

Introduction

Dear Volunteers,

- My name is Evelien Mattheij, I'm from the Netherlands and I was 19 years old during my EVS project.
- In the summer of 2010 I did a project for two months with children from the age of 7-10. I worked in two Donetsk schools. For these schools I prepared activities together with other Ukrainian volunteers, and we went to the schools to do them with the children. I added a schedule at the end of this book where you can exactly see what activities we did.
- Also I worked on an afterschool club. But for this work I didn't had to prepare things, just helped teacher.
- In this book, you can find some ideas, games and tips about how to spend your time with children.
- I hope you can use this document, and I wish you very much success and luck with your project!



Index

About EVS and Youth in Action	p. 4
Ukrainian school system	p. 5
School camps	p. 6
Tips	p. 7
Name games	p. 12
Creative games / activities	p. 15
Sport games	p. 18
Ball games	p. 20
Dancing games	p. 23
Word games	p. 25
Other activities	p. 27
Schedule	p. 29

About EVS and “Youth in action”

The project I was doing is EVS project of “Youth in action programme”. Maybe you have already heard about it before but for the ones who don’t I can explain a little bit about it. “Youth in action” gives possibility to projects in Europe for young people. EVS stands for European Volunteering Service. It means that you have the opportunity to be a volunteer from 2 months till 1 year in another country. There are different kinds of volunteering jobs, from working with children till working in nature. If you are searching for a volunteering job you can first go to the internet site of “Youth in action” to read more information. Then you can find a sending organization (if you have other questions left probably they can also tell you about it). The sending organization can help you with finding a project (and hosting organization). For a project you don’t need working experience or do a study in the direction of this project. You can apply for any project. I think that the most important reason to participate in an EVS project is that you should be motivated for this project.

Internet site about “Youth in action”:

ec.europa.eu/youth

salto-youth.net

Official European commission site about EVS:

http://ec.europa.eu/youth/youth-in-action-programme/doc82_en.htm

Site where you can find the database with different kind of projects (doesn’t mean that this project is available):

http://ec.europa.eu/youth/evs/aod/hei_en.cfm

Site where you can find available projects:

www.youthnetworks.eu

Ukrainian school system

- Before children go to school some children went to kindergarten. You have two kinds of kindergarten here. One for children till the age of 4 and one for children till the age of 6.

- In Ukraine children start school at the age of 6. They start in the first grade. And end school when they are around 17, in the 12th grade. These grades are divided in younger, middle and senior schools. Younger school consists of grade 1-4, middle of grade 5-9 and senior of grade 10-12. Still those grades are in most cases on the same school.

- On most school the common language is Ukrainian, but there are also schools where Russian language is common. Except for these languages children have 2 times a week lesson in another language (in most schools English, German, of French).

- Children go to school 5 days a week. A school day starts on 8.00 in the morning. One lesson will take around 45 min. and breaks are around 5, 10 or 15 min.

- Children usually do not eat at school (except for a snack or something).

- There can be four different marks given. 5, 4, 3, and 2; 5 means excellent, 4 means good, 3 means acceptable and 2 is unacceptable.

- A remarkable fact is that some teachers accept money if you did not pass a test, if you give money to this teacher he or she will change your mark. Of course this is not legal, but I’ve been told that these things happen.

Of course thing can be different in schools, because not all schools are the same.

School camps

- In the summer not all children have the possibility to go on holiday or the parents are working during the holiday. This is for most children the reason why they go to a school camp.
- I can not tell you about all school camps but I can tell you about the way things worked in the schools I worked.
- At first it was at a school. In the morning the parents bring their children to school and pick them up at the end of the day. Maybe you see beds on the school you are working, on the school where I worked it didn't mean that children are sleeping on the school during the night, but it means that they were sleeping there in the afternoon to have a rest.
- Of course there are teachers at the school. But some school teachers can be more involved than on the other. For both of the schools the teacher where not organizing activities on the moment's I was working there. So it was my responsibility to take care of it. Of course you can ask the school for help or any ideas, and maybe they can help you.
- Also I didn't meet with English speaking teachers, so the roles of English speaking Ukrainian volunteers are very important. Not only for communicating with children but even more for communication with the school.
- The children I worked with were really nice. Because you are a foreigner you can be very interesting for them. And if prepare activities they like then you will probably have their attention.

Tips

How to plan activities?

- In case you meet with a group for the first day, *try to keep the activities simple*, so that you can *learn about their level*.
- *Plan one main activity* for the day.
- *Make variation* in the kind of games you play. For example one active game and one calm game.
- *Don't switch too much from environment*. When you have different games for inside and outside; you can start with the games inside first and then do all the games you want to do outside
- Think about *lots of small games* you can do without preparing. In case there are situations you have time left you can use them. You can also make cards where you write those games on. Put all these cards in a bag, and when you don't know what to do, you just pick one card and play this game.
- *Be flexible and reply at the mood of the group*. If the group looks tired you can do something calm or even give them a break / time out.
- *Ask the children about their interests*. So you can plan activities where the children are interested in.

How to explain games to children?

- *Explain a game in easy steps*. It will be easier for children to understand the game
- *Make sure all volunteers understands how to play the game before you start playing it with kids*. If the volunteers do not understand this game, how can you expect the children to understand this.
- *Use your body language*. For example: when you want them to make a circle move your hand in the form of a circle. When

you want to stop the game you can say stop en put your hand in the air.

- *Show examples.* In this way children can see what they are expected to do.

Other tips

- *Try to involve the teachers in the game.* For example: when you do a name game you can give them a turn.

- When 2 people are disagreeing about who is right you can tell them (by hands or words) to play a game as “stone, scissors, paper” to predict a long arguing or fight. It is short and easy.



- *Don't be afraid to stop the game if it is getting out of control.*

- *Ask what kind of materials you can use.* Or arrange materials in advance. If you know that next time you will need scissors you can ask them if they have scissors, or ask the children to take them next time. But be prepared that they can forget about materials. So make sure you have an alternative

- *Check the weather,* if you want to do games outside.

- *Before you play a game with children you can try the games first yourself.* Then you know what kind of difficulties you can expect.

- If the group is too big for one activity you can divide the group in two. Or switch the game.

How to work with Ukrainian volunteers?

- Meet with the other volunteers in advance. You can involve them in preparing and planning activities, and use the ideas they have.

- Look at the personality of the volunteers and plan your activities around this personality. For example if one Ukrainian volunteer is experienced in working with kids you can try to do some more difficult games, if not you can try to plan more easy games. Some volunteers can see this job only as translating, so be prepared.

- It's good to ask 2 English speaking volunteers to come. In case one is sick or too late, there will still be another English speaking volunteer.

- Don't be afraid to ask other volunteers what a child or someone else is saying.

List with some words that can help you.

Of course the standard words from you use in your daily life are useful.

- | | |
|------------------------|--------------------------------|
| - I don't understand | - Я не понимаю |
| - Make a circle please | - Станьте в круг, пожалуйста |
| - Game | - Игра |
| - Outside | - На улице |
| - Well done | - Молодец |
| - Try it again please | - Попробуй еще раз, пожалуйста |
| - Wait | - Подождите |
| - Sit please | - Садись, пожалуйста |
| - Everybody | - Все |
| - Stop | - Стоп |
| - Let's go | - Давай |
| - Quiet please | - Успокойтесь, пожалуйста |
| - Listen please | - Послушайте, пожалуйста |

Tips I received from on-arrival training

Recommendations for work with children

- Fighting
 - Separate
 - Clarify what happened
 - Try to solve
 - Explain it is not the good way
 - Set rules before the play + body language
 - To make something unexpected
- If the kids got bored
 - Change game!
 - Ask them what they want to do
 - To make them exhausted
 - Make a break
 - Invent a game together with them
 - Do something unexpected together with them
 - Make a competition or integration game
- Common language/understanding
 - To show the game
 - Using key words
 - Do not afraid to stop the game
 - Balance the game (calm – active)
- Safety
 - Stop the activity when it is out of control
 - To clean the place from broken glass or stones or dangerous objects
 - To check appropriate shoes/clothes/glasses
 - Set some rules
 - Learn important phrases in Ukrainian/Russian
 - Fun or competition

- If other children teasing someone/if the group exclude someone

- To recognize the situation
- To define the leaders
- Change the game based on other activity to change the group dynamic
- Change the roles in the game
- Integration game
- Try to get some info about children
- To show the example
- To involve those excluded or shy

Conflict resolution

- Confront
 - You do not do what you don't want
 - You can get what you want
 - You feel good with yourself
- Look for compromise
 - Balance
 - Everybody get something
 - Everybody loose something
- Dialogue – Consensus
 - Everybody happy
- Steps to resolve conflict
 - Detect the problem
 - TALK
 - ASK
 - Smile
 - Know your limits

Name games

If you meet with a group for the first time, these games can be helpful to learn their names. It might be a good idea to start every time you meet with a name game.

- Name game with moving and memorizing

You need no materials for this game.

This game is at least for 5 people and will take 5-10 min.

1. Make a circle.
2. One person (A) will start he/she should say his/her name and make a movement
3. The second person (B) will repeat the name of the person (A) and repeat his/her movement. After this person (B) will say his/her own name and make a movement with his/her name.
4. The last person (Z) in the circle should repeat all names (of person A, B, C, D, E etc.) and movements. Of course person (Z) should also tell her own name and do a movement.

- Who am I?

You need no materials for this game.

This game is at least for 5 people and will take 5-10 min.

1. Make a circle
2. One person will be in the middle
3. This person should close his/her eyes.
4. One person of the circle will stand behind this person and ask the question who am I?
5. If the person in the middle will answer this question correct he can change with this person

- Blanket name game

You need one blanket for this game.

This game is at least for 5 people and will take 5-10 min.

1. Divide the group in 2 teams (in case of a small group you can pick one person of the group)
2. Hold a blanket between the groups.
3. One person of each group have to walk to the front (and can make a sound) the person who will guess who is behind the blanket get one point for the team.

- I sit on a chair next to...

For this game you need a chair for every person.

This game is for at least 7 people and will take 5-10 min.

1. Make a circle
2. Person (A) will say I sit on a chair next to person (B).
3. Person (B) will change places with person (C) who is sitting next to person (A).
4. Then Person (C) will say I sit on a chair next to etc. etc.
5. You can make variations in this game. For example instead of sitting next to you can say I sit on the left of. Or you can say I sit between 2 persons. This will make it more difficult.

- Ball game with names

For this game you need a ball.

Play this game with at least 6 people; it will take 5 min.

1. Make a circle
2. Throw the ball to a person and say its name.
3. A variant on this game is instead of using a ball you can use a ball of robe. The first person is holding the end; the second person is holding another part of the robe etc. etc. In the end of this game you have a web created.

- Newspaper hitter

You need one paper rolled up, and a chair for every person.

Play this game with at least 6 people; it will take 5-10 min.

1. Make a circle

2. One person (A) will be in the middle with a newspaper.
3. Another person will say the name of person (B). Person (B) has to tell the name of person (C).
4. Person (A) has to try to hit (softly) the knee of person (B) before person (B) has said another name. etc. etc.
- 5 If person (A) hit a person in time, then this person will be in the middle.

- Who am I blindfolded.

You need no materials for this game.

This game is for at least 5 people it will take 5-10 min.

1. Make a circle.
2. Person A will be in the middle and close it's eyes.
3. Everybody should be quiet. One other person will go stand in front of person A. Person A should guess by touching his head who this person is.
4. You can make this game more difficult if they try to guess who this person is by only touching the hand.

Creative games / activities

- Drawing game

For this game you need papers and pencils

It is for at least 3 people, and will take around 20 min.

1. Let the children fold the paper in 3 parts.
2. On the first part they have to paint a head.
3. On the second part someone else should draw the body and arms.
4. On the last part another person should draw the legs and shoes.
5. The meaning of this game is that you cannot see what the last person was drawing.
6. Also everybody can draw a head at the same time after 5 minutes, they can change.



- Making music instruments (shakers)

For this activity you need empty toilet rolls, colored paper, scissors, rice and glue (if you don't have enough empty toilet rolls, you can cut them into two pieces).

1. Draw a circle (with help of the toilet roll) and adhesives. Do this 2 times
2. Cut this 2 figures
3. Paste the adhesives on the toilet roll.
4. Put rice on the other side of the toilet roll, and then close the toilet roll with the other adhesives.
5. The people who are finished with this can decorate their shaker.
6. After this you can play a game with rhythm.
7. One person will shake a rhythm the others try to shake the same rhythm so on so on....
- 9 Also you can teach them a song and use these music shakers as a background sound. If you have time you can Google some other examples of making music instruments.



- Easy English songs to learn to children

For this game you need to learn some songs before.

It doesn't matter how many children there are, one song will take 3 min.

1. If you are happy and you know it clap your hands.
2. In the jungle the mighty jungle the lion sleeps tonight.
3. The lyrics you can find on internet, it is nice if you know how to play for example guitar, it will be more fun.
4. Also you can ask someone to help you with learning Russian songs.
5. You can also do dancing moves on these songs.

- Mime

For this game you need to prepare cards with the name of professions, sports and animals.

It is for at least 4 people, depending on how many cards you have made the duration will be shorter or longer (around 20 min).

1. Give one person a card. This person should try to tell what is on this card without making any sound. So he has to act a little.
2. The other people have to guess what the word is he tries to express.
3. The person who is guessing the word can take the next card.

- An activity with food

From food you can make lots of nice figures. In the file named "creative cooking" you can find lots of examples.

Sport games

Except from usual games like as football, basketball and volley you can find some other kind of sport games in here.

- Haze in a house

For this game you need to make some places on the ground for around 40 cm. This will be the house. You can make them by using chokes, putting papers on the ground or using hooplas. If you have 12 people playing you should make 10 houses if there are 7 people playing you should make 5 houses.

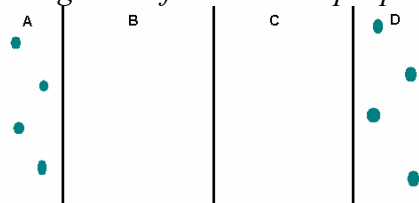
Play this game with at least 6 people it will take around 15 min.

1. Everybody should go to a house. You have one catcher and one person (A) who should run away from the catcher left.
2. If person (A) will go to a house. He can not be cached anymore. But the person who was in this house first will should run now.
3. If the catcher catches a person then this person should be the catcher.

- Stealing objects

For this game you need to divide the field in for parts like this. You can use robe to make the lines. And put objects (empty bottles for example) on the green parts.

This game is for at least 8 people, and will take around 20 min.



1. Make to teams. The teams have to try to steal the objects from the other team. But if one person (A) is crossing the line in the middle the other team can touch one person and person (A) should go back to its own field.

2. Team (B) is only allowed to run in area b, c and d and team (A) is only allowed to run in area a, b and c.
3. When one team has no objects left the game will end.

- Pointing game

For this game you need no materials.

It is for at least 6 persons, and will take around 10 min.

1. Choose one person who will be the catcher. The others have to run from the catcher.
2. If the catcher touches someone for example on their nose this will be the new catcher but, everybody should walk with one hand on their nose.
3. If the catcher touches someone on their leg this will be the new catcher but, everybody should walk with one hand on their leg so on so on.

- Dragon tail

For this game you need no materials.

It is for at least 5 people and will take around 5-10 min.

1. All children have to make a queue.
2. The first person in the queue will try to catch the last person in the queue.
3. If he does, then it's the turn to the next person in the queue

Ball games

Before you start a ball game you can also give a warming up!

- Chinese football

For this game you need a ball.

It is for at least 6 people, and will take around 15-20 min.

1. Make a circle.
2. Everybody should spread their legs as a gate.
3. The goal of this game is to try to roll the ball through the gate of another person.
4. If they made a goal, then the person from this gate is only allowed to play with one hand, after the second goal you have to turn and play from your back, after the 3rd goal you're out of the game.
5. Instead of being out of the game you can also say that this person have to close his gate. And try to make a goal by other person's. The person won't be bored on this way.
6. The last person with a gate will be the winner.



- The ball and the ball and the ball is for!

For this game you need a ball.

It is for at least 6 people, and will take around 20-30 min.

1. Person (A) will have the ball and shout: the ball and the ball and the ball is for person (B). In the same time person (A) will throw the ball in the air, and person (B) should try to catch it.
2. If person (B) catches the ball then he can say the ball and the ball and the ball is for person (C) and repeats what person (A) is doing.
3. If person (B) doesn't catch the ball everybody else should run as far as possible until person (B) says stop! Person (B) can only say stop when he pick the ball from the floor.
4. When everybody is stopped they should make a gate with their legs. Person (B) can make 3 steps and try to roll the ball through a gate.
5. If he makes a score then this person gets 1 point. If he doesn't make a score then person (B) gets one point.
6. The person who is getting a point may start with throwing the ball again in the way person (A) does.
7. If someone collected 3 points the other ones can give them a nice task.

- Hitting game

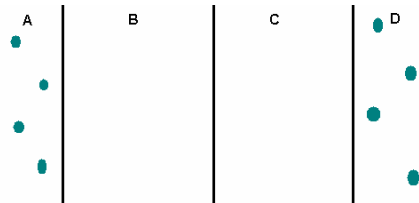
For this game you need a soft ball and something to divide the field in two parts.

It is for at least 6 people and will take around 15 minutes.

1. Make two teams.
2. The teams should try to hit someone from the other teams. If they do than this person is out of the game.
3. But if someone catches the ball, than a teammate of this person can come back in the game.
4. The game ends when one team is left.

- Rolling ball.

For this game you need to divide the field like this. And put pawns upside-down on the green spots. (Instead of pawns you can also use bottles.)



Play this game with at least 6 persons; this game will take around 15 min.

2. The teams are not allowed to cross the line in the middle.
With a ball the teams can try to hit a pawn.
3. If one team no pawns left then the game will end.

Dancing games

- Chair dancing

For this game you need to make a circle with chairs. But put one chair less than there are persons.

Play it with at least 5 people, it will take around 10 min.

1. The music will start. Everybody will dance around the chairs in a circle.
2. If the music stops you have to go sit on the chairs. Of course there are not enough places. So one person will be out of the game.
3. Take a chair from the circle and continue the game so on so on.
4. In the end you will have 1 person left, this will be the winner.



- Limbo dancing

For this game you need a robe.

Play it with at least 4 people. It will take around 5-10 min.

1. 2 people hold a line. Everybody else should try to go under the line without touching it.
2. The line will be lower every time. So you can test who is most flexible.

- Learning a dance

You can prepare a dance and learn it to the children, or you can use a dance that already exists like the Makarena. Also children can come up with some movements for in a dance.

- Living memory

For this game you need no materials.

It is for at least 7 people and will take around 20 min.

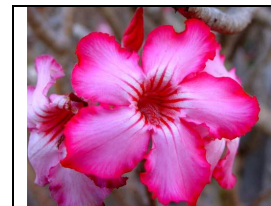
1. Make pairs of 2 people. Person (A) will go outside of this room or should close its eyes.
2. The pairs should both make the same movement.
- 3 Person (A) will go back to the group and ask 2 people to do a move. If they match he found a pair if not he have to try again.

Word games

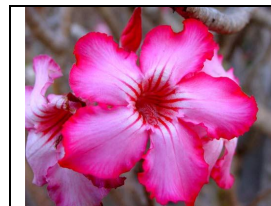
Of course you can learn the children English words by these games, but also you can try to pick up some Russian words. It will help you learning this language.

- Memory

For this game you need to find or make cards comparative to this example.



Flower



ЦВЕТOK

This game is for at least 3 people with a maximum of 5/6. So you might have to divide the group. It will take 20 min.

1. Put these cards upside down on the floor/table.
2. One person can turn 2 cards if they mach you have a pair, if not it's the turn to the next person.
3. If there are no cards left you can count how many pairs everybody has. This person will be winner.

- Kwartet

For this game you need to print the file Kwartet game or you can go the internet site <http://www.talen4kids.com/engels-kwartet> and open "documenten", cut the cards and put them on carton.

This game is for 4-5 players, if your group is bigger, you can divide the group in smaller groups. It will take around 20 min.

1. Give every body 6 cards.
2. The goal of the game is to collect as many category's as possible. One category includes 4 cards.
3. One person will ask to another person: do you have from the category "colors" pink? If so she will receive this card. And can ask someone another card, if not then it the turn to the other person.

- Putting post it's on the right place

For this game you need to prepare lots of post-it's or stickers with English names on it from your body or clothes.

It doesn't matter how big the group is. And will take around 10 min.

1. Ask the children to put the post-it's on the right place.
2. In the end everybody will look like a post-it monster, with post-it's on their head, eye etc.

- I see I see what you can not see and the color is

For this game you need no preparation.

It is for all sizes of groups and will take 10 min.

It is nicer to play this game during a break, to have a subject to talk about.

1. One person will pick an object in his head. This object can have a color for example blue.
2. This person need to say: I see I see what you can not see and the color is blue.
3. The others have to guess what object he picked. If one person guesses this object, it will be his turn to pick an object.

Other activities

- Building a spaghetti tower

With spaghetti and marshmallows (or something else - be creative) you can build this tower. You can divide the group first in teams of two or three persons and afterwards you can connect the towers. I think the picture says enough! Of course in the end you can eat all marshmallows. This activity will take around 50 min.



- Human knot

You need no materials for this activity.

It is for 5-6 people (so you might have to divide the group).

The activity takes around 10 min.

1. Make a circle. One person should be out of the circle. The people in the circle should take their hands.

2. Now the circle can try to make a knot. They can go under each others arms.
3. The person out of the circle has to tell the people in the circle what they should do to be a normal circle again without a knot.



Schedule

On the last few pages you can find the activities we did on these schools. Every week I had a meeting with all volunteers for 1.5 hour. You can not find these meetings back in all schedules. Don't forget to schedule the preparation for the activities. (They are also not in this schedule).

<u>Day</u>	<u>Time</u>	<u>Activities – week 1</u>
Monday Planning with volunteers	13.00 – 16.00	- Introduction and planning activities
Tuesday School 1	10.00 – 12.00	- Name game with moving - Painting game - Chinese football - House game -Elephant, Toaster, Washing Machine, Palm tree - Traffic-light
Wednesday School 1	10.00 – 12.00	- Name game who am I - Making animal out of papers (see pictures as example) - Princess, dragon samurai - Knot game in teams of 5 people - Freezing game
Thursday School 2	10.00 – 12.00	- Name game with moving - Painting game - Chinese football - House game - Elephant & Toasters - Traffic-light

<u>Day</u>	<u>Time</u>	<u>Activities - week 2</u>
Monday Planning with volunteers	13.00 – 16.00	- How did you like last week? - Scheduling
Tuesday School 1	10.00 – 12.00	- Name game I sit on a chair next too - Repka masks - Repka play - Broken telephone - Mime - Living Memory - Lettermix - Game morning
Wednesday School 1	10.00 – 12.00	- Name game with ball - Building a spaghetti tower - Word game - Pointing WC - Dragon tail - Haze in a house
Thursday School 2	10.00 – 12.00	- Name game I sit on a chair next too - Making music instruments (with toilet roll, rice and paper) - Singing together - Mime - Haze in a house - Living memory - Dragon-tail

<u>Day</u>	<u>Time</u>	<u>Activities - week 3</u>
Tuesday School 1	10.00 – 12.00	<ul style="list-style-type: none"> - Name game moving - Name game with blanket - Making postcards & Sending them - Dancing (Magharena) - Chair dancing - Limbo dancing
Wednesday School 1	10.00 – 12.00	<ul style="list-style-type: none"> - Writing enveloppes - Search & Walk Quiz

<u>Day</u>	<u>Time</u>	<u>Activities - week 4</u>
Monday Planning with volunteers	13.00 – 16.00	<ul style="list-style-type: none"> - How did you like last week? - Scheduling
Tuesday School 1	10.00 – 12.00	<ul style="list-style-type: none"> - Name game hitting - Small song with moving - Balloon's - English Memory with card.
Wednesday School 1	10.00 – 12.00	<ul style="list-style-type: none"> - Name game who am I touching - The ball and the ball is for - Making music instruments
Thursday School 2	10.00 – 12.00	<ul style="list-style-type: none"> - Movie morning Abeltje

<u>Day</u>	<u>Time</u>	<u>Activities - week 5</u>
Monday Planning with volunteers	13.00 – 16.00	<ul style="list-style-type: none"> - How did you like last week? - Scheduling
Wednesday School 1	10.00 – 12.00	<ul style="list-style-type: none"> - Making dolls - Letting the children tell about their dolls - Limbo dancing, chair dancing
Thursday School 2	10.00 – 12.00	<ul style="list-style-type: none"> - Making 3D cards - Making a threat - Hitting game, Living memory, - Chinese football - 3 D puzzle - Singing songs