



## Ages & Stages

Ages 5 to 8	Ages 9 to 11	Ages 12 to 14	Ages 15 to 18
Plan fun experiences that encourage physical activity.	Plan active, fun learning experiences.	Plan active, fun learning experiences.	Allow participants to plan their own programs.
Be prepared for messiness and activities that don't quite go as planned.	Give short, simple instructions.	Create opportunities for participants to start taking on leadership roles.	Plan activities that allow participants to engage in real life problem solving.
Demonstrate the activities before participants start, while they're working, and after they're done to allow them to see the entire process.	Plan activities that are appropriate for a range of abilities to improve the odds of successful outcomes for everyone.	Accept participants' feelings—avoid criticizing or embarrassing them.	Emphasize participants' personal development.
Plan small group activities with one adult or teen working with each small group.	Encourage team activities that include older youth role models to take advantage of this group's enjoyment of working in teams.	Ask questions that encourage predicting outcomes and problem solving.	Encourage activities that are civic in nature and have a component of service to others.
Plan a variety of activities.	Be aware that these participants want everything to be fair or equal for everyone.	Plan activities that help participants build skills.	Participants want to be part of a group but also want to be seen as individuals.

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