

**Prep:**

- Gather drawing paper, marker/art materials and Student Guidebooks.
- Make a flip chart or poster with the Ambassador Job information (see example).

**Meeting Agenda:**

**Welcome and Opening Activity – 10 min.**

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Facilitate** game of Telephone

**Activity and Ambassador Skill Development – 10 min.**

- Check-in with your Ambassadors
  - Ask how they have been doing since the training and facilitate a brief discussion around their answers.
- On the Flip Chart write out and Discuss the Ambassador's Job:
  - Notice Think, and Act.
  - Direct the Ambassadors attention to "With Whom Do I Start?" in their guidebook.
    - Review WHO Ambassadors start with and WHY.
  - This may also be a good time to relate the section "starting with themselves" to the Code of Conduct.
- **Facilitate** the Ambassador Quilt activity if time allows.

**Closing – 2 min.**

- As they go through the week, Ambassadors should try to notice each time that they are about to treat someone badly (or not be a good friend) and STOP. Give them a visual reminder like a string that they tie around their wrist or a friendship pin.

**Ambassador Job Description**

**NOTICE**

- Exclusion
- Put-downs
- Intimidation
- Unwanted physical contact

**THINK**

- How well do I know the people involved?
- Who is around?
- Could I leave if I had to?
- Can I handle this on my own or do I need adult help?

**ACT**

- Supporting
- Balancing
- Distracting
- Reasoning
- Getting Help

# Telephone

## Materials:

None

## Timing:

5-10 minutes

## Preparation:

Arrange chairs in a circle, one per participant

Someone volunteers to be the Starter and whispers a full sentence to the person sitting to their right.

That person then passes the message on by whispering it in the ear of the person to the right.

Each person then whispers what he or she heard into the ear of the person sitting to the right until the message ends up back at the Starter.

The last person says the (usually much distorted) message out loud and then the Starter reveals the original message.

## **Example Phrases:**

- If I could go back in time, I would yell at Troy, "It's a trap!"
- Minions would look really different with contacts.
- I recently retired from the applesauce factory.

## **Debrief Questions:**

Why do rumors get started? Why do they spread so easily?

- Have you ever been the subject of gossip? How did that feel?
- Have you ever spread gossip about someone else? How did you feel about it?
- What actions can Ambassadors use to stop the spread of gossip?

# Ambassadors' Quilt

## Materials:

Drawing paper markers/  
art materials

## Timing:

10 minutes

## Preparation:

**Directions:** Tell Ambassadors that you are going to make an Ambassador quilt (combine with other family groups). Explain that groups of people often worked together to make a quilt with a common theme. The theme of your quilt is friendship.

Give each student a small piece of paper. Brainstorm a list of advice that they would give their classmates (or themselves) on how to be a good friend. (e.g., Don't Fight or Use Kind Words). Have them choose one statement to write on their paper and illustrate a picture to go with it.

Give the pictures to your Program Advisor who can assemble them together to form a quilt. This quilt can then be displayed in a common hallway or outside the front office.