

# A little about us...

- We are based in an existing after school program with our 12-13 year olds – we see this group 2 x a week
- And run concurrently with another existing program for our 10-11 year olds – 2x a week (in a three day span)
- We are based in a rural community
- We call our program Two 4 Two which is supposed to be short for “Together for Tomorrow” - Two 4 Two is easy for people to remember

# What's been helpful for our Component 2 Activities

- Fidget tools/toys
- Flexibility
- Simple activities/several available
- Stress coping mechanisms/physical activities/walks to decompress or get energy out
- One on one chats/getting down to their level
- Doing activities with the kids

# Activity Ideas

- <https://www.dicegamedepot.com/beetle-dice-game-rules/> - Beetle
- <https://www.youtube.com/watch?v=Ei0OtZsB2UQ> - Hot Seat
- <https://www.youtube.com/watch?v=HAdQYOoe3Tk> - Salt Painting
- <https://jeopardylabs.com/browse/> - Create your own Jeopardy – Build or Browse existing

# Keeping track...

- Excel sheets to make for easy Input into ORS

ID	First Name	Last Name	Age	Location	EBP	Facilitator 1	Facilitator 2	Start Date	End Date	Gender Identity
1	Billy	Cyrus	12	Fulton Jr	MAD	Caitlyn Miller		9/19/2019		Male
2	Miley	Cyrus	11	Fulton Jr	MAD	Caitlyn Miller		9/19/2019		Female
3	Kim	Kardashian	13	Fulton Jr	MAD	Caitlyn Miller	Marissa St. Onge	9/19/2019		Female
4	Gwyneth	Paltrow	12	Fulton Jr	MAD	Caitlyn Miller		9/19/2019		Female
5	Taylor	Swift	12	Fulton Jr	MAD	Caitlyn Miller		9/19/2019		Female
6	Bruce	Willie	11	Fulton Jr	MAD	Caitlyn Miller		9/19/2019		Male



A	B	C	D	E	F	G	H
Activity Name	Activity Date	Total Participants for activity	Participant Number	Name	Staff Person		
Beetle	4/5/2020	4	1	Billy Cyrus	Caitlyn		
Beetle	4/5/2020	4	2	Miley	Caitlyn		
Beetle	4/5/2020	4	3	Kim	Caitlyn		
Beetle	4/5/2020	4	4	Gwyneth	Caitlyn		put into ORS
Hot Seat	4/20/2020	12	2	Miley	Tyler		
Hot Seat	4/20/2020	12	3	Kim	Tyler		
Hot Seat	4/20/2020	12	6	Taylor	Tyler		
Hot Seat	4/20/2020	12	7	Bruce	Tyler		
Hot Seat	4/20/2020	12	9	Hugh	Tyler		
Hot Seat	4/20/2020	12	11	Justin	Tyler		
Hot Seat	4/20/2020	12	13	LL (james)	Tyler		
Hot Seat	4/20/2020	12	18	Uma	Tyler		
Hot Seat	4/20/2020	12	19	Vince	Tyler		
Hot Seat	4/20/2020	12	20	Will	Tyler		
Hot Seat	4/20/2020	12	21	Zoey	Tyler		
Hot Seat	4/20/2020	12	22	Aaron	Tyler		

# Currently

- OCO Two 4 Two Facebook - <https://www.facebook.com/OCOTwo4Two/>
- Coffee with Caitlyn – tips and resources for during this time
- Thriving with Tyler – crafts and physical activities to do at home with kids
- Using Splice app and iMovie to make videos
- Zoom trivia live
- Google Classroom with similar info to curriculum and more health topics
- Supporting and collaborating with other programs in the agency to increase reach and connection in our community