



3-2-3 Quick Guide to Breakout Activities for Lesson on *Understanding Different Targets*

Reading aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to the importance of understanding different targets. Children may draw pictures of the story as they listen.

- [My Mouth Is a Volcano by Julia Cook](#)
- [Stand Tall, Molly Lou Melon by Patty Lovell](#)
- [Baxter Turns Down His Buzz: A Story for Little Kids about ADHD](#)

Physical activity: Children will play active games that incorporate appreciation of differences.

1. *Three-legged race:* Pair children together. Use a bandana, a soft rope, or a stretchy band to tie the inner legs of each pair of kids together. Set out cones and have them race to the cones and back, working together to find harmony. Time the pairs to find the fastest ones.
2. *Spin and Run:* Set a finish line across the gym or field. Divide kids into two teams. Hand the first person in each line a cone or baseball bat. Keeping their eyes on the top, have them spin in a circle 10 times, drop the cone, and (try to) run to the finish line. Everyone gets a turn. Build empathy for those who struggle with balance and vestibular motion (sense of spatial orientation).
3. *Sticky Popcorn:* The children begin by “popping” around the gym as individual pieces of sticky popcorn, searching for other pieces of popcorn. When two pieces of popcorn meet, they stick together and have to find a way to hop in unison. Once stuck together, they continue to pop around together, sticking to even more pieces, until all the children end up in a big popcorn ball.

Drama/Theater activity: The children will create skits about this week’s theme, which is *Understanding Different Targets*. They will need some silly hats for the one of the skits.

- “A couple new kids have joined your class. They come from a culture where children are expected to wear hats at all times until they reach age 18. Some of the kids in your class start to make fun of the new kids, and the new kids are afraid to join activities. What can you do to help them?”
- “You are part of a rescue operation to help save two kids lost in a cave. One member of your team is ordering everyone else around and isn’t listening to anyone else’s ideas. How do you find a way to communicate and find the missing kids?”

Visual Art activity:

- **Make a sensory bag:** Start by filling a sealable plastic bag (like a Ziploc bag) with a base like water or shaving cream. Then add in smaller, more tactile objects like dried beans, rice, sand or pebbles. Add drops of food coloring. Let the child sit and explore the different sensory experiences with the various materials, appearances, and feelings.
- **Draw Same Picture as Partner without Looking:** Hand out a pen and paper to one member of each team and ask them to draw something without showing their partner. Once they are done, they have to hide it and give instructions to their partner to make the same drawing, without saying out any clues, only shapes and lines. For example, if they have drawn a face, they can say things like ‘draw a big circle, then draw two more circles inside the big circle’ and so on. Once done, the partners have to compare the drawings and talk about the differences in the two pictures. Switch so that each child gets a turn to be the one giving the instructions the one following instructions.