



4-4-3 Quick Guide to Breakout Activities for Lesson on *Power of Tribes*

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 idea of belonging to tribes. Children may draw pictures of the story as they listen.

- [Sticks By Diane Alber](#)
- [Lucia the Luchadora by Cynthia Leonor Garza](#)
- [Fry Bread: A Native American Family Story by Kevin Noble Maillard](#)

Physical activity: The children will explore the power tribes through physical games.

1. **Capture the Flag:** Divide kids into two teams. Each team has a brightly-colored flag (or beanbag or T-shirt). Divide the playing space into two territories, one for each team. Each team places a flag in their territory, and the other team tries to capture the other's flag. Full rules here: <https://www.verywellfamily.com/how-to-play-capture-the-flag-1257384>
2. **Team Dance-Off:** Divide kids into teams of 3-5 kids. Each team creates a unique team dance. The instructor picks one common movement that has to be included in every team's dance (i.e. a jumping jack, somersault, push-up. Kids practice their dances and each team performs.
3. **Animal tribes relay races:** Have the children form two lines. Place cones at the other side of the gym or the field. Each line needs to come up with a tribe of animals/creatures that they will be (i.e. sea creatures; jungle animals; farm animals; dinosaurs, insects, birds). Everyone in the line moves like one of the animals or creatures from their tribe as they race to the cones and back. After everyone has a turn, the teams switch tribes and repeat the races.

Drama/Theater activity: The children will create skits about this week's theme, which is *Power of Tribes*. Below are prompts.

- **Moon Trek:** You are selected by NASA to put together the first team of humans that will be starting a camp on the moon. You need to create a tribe that has the best chance of finding a way to survive. Who should you bring? What skills should they have? Hold a live TV interview to introduce the world to the team that will set up a camp on the moon.
- **Creating a New Club:** You get to start a new club at your school, camp, or YMCA. It has to be a club for people that does not already exist at your organization. What will your new club be called? How will you recruit new members? Make a skit to present to other kids to invite them to join your new tribe!

Visual Art activity: Kids will do art projects about belonging to a tribe.

- **Create your own team T-shirt:** Imagine you are the leader of a team (any kind is fine – sports, superheroes, artists, a band!) and you need to design your team T-shirt. Print copies of *4-4 T-shirt template* and give one to each child. Have kids use pencils to pre-plan their T-shirt by drawing their design on a paper T-shirt first. When ready, each child will receive a fabric T-shirt and can use fabric markers to draw their design on it.
- **Shoobox of your tribes:** Tell kids about this project in the beginning of the weeks so they can bring in items. Each child will put together a shoebox that includes objects that represent different tribes to which they feel a connection. Ideas: draw or decorate inside the shoebox; paste pictures from magazines in it; put small toys or keepsakes from one of their fandoms in it (i.e. Minecraft); print out lyrics from a song or poem and tuck them inside. Follow-up: hold a sharing circle and invite each kid to explain what's in their box.