

Empowerment Topic: Why Extracurricular Activities

Lesson Objective

To help familiarize students with the importance of participating in extracurricular activities for overall development.

Preparation

Preview the video (2 minutes 22 seconds) in advance of the lesson.

Warm-up Activity

1. Ask students to tell what is meant by the term “extracurricular activities.”
2. After explaining that extracurricular activities are those activities that take place outside of the regular school day or the regular daily routine, have students name some extracurricular activities they are familiar with.
3. Make a list of these activities and add to your list over time.
4. Provide students with books from your school or public library that explore a variety of extracurricular activities your students might enjoy learning about.
5. Have students tell which extracurricular activities they are already participating in as well as those they might like to try in the future.

View the Video: *Extracurricular Activities*

1. Tell students they will be watching the video titled, “Why Extracurricular Activities” (Tip: You can use steps 2 and 3 to establish a framework for watching the video, or just skip ahead to step 4.)
2. Explain that the video presents role models talking about why extracurricular activities are valuable.
3. Tell students that, as they view the video, they should listen for reasons the role models believe they should consider extracurricular activities.
4. View the video together.
5. Tell students they are going to view the video again; before this second viewing, invite students to formulate questions or comments about the information discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-Up

1. Ask students to discuss or write about their video-related questions, comments, reactions and responses.
2. Invite students to note specific things they learned about the different extracurricular activities careers featured in the video and to reflect upon their observations. (E.g., “I liked when the role model said that you can always learn something new from every person you meet.”)

3. Encourage students to edit any written work so it can be shared with classmates.
4. Use student writings as a springboard to further discussion.

Extension Activities

- Have students use drawings, photographs, and images cut from magazines along with captions to create posters “advertising” their favorite extracurricular activities. Invite students to take turns presenting their posters.
- Have students prepare a list of questions to pose to classmates after their presentations so you all can learn more details about extracurricular activities. Remind students to include questions that will help them discover how classmates benefit from their particular activity choices.

Related Questions to Explore

Use the list of questions below to help students learn more about the information presented in the video:

- What did the first role model in the video mean when she said that extracurricular activities help you feel confident and boost your self-esteem? Why are confidence and self-esteem important?
- What did the role model mean when she said that extracurricular activities help you to “give back to your school?” Do you think it’s important to give back to your school? Why or why not? How can extracurricular activities help you to give back to your school?
- More than one role model said that extracurricular activities help you work well with other people. Why is it important to know how to work well with other people? Even if you prefer working alone, name one or two situations where you might have to work well with other people.
- How can joining extracurricular activities help you “release energy” you may have stored up when sitting still, working on schoolwork? How can releasing such energy actually help you do better in your schoolwork?
- What does it mean to be “well-rounded?” Why is it important to be well-rounded? How can extracurricular activities help you to become well-rounded?
- Besides exploring the Career Girls website, what are some other ways you can learn more about extracurricular activities?