive thinking are statements that can help you overcome negative thinking. Positive Affirmations sound like "I am pretty good at this." "I am better at this than I was before." "I worked hard on this."
- Negative thinking sounds like, "I can't do this" "I am not good at this"
- Our brain will believe whatever it hears most often, whether it's positive or negative.
- What that means for us is, if we are thoughtful about telling ourselves positive affirmations and we repeat positive affirmations a lot, we will start believing them.
- For example, evidence suggests that positive affirmations can help you perform better at school, calm your nerves, and increase your confidence.

The positive affirmation exercise we are going to do today is to think about 3 things we love about ourselves. You can write them down on a post-it note or just think about them. We'll give you a few minutes to think.

[if it's been quiet for a while, speak gently!] Anyone want to share? *[ask TFT member to share first]. [Validate any shared affirmations]* When you get home, take the post-it notes you made and put them somewhere you'll see them when you wake up in the morning, like a bedroom mirror.

Today, you will have _____ amount of time to work on your posters.

Closing Script
[Speaker]_____

- Give creators both a 30, 10, 5, 2 minute warning before cleanup time
- Announce when we need to start cleaning up, and let them know that we'll be back tomorrow to celebrate our posters, look at all posters and select winners together. Everyone will get a prize to take home.
- Just a reminder of prizes, scooters, legos, squishmello, and more.
- Ask everyone to put their name on the back. First name, last initial, and grade.
- 'Raise your hand if you have not added your name to the back of your poster.'
- Gather everyone and ask for a show of hands:
  - Who has a positive affirmation to share about the poster they created
  - Most importantly - who had fun!? :)
- (Optional depending on time and vibe) If you want to, you can invite your neighbor for a high-five and tell them they did a great job! Or if you're not in the mood to high-five today, that's okay too!
- On Thursday, tomorrow, we will celebrate together!
- Fun fact! Creating art releases the happy brain chemical called **dopamine**, which is great for helping us feel better when we're down. Creating art is a great coping skill!

Day 3 Agenda

---

1. **Opening**

2. **Icebreaker**
    a. Try Not to Laugh

3. **Poster voting!**

4. **Vote-tally activity**

5. **Announcement of winners and Closing**

Note: Set up for the final day involves separating the 1st and 2nd grader's posters from the 3rd through 5th grader's posters and placing them on opposite sides of the room. To make voting easier, number each poster using a sticky note.

Day 3 Script

Opening

Speaker:_____

Welcome back everyone! I'm so glad you're here again for our last day. Today is our day to appreciate everyone's hard work and vote for our favorite posters based on their creativity, originality, and how close they are to the theme. Before we vote, we are going to do an art gallery where each person can take turns telling us about their artwork.

After everyone votes, we'll announce the winners! But first, let's have some fun. We're going to do an activity called Try Not to Laugh, and I'll let [speaker] take it away.

Icebreaker Activity

Speaker:_____

Try Not to Laugh

We're going to have you face off in pairs, without laughing or smiling. Your goal is to make the other person laugh or smile before you do. Do your best to make each other smile with silly faces, noises, charades, or whatever else you can think of, but please note: you are **not** allowed to touch each other in any way. Whoever smiles first loses that round, and has to join the other person as their train car, like we did for the Rock, Paper, Scissor Train on Monday.

Poster Voting

Speaker:_____

- Are you ready to look at posters?(Keep this part short and sweet) Alright, we have two age categories: 1st and 2nd graders are in one category and they're on the (_____) side of the room (gesture), and 3rd, 4th, and 5th graders are our other category and their posters are on the other side (gesture). We're going to take a few minutes to look at everyone's artwork, and we'll invite the artists to speak about their posters. If you don't want to speak you are welcome to pass.

- We're going to hand everyone these voting cards (hold up). [*give a tour of the voting cards*]. Write down your top three favorite posters for BOTH age groups. Please do **not** vote for your own poster! As you decide, look for things like creativity and how well the poster sticks with our healthy coping theme. And take your time looking through all of the posters before you vote! Any questions? (Pause for questions) When you're done voting, place your votes in this box *[have tft volunteer hold up voting box]*.

[hand out voting cards and pencils or pens]
[let everyone know how much time they have left at 10 minutes and at 5 minutes]

Vote-tallying Activity
Facilitator:_____

Ask group which activity they want to do while we count the votes: Tissue Dance (involves dancing with a tissue on your head) or High Five Competition (involves high five)

Tissue Dance Instructions

- Now we need to tally the votes to see who the winner is, so while we wait let's take a few minutes to loosen up and have some fun. Here's my challenge for you. Place a tissue on top of your head (demonstrate). I'm going to turn on some dance music, and your job is to let loose and dance! But be careful not to let the tissue fall off your head. If the tissue falls to the ground, you're out (of the round?). If you need some new moves to try, here are some of our favorites (have three TFT volunteers quickly demonstrate some fun dance moves like the Twist, the Thriller zombie, the Macarena, the Charleston, or others. Call out the names as you demonstrate).
- Okay, let's dance! [start the music and dance with them]
- (Depending on how much time you have, dance until the song ends and hand out a small prize to all of the dancers still standing, or you can keep the music going until there's only one winner and give them a small prize and/or a big round of applause. You can also do multiple rounds with new songs.)
- **[When tallying is done: bring everyone back together and tell them they did great.]**
    - Does anyone know why we chose that activity?
        - [if they guess wrong: tell them no, but good guess! If they guess correctly: say yes! and transition.]
    - Dancing is a great healthy coping skill. On day one we practiced bubble breathing, which is a great coping skill to calm down from stress. [Skip this next part if it's not true] Yesterday, some of you finished your posters early so you created kind cards for people, and helping others is another great coping skill that can really pick us up when we're low. And dancing or other exercise is a super great way to lower stress, pick up your mood, help you focus, and more. What's even better is that dancing in a group can make you feel closer to the people around you, which can help lower your stress even more.

Fist Bump Competition

- Set-Up: Gather a large group of kids and ensure their hands are clean.
- How to Play: Instruct the kids that they are having a fist bump contest. They will have a set amount of time (5-10 minutes) to go around to their peers, ask their names, and exchange a fist bump. Optionally, create an upbeat atmosphere with a timer and music that gets kids excited to fist-bump as many new friends as possible. When the timer goes off, gather everyone together and say, "raise your hand if you fist-bumped 10 people… 20 people…" and onward.
- Can anyone guess why we did this activity?
    - When you connect with someone through a fist bump, high five, hug, or another form of friendly contact, your brain releases a happy chemical called oxytocin. Oxytocin can help you feel calmer and less stressed. So connecting with others is a great coping skill!

Announce winners!
[Speaker]_____

- Thank you for doing that with me! Are you ready to find out our poster winners? (hype them up! If there's not enough energy ask again!)

[Announce winners, and clap for each one. Announce one category at a time, and go in the order of 1st, 2nd, and finally 3rd place. Pause after each announcement so that the winner can come forward and choose their prize. After all six prize winners have been announced, let everyone know that they all did excellent work and thank them for participating. We couldn't do it without them! Let them know how much fun we had.]

- Can we give a big cheer for Caitlin and West Van for Youth for purchasing all these great prizes!

- Thank you to you, give your self a round of applause for celebrating National Red Ribbon Week which is all about celebrating healthy coping skills and healthy choices.

Extra Activities (if needed)

1. **Things We Have In Common:** This friendship activity is a great activity for breaking down barriers. Kids are organized in small groups, ideally with a mix of kids that they aren't already friends with. The group has to find a certain number of things that they all have in common. Kids not only learn a lot about each other but become aware of how many things they may have in common with kids from different social groups.
   Source: https://veryspecialtales.com/friendship-activities-for-kids/

2. **Broken Telephone:** This is a classic listening game. Sitting in a circle, ask the first child to whisper a message to the ear of the person sitting on one either side. That child proceeds to pass on the message to the next one, and so on. When the round is finished, the first and last children compare their messages. Usually, the last message is completely unrecognizable!
   Source: https://veryspecialtales.com/listening-games-activities-kids/

Mentoring Tips

Simple ways for volunteers to support, encourage, and form connections with the participants:

- Connecting through stories and experiences
- Complimenting something they say, wear, or do

A mentor should…

- Be open minded
- Have a positive attitude
- Be polite and calm
- Be an active listener
- Friend, coach, guide, and motivator
- Model resilience
- Be positive and realistic
- Be fun, have fun
- Show interest by saying what you see, “This mountain is huge”, “Wow, I can tell you really like the color blue”
- Use detailed compliments “Your animals look so happy in your drawing, you put a lot of detail into it.”
- Talk less, ask more. Instead of telling a kid what you like about their drawing, ask: “How did you choose your colors?” or “What was the most fun part to draw?”
- Age matters: younger requires more help than older

Things mentors should NOT do:

- Be unaware of subconscious reactions (facial expressions, vocal tones)
- Use big words
- Be an advisor, therapist, or authority
- Have a negative tone/words

Advice to be in the right mindset for this event:

- Stay positive!
- Understand that kids can be stressful, but they are manageable
- Display confidence

Things we hope youth participants take away from their interactions with mentors:

- They have resources/supports in our community that can help
- Positive overall experience
- Seeing the impact that TFT and other groups can have

Ways teens can help elementary school students feel comfortable and seen:

- Prepare for moments where kids don’t want to feel rushed
- Use kind words
- Have a kind attitude

Mentoring Tips (continued)

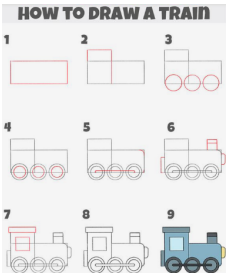
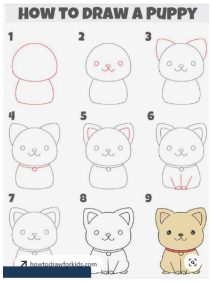
- ★ Youth will need about 10 minutes for clean-up time
- ★ Adult staff will be available to help whenever needed and are a great support
- ★ **If you need to get the attention of the group, here are some methods to get attention**:
    - Marco Polo (Call out “Marco!” so the kids reply, “Polo!”)
    - ‘Put your hands on your head if you can hear me!’ (When every kid puts their hands on their head, you will know you have the attention of the room)
    - Teacher claps, kids clap back (You can choose any pattern as long as you make sure the kids know what to clap back. You can repeat the pattern however many times you need to make sure you have everyone’s attention.)
- ★ Bring your true personality!
- ★ When speaking, remember to make your voice loud and make eye contact with different areas of the room and audience. This will help your audience stay engaged.

To learn about mentoring, Teens from Tomorrow discussed selections from this handbook:
https://alis.alberta.ca/media/1599/mentorhandbook.pdf

Extra art ideas if youth finish a poster early

Make a card for someone you know. Encourage youth who have finished early to write a nice card or note to someone they love, like a friend or family member. You can let them know that doing kind things for other people is another great coping skill for feeling less stressed.

Other ideas:

Give Me 5! Activity from coffeeandcarpool.com	Affirmation web example. Worksheet from StressFreeKids.com
Surprise Ferocious Beings Paper Project, CraftWhack.com	A city of warm and cool colors, primarilyartwithmrsdepp.blogspot.com
	
HowToDrawForKids.com	HowToDrawForKids.com

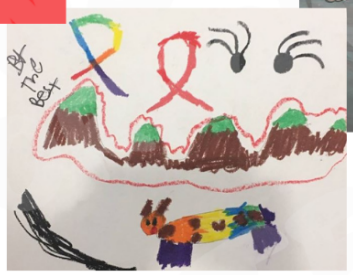
Handouts and worksheets

Instruction handout, side 1

Welcome to the

2022 Red Ribbon Week

Poster Contest!



Example posters

What's Red Ribbon Week?

Red Ribbon Week (October 23 - 31) is a national campaign to celebrate kids making healthy choices, including the choice to not use drugs or alcohol.

This poster contest is all about you using your voice to teach our community more ways we can cope with stress.

This year's poster theme:
"Stressed? Try _____"

Helpful Hints

- Fill in the blank space of your poster title with a healthy coping strategy.
- You can use the questions on the back of this page to help you brainstorm healthy coping strategies!
- You can use any art supplies you want!
- Be creative and try your best.
- Sharing is caring!
- Be respectful of others.

Winners

There are two age categories: 1st-2nd grade, and 3rd-5th grade.

Each age category will have 1st, 2nd and 3rd place prizes.

Winners will be announced on Thursday, Oct. 20.

Prizes include Razor scooters, art kits, Legos, and stuffies!

Winning posters will also be displayed in public at the Clark County Youth House, Latte Da Coffee House, and more!

Posters due by 5:30 PM on Wednesday, Oct. 19th

Brought to you by the Boys and Girls Club, Teens for Tomorrow, and West Van for Youth

Instruction handout, side 2

Brainstorm Space

Answer any of these questions to help yourself think of healthy coping strategies!

What do you like to do for fun?

What calms you down?

What do you like to do with friends? Family?

My safe space is....

I feel happiest when....

Tips for feeling better?

Advice for a friend or family if they're feeling down, low, or sad?

Schedule

Day One: Monday (Oct. 17)

Learn about healthy coping, begin posters

Day Two: Wednesday (Oct. 19)

Finish posters. Entries due by 5:30 PM!

Day Three: Thursday (Oct. 20)

Celebrate our hard work and vote for winners!

CALM YOURSELF WITH

BREATHING

BUBBLE BREATHING

Blowing gently to create bubbles is a good way to be playful and breathe deeply. You have to blow carefully and slowly to make the bubbles, which is a major reason to practice breathing with bubbles.

STUFFED ANIMAL BREATHING

Lay down on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up, then breathe out and bring the stuffed animal back down. This will help you practice using your belly to take big deep breaths.

FEATHER BREATHING

Get some colored feathers and pick out one feather to use. It could be a color that you love or one that makes them feel calm. Breathe in and hold it for a count of 3, then breathe out going up on one side of the feather and down the other side.

STAR BREATHING

Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.

Source: www.copingskillsforkids.com/deep-breathing-exercises-for-kids

My Bubble breathing tally sheet

Name _____

Practice your **bubble breathing** over the next week. Keep a tally and rate how big your bubbles are!

Day	**Bubble breathing tally**	**How big were your bubbles? Rate them out of 10 if you like?**
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Source: www.mindmoose.co.uk/2020/01/22/bubble-breathing

Teens for Tomorrow Peer Educators present

Better You BINGO

Read	Meditate/ Be mindful	Sing or create music	Smell something nice, like flowers or a candle	Rest eyes for 5+ mins
Dance	Make a gratitude list	Reflect on your week- write it down	Go 1 hour without screen time	Think of something you love to do
Hearing – Listen to nature or music	Read cheesy jokes until you smile	Drink water	Talk to a friend	Give thanks to someone you look up to
Breathe/ stretch	Listen to music	Move around for 10+ min	Watch a TV show or movie	Color
Do an art or craft	Do something kind for someone	Try a breathing exercise	List things you like about yourself	Design your dream room, house, or car

teensfortomorrow.clark.wa.gov

How does BINGO relate to substance prevention? Simple! In each squares above, there is a quick and easy healthy coping skill for you to try. The more healthy coping skills you know, the easier it is to cope with challenging feelings like stress, loneliness, and sadness.

Voting card for day 3 (cut in half)

Voting Card

Remember, look for posters that are creative, original, and stick to the theme.
Please don't vote for your own poster!

1st & 2nd Grade

My vote:

Write the poster number in this box.

3rd, 4th, & 5th Grade

My vote:

Write the poster number in this box.

Voting Card

Remember, look for posters that are creative, original, and stick to the theme.
Please don't vote for your own poster!

1st & 2nd Grade

My vote:

Write the poster number in this box.

3rd, 4th, & 5th Grade

My vote:

Write the poster number in this box.