The OMK Youth Activity Format

Each of the activities has a consistent format for easy use.

You can quickly scan each activity for critical information.

- **Lesson time** – contact time with the youth
- **Grade level** – the developmental level for which the material is developed
- **Number of youth**
- **Deployment segment**
- **Project/Life Skills** – the purpose for doing the activity and the direction that reflective questions should be driven
- **Activity Overview** – a quick description of the activities
- **Shout Out!** – language to use for promotion of activity
- **Get Ready – Roles and Orientation for Uniformed Service Members and Assistant Volunteers** – additional hands that are needed to effectively implement the activity. Children and youth quickly bond with uniformed service members and often feel more comfortable asking them questions about the Military roles their parent(s) is facing. Additional volunteers are necessary because of the spread of developmental levels and having to accommodate unexpected numbers of participants.
- In addition, a Child and Youth Military Family Life Consultant (MFLC) should be invited to attend. They are professionals equipped to deal with the counseling needs of children and youth. Ask your National Guard State Family Programs Director of Joint Family Support Assistance Program Points of Contact about their availability.
- **Time needed to orient assistant volunteers** – an estimate of the time to set aside for orienting and training your team on the purpose, intent and specific role and technique they are assigned
- **Preparation time** – an estimate of the time you will need to prepare for the activity
- **Space** – spaces available to conduct youth programming will vary greatly: hotel conference rooms, drill floors, retreat centers, etc. Select activities that can be implemented in the space available.
- **Do Ahead** – a guide to help in your preparation and planning

Each activity has sections to facilitate easy implementation.

- **Get From OMK Tool Kit -** durable equipment that is used in the activities and found in OMK Tool Kit
- **Procure Supplies -** activity supplies that will need to be obtained locally for the activity (Note: Some items are in the Military Recreation Kit for Ages 6-12 (markers, scissors, embellishments), the Military Recreation Box (balls & games), Mobile Technology Lab (computers and software), Theater in a Box (Video projection devices and DVD's) and the Electronic Game Kit (TV and games systems) are available through the National Guard State Family Programs Office)

- **Background -** basic information for you to use to understand the content, context and flow of the lesson
- **Set Up Your Space -** prepare the meeting place to be welcoming for the youth and an activity to engage early arrivers also take time to examine your space for risk factors: doors, broken chairs, electrical outlets, danger to young kids, security etc.
- **WHAT TO DO -** begin the lesson with the youth including approximate time for each activity. When indents are used, a facilitator should read the information to the youth
- **Icebreaker -** get acquainted activity helping youth feel more comfortable in the surroundings and each other
- **Talk It Over -** this critical part of each lesson turns the fun of the moment into the real life application (the project/life skills identified at the beginning of the activity plan) that can assist the youth during the deployment cycle
- **Enhancement -** ideas and activities that could be added or expanded upon to enrich and/or utilize local resources
- **Closing -** discussion that summarizes and wraps the activity together for the youth
- **Parent Take Home Letter -** summarizes and communicates the activity and youth skill development for the families and includes conversation starters that families can collect and use (these are available on-line as MS-Word documents for localization @ www.4-hmilitarypartnerships.org)