**Large Group Events – Examples**

# **Volunteerism**

Have a guest speaker (youth in the area) who have started their own community service project and are making a difference in their community (20 min).

Application activity where students follow specific steps to choosing the right volunteer opportunity for them, exploring benefits of volunteering (30 min)

Volunteer Fair with booths set up for youth to talk to different organizations directly that need youth volunteers (many have specific youth volunteer programs, I would coordinate and invite all orgs) (30 min)

Debrief/Reflection activity, steps to move forward (10 min)

# **Emergency Response**

Students have to survive a fake emergency

Have participants show up at a mock “Evacuation Centre” where Red Cross volunteers sign them in

Placed in groups with varying needs (ex. One person is “elderly”; another has “severe asthma”, etc.)

Activities at Event include:

Creating emergency kits

Canned good recipe making

First Aid skills

Here is an example that’s been done at another school: <https://www.youtube.com/watch?v=mMhzsoMsIDw>

# **First Aid Simulation Night**

Have some people be patients and others first aiders as they learn skills. Involves lots of gory makeup and fun acting, interactive, could have a zombie apocalypse theme?

10 min – explain activity and split groups

20 min - Group A reviews First Aid Skills, Group B does Makeup & Prepares

25 min – First Aid Scenarios 1

Repeat the last two activities with groups switching. This time, try to focus on cardio-pulmonary resuscitation

10 min – debrief and recap

# **Mental Health and Stress Busters**

Have stations set up around room for students to check out at their own pace, all which have to do with promoting mental health and stress reduction. Examples include:

* Meditation/Mindfulness Expert
* Rec Therapy Activities
* Medical Professionals (Sleep Therapists, Mental Health Experts)
* Yoga or Pilates Instructor
* Guest Speaker
* Session on Test-Taking strategies/scheduling
* Design a relaxing Playlist on YouTube
* Write a “prescription” : Set a personal mental health goal for the week (group bulletin board)
* Creating a vision board/arts and crafts

# **Leadership and Teambuilding Initiative Night**

Mixing up all students, grade levels to build school community and team spirit. Lots of fun small and large group activities, opportunities for personal reflection.

# **Prep for University Night**

Give participants “timetables” and they must complete various activities that helps them prepare for moving out for school. Ideas include: How to create a roommate agreement, how to find an apartment and the steps you need to take, what to watch out for. Financial Planning, applying for scholarships, getting involved on campus, study skills

Similar to this: <http://members.stjohnwales.org.uk/assets/Uploads/Off2Unisubjectguide.pdf>  But trying to make it interactive and experiential as opposed to lecture styles seminars, similar to a “choose your own adventure” course, where certain decisions lead to certain outcomes.