



Communication

BUILDING LEADERS FOR LIFE

Communication Strategies: Talk the Talk.....1 <i>To introduce a variety of communication strategies for group discussions.</i>	Microphone Magic.....33 <i>To develop proper microphone technique.</i>
Listening and Learning.....3 <i>To improve listening skills in small and large groups.</i>	I Could Help Anyone.....37 <i>To understand the value of service to the community and practice explaining service ideas to others.</i>
Paraphrasing for Effective Communication.....5 <i>To increase the ability to communicate effectively by using the technique of paraphrasing.</i>	Positive Presentations.....41 <i>To present yourself and your ideas in a manner that will increase your chances of success.</i>
Listening for Content and Feeling.....9 <i>To practice listening for both the content of what a person says and the feelings behind the content.</i>	The Elevator Speech.....45 <i>To understand the deeper reasons behind a project or activity and gain the ability to clearly deliver a message in 45-60 seconds.</i>
Mirror My Message.....13 <i>To improve listening and speaking skills in small groups.</i>	Dream Weavers.....49 <i>To examine personal beliefs and values by creating a leadership speech that addresses a current school, community, national or world issue.</i>
I Hear What You Are Saying, But... ..15 <i>To recognize the challenge of effective listening.</i>	Cybercivility.....51 <i>To explore the ever-changing and loosely defined protocols, guidelines, etiquette and manners when communicating in cyberspace.</i>
Listen to What I Am Not Saying.....17 <i>To understand the impact of non-verbal communication.</i>	First Impression – Lasting Impression.....53 <i>To increase awareness of different aspects of public relations.</i>
It's Not What You Say That Counts.....19 <i>To introduce the subtleties of non-verbal communication.</i>	Stay Tuned for Further Announcements.....57 <i>To practice producing effective promotional releases and to explore other creative marketing strategies.</i>
Speaking of Once Upon a Time.....23 <i>To increase public speaking confidence and practice techniques, using prepared material.</i>	Pass on the News.....61 <i>To develop skills in writing a successful news release.</i>
Interesting Introductions.....27 <i>To make proper introductions in large and small groups.</i>	Super Signs.....65 <i>To increase understanding of how to produce and display effective, creative visuals.</i>
Lights, Camera, Action.....29 <i>To learn dramatic presentation techniques to entertain and educate an audience at an assembly.</i>	
Quotable Quotes.....31 <i>To improve speaking skills through the sharing of a personally meaningful message.</i>	



Group Process

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Break the Ice1	Stages of Group Development45
<i>To practice effectively utilizing icebreakers and get acquainted activities to foster group success.</i>	<i>To explore leadership strategies for the various stages of group development.</i>
Group Led Initiatives9	Fighting Fair49
<i>To practice teambuilding through self-led problem solving initiatives followed by reflection.</i>	<i>To understand conflict resolution techniques that promote win/win results, and to explore how universal human needs are at the root of most conflicts.</i>
Voice the Choice: Decision Making Strategies17	The Gift55
<i>To practice a variety of decision making strategies and to determine appropriate applications for their use.</i>	<i>To explore creative problem solving through a team challenge.</i>
Idea Generation: 1-3-6ing23	The Bed Pan Factory57
<i>To practice utilizing 1-3-6ing as a technique for idea generation.</i>	<i>To foster skills in group cooperation, goal setting and teambuilding.</i>
Dynamic of Decision Making25	Mystery on the Leadership Express61
<i>To explore how decision making processes impact group dynamics.</i>	<i>To foster skills in listening, cooperation and group process.</i>
Leadership Styles29	Group Goal Settings: From Vision to Mission67
<i>To identify a leader's natural leadership style and explore its strengths and weaknesses.</i>	<i>To develop a sense of purpose and direction by creating a mission statement and code of cooperation.</i>
Group Roles33	Appreciative Inquiry: We are our Resources!69
<i>To examine group roles using a current or classic TV show.</i>	<i>To experience the process of Appreciative Inquiry.</i>
Managing Conflicts in Groups37	Checking the Temperature of Your Organization73
<i>To practice utilizing strategies to turn non-productive group roles into productive group roles. (Follow-up activity to Group Roles lesson)</i>	<i>To develop skills in evaluating group effectiveness.</i>
Situational Leadership: If it is to be41	The Last Word: Evaluation and Debriefing77
<i>To increase awareness of leadership strategies and their use in different situations.</i>	<i>To explore a variety of evaluation and debriefing strategies.</i>



Leadership Skills

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Initiate, Generate, Evaluate (IGE):	
A Project Planning Model.....1	
<i>To introduce the Initiate, Generate, Evaluate (IGE) Project Planning Model and practice using many of the techniques and concepts.</i>	
Leadership Scavenger Hunt.....7	
<i>To acquaint students with various resources in the school.</i>	
Creating an Evaluation Rubric.....11	
<i>To learn how to create evaluation rubrics for projects and activities.</i>	
Puzzled Project Planning.....17	
<i>To introduce and explore the value of project planning.</i>	
Big Picture Planning.....19	
<i>To increase understanding of the "big picture" of activity planning and to introduce four project planning templates.</i>	
Project Planning Tree.....25	
<i>To use a Project Planning Tree as a tool for task analysis, developing timelines and prioritizing.</i>	
STP Goal Setting.....29	
<i>To increase awareness of situations and issues around the school and to identify goals to improve them.</i>	
Developing an Assembly Philosophy.....33	
<i>To allow stakeholders in a school to develop a school assembly philosophy.</i>	
Planning a Spirit Assembly.....35	
<i>To teach effective organization of a spirit assembly and provide students with documents to assist in the planning and evaluation of assemblies.</i>	
Lunchtime Activities.....43	
<i>To teach project planning and evaluation through the use of lunchtime activities.</i>	
Levels of Empowerment.....47	
<i>To promote understanding and appreciation of the necessary parameters established by school administration in empowering a student leadership program.</i>	
What Makes a Good Meeting?.....51	
<i>To increase understanding of the factors involved in holding effective meetings.</i>	
Be a Pro at Parli Pro.....57	
<i>To introduce the basic motions and terms associated with Parliamentary Procedure (also called Robert's Rules of Order).</i>	
Meet, Critique, but be Discreet.....61	
<i>To enhance meeting skills by observing and evaluating a community meeting.</i>	
Time – Do you manage it or does it manage you?...63	
<i>To teach effective personal time management.</i>	
Officer Responsibility:	
I'm Elected! What Do I Do Now.....69	
<i>To understand student officer responsibilities and the importance of being a role model.</i>	
Share the Load.....75	
<i>To demonstrate the value of delegation and teamwork.</i>	



Self Awareness

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I Am1	Famous Leaders31
<i>To explore socio-economic identifiers based on the Nature-Nurture Model.</i>	<i>To research the lives and traits of famous leaders and apply this knowledge to their school setting. (Follow-up activity to Quality Leadership lesson)</i>
What's Important to Me?5	Origami Goals33
<i>To better understand the things in life that one values and how these values can be connected to student leadership service projects.</i>	<i>To explore goal setting behaviors and to set more realistic, achievable and measurable goals.</i>
Customs9	Goals for Personal Development35
<i>To increase self-awareness and clarify beliefs through the development of a personal vision statement.</i>	<i>To set personal goals based on self-assessment.</i>
The Biosphere11	Challenges Offered, Challenges Met39
<i>To increase self-esteem through personal analysis and reflection..</i>	<i>To understand factors associated with optimal learning and to identify individual challenge levels in regards to physical, social, emotional and intellectual health.</i>
Appointment with Love13	Assertiveness: I'm OK and You're OK43
<i>To explore personal and societal values through reflection and assessment.</i>	<i>To understand how assertiveness is treating people with respect, kindness and patience while standing up for oneself.</i>
Make it a Banner Day19	Know Your Priorities?47
<i>To express understanding of self through a creative activity.</i>	<i>To understand how to clarify priorities and devote the proper time, energy and resources to successfully achieve goals.</i>
My Life Line21	Stress – Friend or Foe51
<i>To reflect on major life events that shape who we are and to introduce the concept of the 7 Cs of Resiliency.</i>	<i>To identify personal stress and develop strategies for managing stress.</i>
Feeling Words25	Giving and Receiving Feedback57
<i>To explore how to succinctly and authentically describe feelings.</i>	<i>To learn how to effectively give and receive feedback.</i>
Quality Leadership29	
<i>To determine the components of quality leadership and to conduct a self-reflection on these leadership qualities.</i>	



Human Relations

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Maslow's Hierarchy of Needs & School Climate1	Stop! Look! Listen!39
<i>To explore Maslow's Hierarchy of Needs as a filter for improving school safety, climate and culture.</i>	<i>To increase understanding of the value of positive reinforcement, trust and communication.</i>
Empathy Mapping5	Thanks is Due43
<i>To explore how seeing things through various perspectives is an asset to leaders.</i>	<i>To increase understanding of positive reinforcement and to develop techniques for improving school climate.</i>
Voices: Sensitivity to Others9	It's Payday45
<i>To explore the reasons why people do not always intervene when confronted with bullying behavior.</i>	<i>To provide positive feedback to group members.</i>
Speak Up: Confronting Bullying Behavior15	The "Student Body"47
<i>To learn how to actively confront bullying behavior in both face-to-face and cyber interactions.</i>	<i>To recognize the importance of individual contributions to a group.</i>
Stop, Drop, Roll21	Good Sport49
<i>To anchor the script for Confronting Bullying Behavior: Stop, Drop and Roll (and Repair).</i>	<i>To define good sportsmanship and establish ways to recognize and promote it.</i>
Humor – How to use it, not abuse it25	Aabian, Bebian and Cebian Cultures51
<i>To understand that the appropriate use of humor is a responsibility of leadership.</i>	<i>To promote understanding, respect and acceptance of diversity.</i>
Stand Up to Toxic Humor29	Culture Creation57
<i>To encourage individuals to stand up to toxic humor when they encounter it.</i>	<i>To increase awareness of and respect for cultural differences.</i>
Student Leaders – 24/7 Role Models31	Attributes of an Apple59
<i>To understand the responsibilities and impact student leaders have on their school and community.</i>	<i>To discover and celebrate individual differences and to examine prejudice.</i>
"To Do" vs. "To Be"33	Rainbow War61
<i>To gain understanding that "how" you do things is as important as "what" you do.</i>	<i>To increase awareness of cultural, ethnic, social and racial diversity and to discover ways to celebrate diversity.</i>
The Trick is to Stick37	It's in the Bag63
<i>To increase understanding and appreciation of trust, honesty and commitment.</i>	<i>To create an environment of trust and acceptance within the group while learning about individual differences.</i>