## Project Meeting Outline

### Project: Personal Growth and Development

**Project Activity: Personal Growth and Development**

**Life skill to Work On:**

**Purpose/goal:**

<table>
<thead>
<tr>
<th>Preferred Grade(s)</th>
<th>Minimum # of youth</th>
<th>Maximum # of youth</th>
<th>Time Needed</th>
<th>Description</th>
<th>Supplies needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>K-12</td>
<td></td>
<td></td>
<td>65 min.</td>
<td>We will use roll call as our greeting.</td>
<td>We need idea sheets for roll call.</td>
</tr>
</tbody>
</table>

### Welcome/get acquainted activity

- **Description:** We will use roll call as our greeting.
- **Time:** 5 min.
- **Supplies needed:** We need idea sheets for roll call.

### Project hands on activity

- **Description:** We will make a first aid kit.
- **Time:** 15 min.
- **Supplies needed:** We need a box, bandages, tweezers, alcohol wipes, antibiotic cream, anti burn cream, (aloe gel), bug itch, gauze pads, cotton ball, medical tape, cold packs and ipecac.

### Recreation

- **Description:** Have booths explaining the steps on how to care for poison spills, electrocution, how to use a splint, etc.
- **Time:** 15 min.
- **Supplies needed:** We need tables, a booth, pamphlets, pictures and a completed first aid kit.

### Snack

- **Description:** We will serve a mixed vegetable tray, dip and pretzels and 100% juice.
- **Time:** 10 min
- **Supplies needed:** We need the vegetable tray, dip, juice, cups and plates.

### Optional business/decisions

- **Description:** We will discuss the future meeting, futures events, and project activities.
- **Time:** 20 min.
- **Supplies needed:** We need kids and flags.

### Just in case Extra activity

- **Description:** Fun time play.
- **Time:** open
- **Supplies needed:** Fun!!

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List Questions to Discuss (Guiding Experiential Learning)

Experience-
  What to do in case of an accident?
  What is the proper way to handle emergency situations?

Sharing-
  Kids share past experiences that they may have had.

Process-
  Go over items in the first aid kit and discuss what they are used for.

Generalize-
  Give an overview of first aid.

Apply-
  Practice first aid treatments.

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