

City Lights Youth

Group 23

Objective: Introduce Social Wellness

April 6, 2021

Small Groups

1. 6:00-6:25 Welcome, Prayer, Dinner, Clean up
2. 6:25-7:10- Small Group Wellness Activity
 - a. Social Wellness
 - i. Social Wellness Definition: having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others.
 - b. Group Activity:
 - c. Discussion topics:
 1. Why is social wellness important?
 2. How can you achieve social wellness?
 3. Other.
3. 7:10- Clean up and load up into vans
4. 7:15- Vans leave to return youth home

City Lights Youth

Group 24

Objective: Social wellness and exploring unfamiliar dynamics

April 13, 2021

Small Groups

1. 6:00-6:25 Welcome, Prayer, Dinner, Clean up
2. 6:25-7:10- Small Group Wellness Activity
 - a. Social Wellness
 - i. Social Wellness Definition: having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others.
 - b. Group Activity:
 - i. Draw numbers for small groups.
 - ii. Building competition: using the materials provided, with your group build the tallest tower you can within 10 minutes. Prizes for the winning group will be provided.
 - c. Discussion topics:
 1. What were your initial thoughts of being in a different group this time?
 2. On a scale of 1-10, where are you on the scale of being comfortable in the beginning vs the end?
(1 least, 10 most)
 3. Did it change and why?
 4. What roles do you see people having in a group? What role did you see yourself in and see others in?
 5. How do you think this connects to social wellness?
 6. In what real-life situations do you feel most comfortable and least comfortable?
 7. In what scenarios could you see something similar happening in real life?
 8. What are ways you can help someone new to a group feel more comfortable?
3. 7:10- Clean up and load up into vans
4. 7:15- Vans leave to return youth home

City Lights Youth

Group 25

Objective: Social wellness and exploring unfamiliar dynamics

April 20, 2021

Small Groups

1. 6:00-6:25 Welcome, Prayer, Dinner, Clean up
2. 6:25-7:10- Small Group Wellness Activity
 - a. Social Wellness
 - i. Social Wellness Definition: having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others.
 - b. Group Activity:
 - i. Watch short clip from The Social Dilemma documentary
 - ii. Discussion in small groups
 - c. Discussion topics:
 1. How do phones/devices enhance or improve social relationships?
 2. How do they hurt relationships?
 3. How much time do you spend on your phone/device? How do you feel about the amount of time? Is it too short/long? What is the ideal amount?
 4. What do you do most on your phone/devices? (talk to friends, play games, scan social media, etc.?)
 5. How do you think social media impacts your social wellness?
3. 7:10- Clean up and load up into vans
4. 7:15- Vans leave to return youth home

City Lights Youth

Group 26

Objective: Social wellness and bullying

April 27, 2021

Small Groups

1. 5:30-6:00 Welcome, Prayer, Dinner, Clean up
2. 6:00-7:10- Fun Night- Soccer Clinic with North GA Soccer
 - a. Social Wellness
 - i. Social Wellness Definition: having healthy relationships with friends, family, and the community, and having an interest in and concern for the needs of others.
 - b. Group Activity:
 - i. Speech and discussion on bullying by Coach K
 - ii. Soccer game
3. 7:10- Clean up and load up into vans
4. 7:15- Vans leave to return youth home