

## ADDITIONAL TRAIL ACTIVITIES TRAIL TO KNOWING ME

- DP1 Individually or as a group, interview a parent, guardian, teacher or an adult whom you admire and ask how she or he sets goals. Ask that person to tell you a story of one goal she or he set and accomplished. It helps if the group will decide the questions in advance and have one or two questions for each person to ask.
- DP1 Think of a time when you were new to a school, camp or a neighborhood and you didn't know anyone. What were some of your feelings? What did you do? Make a list of things you do that helps you make new friends. For example: smiling, introducing yourself or telling a funny story. From the list, pick three things that you want to be better at doing. With a partner in your group, or with a friend or parent, practice doing each thing until you can do it without feeling uncomfortable.
- DP1 Make a list of 10 things you like to do and ask yourself these questions: How many activities on your list do you spend time on every week? Which of the activities do you feel skilled or talented doing? Make another list of 10 things you would like to learn to do and ask yourself these questions about those ten things: When will I be able to do these things? Consider the practicality of doing them. What is the first action I need to take to accomplish these things? Put your lists aside for one week. Choose 10 items from your lists that represent what you want to do in your life. Make sure that each activity is achievable for you. Make a collage that represents the 10 activities. Paste the answers to the questions above on the back of the collage. Share the collage with your family, Camp Fire group or adult facilitator.
- DP2 Learn about effective ways to manage anger. Find classes or workshops in the community that help people manage their anger. Interview the teacher of the class or workshop and identify 10 things that people can do to deal with their angry feelings. Make the list into a flyer.
- DP2 Collect songs, poetry, stories and/or pictures that you think describe what a friend should be. Do this over a one-month period. Share with your group.
- DP2 Keep a Feelings Log for a month. Use the knowledge you gain from the log to make improvements in your reactions to events and feelings. Discuss what you find with your group or a family member. A sample log is on page 66.
- DP2 Visit a city, county or state public health agency with your group or family. Create a list of services provided by the agency. Explain how these services affect you. Share this information with your group.
- DP2 Plan and prepare a nutritious meal for your family.
- DP2 Check out fitness videos from your local library. View a variety of fitness tapes to find one that you like best and might do as a lifelong fitness plan.
- DP3 Use the *Discovery* planning method (on page 336) to plan and give a party for your friends. In planning the party, include one activity or food for each person that is uniquely special for them. For example, Aaron loves shrimp; Paul likes deviled eggs; Roberta loves to dance. Make sure to socialize with every guest at your party. Try to open a conversation with each person about something important to them. When the party is over, evaluate it. Did everyone have fun? If not, why not? Could you have done anything different that would have been more helpful?