***“WHAT WE DO, AND HOW/WHY WE DO IT”***

**RYLA/YRYLA ACTIVITIES AND RELEVANT LEADERSHIP SKILLS**

**1. CIRCLE OF SUPPORT:**

* **Learning to trust others ...especially those with whom you are spending the next 5 days.**
* **Practicing cooperation in building a supportive community (culture).**
* **Learning everyone has an impact on the functioning of the entire group.**

**2. BRAINWIZE:**

* **Stop and think rather than react impulsively**
* **Learning who, how and when to include in their support group**
* **Become aware of and sensitive to their own emotional states**
* **Strengthening their emotional-control skills.**
* **Becoming more aware of others and their personal situations**
* **Practice separating “facts” from “opinions”**
* **Learning to ask the “right” questions/inquiries.**
* **Identifying ones choices and assessing the consequences of them *before* taking action.**
* **Acknowledging the importance of setting goals and creating action plans (strategies) for attaining them.**
* **Becoming sensitive to non-verbal communications**
* **Learning to distinguish between “assertiveness” and “aggressiveness” in communicating**

**3. REFLECTION TIME:**

* **Practice focused reflection on daily events and their own behavior**
* **Identifying what they learned from the days events**
* **Developing their internal focus vs. focus on externals**

**4. TWILIGHT TIME:**

* **Practice sharing their observations, thoughts and feelings of their experiences of the day**
* **Participate in team-building activities**
* **Plan for the next day’s activities**

**5. MY PROUDEST ACHIEVEMENT:**

* **Acknowledging one’s own achievements and the achievements of others**
* **Getting to better know one another as members of their team**
* **Learn that “if it’s true, it ain’t braggin’”**

**6. TEAM BUILDING ACTIVITIES: Tarp Drop; Wizards Maze, Tarp Flip, and**

 **Human Knot**

* **Team members learn to recognize one another; remember names, start bonding, develop mutual support, solve problems together, and accomplish tasks**

**7. TRUE COLORS:**

* **Identify one’s own/others’ personality types**
* **Learn uncomplicated language to communicate complex ideas very simply**
* **Understand how people act**
* **Appreciate individual differences**
* **Plan effective ways to work together**
* **Begin to identify/understand the impact behaviors have on others**
* **Recognize everyone has a mix of personality/character traits**

**8. BUILDING MARSHMALLOW TOWERS & NEWSPAPER SHELTERS**

* **Mutual planning/strategizing for future team actions**
* **Practicing teamwork to implement plans**
* **Strengthen creative thinking and problem solving**

**9. MY LIFE LIST/ME QUIT? NEVER!**

* **Goal setting**
* **Accept difficult new challenges**
* **Step out of his/her comfort zone and try new things**
* **Take personal initiative**
* **Doing what needs to be done even when s/he doesn’t feel like it**
* **Identify positive aspects of all situations**
* **Perseverance: follow-up and see tasks through to completion**
* **Handle set-backs without giving up or becoming discouraged**

**10. SWEPT AWAY AND STAYING ON TOP**

* **Identify choices/actions that detour/stop teens from attaining their goals**
* **Identify choices/actions that support one’s progress toward goal attainment and realizing their dreams**
* **Learn to anticipate the consequences of their choices/actions**

**11. THE ACTIVITY MATRIX: All Aboard; Challenge Course; Choices; Finding**

 **My Voice; Ebola-Initiative Game; RYLA Ball; Core Values; Star Prep;**

 **Service Project; The Four-Way Test; Trust Walk; and Zip Line**

* **Recognize and bring out the best in others**
* **Help others feel they are important and belong**
* **Facilitate others to work well together in a group**
* **Do what s/he is supposed to do even when s/he does not feel like it**
* **Step out of his/her comfort zone and try new things**
* **Acknowledge and compliment others when they do positive things**
* **Give encouragement and verbal support to others**
* **Accept difficult new challenges**
* **Feel empathy and compassion for others**
* **Stick with a challenging task and see it through to completion**
* **Ask for help when s/he is “stuck” or when needed**
* **Admit mistakes openly and honestly**
* **Learn to trust self and others**
* **Learn lessons from making mistakes and move ahead**
* **Motivate others to accept challenges and mistakes as learning tools**
* **Cope with set-backs without giving up or becoming discouraged**
* **Look for and find the positive aspects in all situations**
* **Laugh at him/herself appropriately and look for the humorous**
* **Make difficult decisions under stress**
* **Express his/her genuine feelings openly without embarrassment**
* **Develop positive character traits**
* **Stand up for what s/he thinks is right when others are afraid to**
* **Listen! Listen to what is said and what is not said**
* **Listen to others without judging them**
* **Listen with the intention of understanding others’ points of view**
* **Learn appreciation skills as a means of stress reduction**
* **Increase self-confidence and practice taking considered/deliberate risks**