ACTIVITY GUIDE
VALUES CUBE

GROUP ACTIVITY

DESCRIPTION
The purpose of this activity is to discuss our values and how these are separate from our behaviors when we stutter. Discussing values can help chapter attendees become more confident in knowing who they are (their identity). Sometimes stuttering becomes so central we forget about who we really are, and what we have to offer, and what we DO offer through our values.

STEPS & ADVICE
• Print multiple copies of the Values Cube (on the next page).

• Begin a basic discussion about values.
  o What are values?
  o What does this mean to you?
  o Why are these important?
  o What do they say about us?
  o How do these drive our behavior?

• TIP: If some attendees are unclear on values, provide them with some examples.

• Begin answering the prompts on the cube. Have younger children draw if its easier for them. (Ex: How do you want to be as a friend? They may draw someone helping another person.)

• TIP: The group discussion should open up conversation about how our values drive our ACTIONS. If someone desires to be a kind friend, help them think of ways that they ARE a kind friend and ways that they can continue to be kind to others.

• Discuss how stuttering can sometimes get in the way of who we really are and who we want to be (our values). Because our values are personal and integral to who we are, we can discuss committing to these values and not letting stuttering get in the way of showing our true selves and offering that with others.

• Discuss ways we can commit to being our true selves (e.g. the person values being friendly, but is sometimes unfriendly because they fear stuttering). How do we bring our values to the forefront and make stuttering an afterthought? “
RESOURCES NEEDED

Values Cube (print multiple copies)

Cube created by:
Sandra

Cut along the outside edges of your cube. Then, fold along the dotted lines, making sure that your typed information stays on the outside. Tape the sides together to make a cube.

What matters to me for fun, interest, leisure?

How do I want to be as a student/learner?

How do I want to be as a friend?

How do I want to be as a family member?

What else matters to me?
Homework
Group Activity

Teens

DESCRIPTION
Give the teens an assignment for the coming week. Let them share how it went at the next meeting.

STEPS
Homework assignments can be:

1. Ask each member of your family what they think about your stuttering.
2. Ask your mom and dad if they think your stuttering is their fault.
3. Ask three of your closest friends what they think about your stuttering.
4. Do one thing that scares you.
5. Ask your teacher what they think about your stuttering.

Left Center Right
Group Activity

Teens

DESCRIPTION
This is a dice game that you can purchase at Walmart or Target. Please use chips instead of money, but you could also play with coins. This is a very fun game that teens enjoy play again and again! Directions are provided in the game.

RESOURCES NEEDED
Purchase Left Center Right. Buy prizes. Bring poker chips or coins.
**Game Night**

Group Activity

| NSAKids | Teens | Family |

**DESCRIPTION**

Everyone brings their favorite game (from home) to the Chapter Meeting and shares why it's so special to you. Select a game to play, or break off into groups and play them all!

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**Green Glass Door**

Group Activity

| Teens |

**DESCRIPTION**

This is a riddle game to play with a minimum of 3 players. Attendees try to solve the riddle by asking questions.

**STEPS**

Tell attendees that only certain things can fit through the green glass door. Then, give them examples:

- A kitten, but not a dog.
- A sheep, but not a cow.
- Teeth, but not smiles.

Next, attendees will ask questions to see what would fit through the green glass door. The first person to figure out the pattern wins.

The pattern?

(It's any word that has double letters... green, glass, door!)
Beanboozled
Group Activity

Teens

DESCRIPTION
This is a game that you can be purchased at Walmart, Target or online. Players eat jelly beans that might be fruit flavored, or might be disgusting (you don’t know until you eat them)! Directions are included in the game.

Design a T-Shirt
Group Activity

NSAKids Teens Family

DESCRIPTION
Pretend attendees are creating their very own NSA t-shirt.
- What would it look like?
- What would you want it to say?
- What message do you want your shirt to share with anyone who sees it?
- Would there be words?
- Would there be pictures?

Let everyone be creative and design the back of a new chapter t-shirt. Then share and discuss.

RESOURCES NEEDED
Sheets of paper. Lots of colored pencils.
**Bring a Friend**

Group Activity

| NSA Kids | Teens | Family |

**DESCRIPTION**
Select a specific upcoming Chapter Meeting and encourage everyone to bring a friend! Plan ahead to play games, have snacks and talk about stuttering.

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**Fishbowl**

Group Activity

| Teens |

**DESCRIPTION**
This is a guessing game that incorporates Catchphrase, charades, and another twist

**STEPS & ADVICE**
- Everyone writes three “things” on slips of paper. This can be most anything -- TV shows, movies, common nouns, verbs, places, songs, etc. Whatever someone writes down needs to be commonly known things.
- All slips of paper go into a large bowl.
- Attendees form two teams.
- In the first round (which could be timed), each person describes 3 items without saying the word (or as many as they can in 30 seconds).
- In the second round, all the same words are put back into the fishbowl. For this round, each attendee acts out as many as their team can guess in 30 seconds.
- In the third round, all words are back in the fishbowl again, and this time each participant gives a one-word clue about as many items as they can in 30 seconds.

**RESOURCES NEEDED**
Slips of paper. Pens. Large bowl (or container).
Hedbanz
Group Activity
Family

DESCRIPTION
Hedbanz is a fun, fast-paced, easy to play question game of “What am I?” You ask YES or NO questions to figure out if the image on your head is an animal, food or man-made object. Be the first player to guess what you are and you win. Directions are included in the game. (Hedbanz can be purchased at Walmart, Target or online.)

Two Truths and a Lie
Group Activity
Family

DESCRIPTION
Two Truths and a Lie is always a fun way to get people laughing and talking at the start of a Chapter Meeting. Attendees tell two truths and one lie. The object of the game is to determine which statement is the false one.

STEPS & ADVICE
- Give everyone a small index card.
- Have them write 3 things about themselves. (Two must be true statements, and one must be a lie.)
- Choose really outlandish or unusual things (ex. I once raised chickens).
- Take turns reading them out loud and pretending they are all true.
- The others have to guess which one statement is a lie.
- It’s a fun way to get to know others, especially when you introduce yourself at the same time.

RESOURCES NEEDED
Index cards. Pens. Creativity.

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Superhero

Group Activity

DESCRIPTION
The basis of this activity is to have a discussion about superpowers. Every person has a superpower, including people who stutter. George Springer is one of the world’s best baseball players. He’s won a World Series title with the Houston Astros. George is a person who stutters who also has superpowers.

VIDEO
Find a way to watch the following video about George Springer. You can stream this video on your laptop, tablet or phone. (TIP: the bigger the screen the better.)

George Springer video:
https://www.youtube.com/watch?v=B8sUD-vH9vM

STEPS & ADVICE
• Show everyone the video of George Springer.
• To start the discussion, have the kids share what George’s superpower is.
  (TIP: Be prepared to have the kids go beyond saying George’s superpower is his bravery or courage. Expect the kids to say George’s stutter is his superpower.)
• Next, ask each child to talk about what their superpower is and why they feel that is their superpower.
• Then, have the kids create their very own Superhero mask using paper plates, construction paper, colored pencils/markers and other arts/crafts items.
  and then they made “super hero” mask to showcase their powers.

RESOURCES NEEDED
Laptop/Tablet/Phone. Wi-Fi access. Paper plates and/or construction paper. Colored pencils and/or markers. Various craft items like: popsicle sticks, glue, pre-cut shapes, stickers, etc.
Anonymous Question Box
End of Meeting Activity

DESCRIPTION
This end of a chapter meeting activity has proven to generate great questions from kids and the discussion that follows is helpful to both kids and parents. This activity is a great way for children (and parents) to get answers to questions they want to know but may be too embarrassed to ask.

STEPS
• Place index cards and pens on a table for children and adults to write questions about stuttering.
• At the end of the chapter meeting, read some (or all) of the questions.
• Provide answers and facilitate a group discussion about each question/answer.

RESOURCES NEEDED
Index cards. Pens.

Pumpkin Carving
Group Activity

DESCRIPTION
Who doesn’t like carving a pumpkin at Halloween? (No one. And that’s why this is such a fun activity.)

STEPS
• If possible, partner a Teen attendee with an NSAKids attendee.
• Have them work together to design and carve a pumpkin.

RESOURCES NEEDED
Banner Painting

Group Activity

DESCRIPTION
To coincide with National Stuttering Awareness Week (early May) or International Stuttering Awareness Day (late October), Family Chapters have had success in painting a big banner that reads: WE STUTTER. It’s a fun activity that sparks creativity and conversation. This activity is also a great way to launch a brand new Family Chapter.

STEPS & ADVICE
- Get a large banner-sized piece of paper.
- **TIP:** Pre-write WE STUTTER to save time for the group activity.
- Have all attendees color in the words.
- Have all attendees write something they like about themselves on the banner.
- Get everyone to sign the banner.
- **TIP:** Post the banner in a visible place for lots of people to see.

RESOURCES NEEDED
Large roll of paper. Markers.
DESCRIPTION
This is a fun, small group activity requiring teamwork and communication that requires a little bit of pre-work. It’s a fun, collaborative activity with each team competing to build a simple structure using pieces of Dots Candy and toothpicks.

STEPS
- Using 1 box of Dots Candy and Toothpicks, pre-build a structure for attendees to recreate a the Chapter Meeting.
- Hide the pre-built structure behind a small barrier (very large book, opaque screen, curtain, etc.).
- Split attendees into small teams (minimum of 2 people per team).
- Each team selects 1 “runner” with the rest of the team members being “builders.”
- Decide the amount of time each “runner” can peek at the pre-built structure (:15 secs, :30 secs) and the number of peeks (2 peeks, 3 peeks, or more).
- Also decide how many minutes the teams have to recreate the structure.
- After the time ends, compare the structures each team built with the pre-built structure.
- Have a conversation about what went well, what was easy, what was challenging, etc.
- At the end, have attendees eat the Dots Candy pieces.

RESOURCES NEEDED
1 Box of Dots Candy and 1 box of Toothpicks (per team plus the pre-built structure). A barrier to hide the pre-built structure.
M&M Icebreaker
Group Activity

DESCRIPTION
Help your chapter get to know each other with M&Ms! This is a simple ice breaker that is proven to be a great way to get people talking and sharing interesting things about themselves.

STEPS & ADVICE
• Before the Chapter Meeting, write down six “About Me” topics. (Each topic will correspond to a M&M color – brown, orange, red, green, yellow, and blue.)
• TIP: Sample “About Me” topics are: (1) a place you’d like to travel; (2) a celebrity you would have a meal with; (3) favorite color; (4) a unique trait; (5) what you want to be when you grow up; (6) favorite food.
• Assign an “About Me” topic to a M&M color.
• TIP: Write the color and its assigned “About Me” topic on a board of your meeting room or a visible piece of paper.
• Randomly hand out a few M&Ms to each person.
• Have everyone stand in a circle.
• Pick someone to start and they will select one M&M from their hand and state their “About Me” information that goes with the color of the M&M in their hand.
• Each person says one thing, clockwise around the circle, and then start over with the next color M&M in their hand.
• Continue until everyone has used up the M&Ms in their hand, you run out of time, or your conversation naturally leads somewhere else.
• Eat the M&M after sharing your “About Me” information!

RESOURCES NEEDED
Bag of M&Ms (or you could use jelly beans, or other multi-color candy). White board or another way to visibly display what the “About Me” colors stand for.
**Personal BINGO**

**Group Activity**

**Family**

**DESCRIPTION**
This is a fun BINGO game to learn unique facts about your Family Chapter attendees.

**STEPS**
- Make a BINGO sheet for each person in your group.
- Each square should have a different piece of information that could be a trait of someone.
- **TIP:** Traits could be a defining characteristic of the person (e.g., has 2 siblings, likes dogs), or something true about them today (e.g., is wearing pink, can do 10 jumping jacks right now).
- Pass out the BINGO sheets and pens.
- Have all attendees mingle about to find people who can sign off on each square.
- **TIP:** You can do this as a general icebreaker activity to learn about each other, or you could also make it competitive, by giving a prize to whoever fills their card first.

**RESOURCES NEEDED**
Create “Personal BINGO” cards. (See the example below.)

<table>
<thead>
<tr>
<th>B</th>
<th>I</th>
<th>N</th>
<th>G</th>
<th>O</th>
</tr>
</thead>
<tbody>
<tr>
<td>Traveled to another country</td>
<td>Cannot whistle</td>
<td>Is wearing blue</td>
<td>Plays an instrument</td>
<td>Goes to speech therapy</td>
</tr>
<tr>
<td>Likes pepperoni pizza</td>
<td>Doesn’t drink coffee</td>
<td>Has a sister</td>
<td>Was born in the same month as you</td>
<td>Can do 10 push-ups right now</td>
</tr>
<tr>
<td>Has read all the Harry Potter books</td>
<td>Already has their Halloween costume planned</td>
<td><strong>FREE</strong></td>
<td>Has 2 or more pets</td>
<td>Is wearing socks right now</td>
</tr>
<tr>
<td>Is an only child</td>
<td>Was born in another state or country</td>
<td>Can sing a song right now</td>
<td>Has the same favorite dessert as you</td>
<td>Has never broken a bone</td>
</tr>
<tr>
<td>Can speak another language</td>
<td>New to this Family Chapter</td>
<td>Is left handed</td>
<td>Favorite color is purple</td>
<td>Has a brother</td>
</tr>
</tbody>
</table>
BINGO
Group Activity

DESCRIPTION & STEPS
• Play BINGO!
• Have kids and teens take turns calling out bingo numbers.
• Purchase a BINGO game at Walmart or Target.
• Purchase $1 items from a dollar store or bake cookies as prizes.

Bullying and Teasing Role Play
Group Activity

DESCRIPTION
Role play different scenarios for dealing with bullying and teasing. Discuss the difference between bullying and teasing with your group.

STEPS & ADVICE
• Brainstorm all different ways that a child can respond to a bully.
• TIP: Encourage acceptable ways AND unacceptable ways to respond because it’s important to talk about the best and worst ways to respond when bullied.
• Have children break into small groups of about 3 people and role play one of the situations discussed (or people can come up with their own situation).
• TIP: Provide ideas or help to children/groups who need it.
• TIP: If you don’t have enough children to make groups, you can do this as one group together and take volunteer actors.
• Have each group come to the front and perform their short role play activity.
• After each performance, discuss with the whole group what the situation was that they were portraying, and make it a teaching moment if possible.

RESOURCES NEEDED
White board, or other display area, is helpful for writing down the difference between bullying and teasing, and the responses for bullying. (Not necessary though.)
Parent Breakout Conversations

Group Activity

DESCRIPTION
Parents can learn a lot from having more “serious” topics during a monthly Family Chapter Meeting. This gives parents the opportunity to ask questions they may not be comfortable asking in front of their child.

STEPS & ADVICE
- Have a Chapter Meeting planned with a specific Kids/Teens activity with at least two people leading the younger attendees.
- **TIP:** Start your meeting as a large group with everyone in the same room. Consider sharing pizza, drinks and the Opening Words.
- Split the group up with the Kids/Teens doing their pre-planned activity and have the Parents go to a separate room or a quiet corner of a large room.
- Have two people facilitate the Parents-only conversation.
- Have everyone come back together at the end of the meeting to do a “show & tell” of what the kids have been doing.

RESOURCES NEEDED
More than one meeting area/room. Parent handouts are helpful, but not necessary.

**TIP:** A best practice is to create a handout/notes page for each Parent Breakout session. This serves as a place for parent to take notes, and also a reminder of the dates and topics for each meeting. See next page for an example.
Stuttering Support Group
Parent Breakout Sessions

MEETING DATES AND TOPICS

September 26th: What is Stuttering?
October 24th: Parent Fears
November 28th: What Happens in Speech Therapy? Speech Therapy vs. SSG
January 23rd: Bullying and Teasing (parents/children combined)
February 27th: Parent Resources for Stuttering
March 27th: Adults who Stutter (parents/children combined)
April 24th: Summer Suggestions

Session Notes:

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Advocate for Yourself

Group Activity

Teens

DESCRIPTION
This is a great activity to get the kids talking and advocating for themselves. It's a whole lot of fun! Heads up -- it can get loud, VERY LOUD!

STEPS
Use these statements to get the Teens "arguing" or advocating that they are the one who most recently completed this task. If they can convince the group, they get a piece of candy:

- I am the one who most recently saw a penguin.
- I am the one who most recently saw a snake.
- I am the one who most recently FINISHED reading a book.
- I am the one who most recently said my name.
- I am the one who most recently bought a new pair of shoes.
- I am the one who most recently drove a vehicle.
- I am the one who most recently did something nice for someone.
- I am the one who most recently told someone I stutter.
- I am the one who most recently ran.
- I am the one who most recently refused to let someone make me angry.
- I am the one who most recently did a class presentation.
- I am the one who most recently helped a friend.
- I am the one who most recently dealt with a bully.
Coat of Arms
Group Activity

DESCRIPTION
A Coat of Arms is a unique design representing something that has an important meaning to that person, country or company. Family surnames have a traditional Coat of Arms also known as a Family Crest. This group activity has teens creating a Coat of Arms for what they represent.

STEPS & ADVICE
• Have teams create the Teen Coat of Arms.
• In one corner of the crest, draw something that represents a recent achievement from someone in the group.
• In another corner, draw something that reflects your group’s values.
• In the third corner, draw something that represents where you see the group going in the future.
• In the final corner, draw something that represents the type of people you are.
• At the bottom—in the banner—draw something that represents the most important aspect of this group.
• Have each group describe their Teen Coat of Arms and talk about how this describes and symbolizes their values.

RESOURCES NEEDED
Large sheets of paper. Markers and pens,
The Tyranny of Positivity

Group Activity

Teens

DESCRIPTION
Can too much positive thinking be harmful? Is there a darkside to being so positive you ignore negative feelings? This meaningful group activity requires watching a TED talk from psychologist, Susan David, Ph.D.

STEPS
• Give all attendees a notecard and have them write a positive memory on one side and then write a negative memory on the other side. These memories should be connected to stuttering in some way.
• Have attendees set aside their notecards.
• Watch the following TED talk and facilitate a discussion afterwards that includes attendees reflecting on their notecard with a positive and negative memory.

VIDEO
You can stream this video on your laptop, tablet or phone. (TIP: the bigger the screen the better.)

The Gift and Power of Emotional Courage
https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. In this deeply moving, humorous and potentially life-changing talk, she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility. A talk to share.
Zombie Apocalypse
Group Activity

DESCRIPTION
This small group activity requires teamwork with smart and fun conversations by pretending there is a Zombie Apocalypse!

STEPS

- **TIP:** This activity works best with a group of at least 12 people but can be adapted to groups of smaller size.
- Explain to the group that a Zombie Apocalypse has struck and there is only enough food and shelter for six people to survive.
- Assign the following roles for one person in the group to portray. Each group member portrays one role. (For groups smaller than 12, adapt by assigning roles to however many people are in attendance. The 12 roles are:
  1. Vampire
  2. Miss Universe of 2019
  3. Mother of 6 children
  4. Aerospace Engineer
  5. Speech Language Pathologist
  6. College Student majoring in nuclear physics
  7. Zombie
  8. Middle School Math Teacher
  9. Captain America
  10. Physician
  11. Werewolf
  12. A plumber
  13. Scientist
- Have the group work collaboratively to decide which six people will be chosen to form an army to combat the Zombies.
- The groups will need to choose their army wisely and deliver a short presentation stating why they chose the six roles to form their army.
Mentors & Superheroes
Group Activity

DESCRIPTION
It’s always fun to imagine yourself as a Superhero. Beyond having super powers, Superheroes have unique personality traits just like us. This fun activity has attendees finding the Superhero they are most like and then engaging in a group conversation about what it means to be a “Superhero” and how we can more embody the Superhero in us.

STEPS
• Print out each of the following four Superheroes and place them in the four corners of the room.
  o Spiderman (or Woman)
  o Captain America
  o Iron Man (or Woman)
  o Batman (or Woman)
• Have people to walk around the room and find the Superhero who is most like them and stand there.
• When a group forms, someone be the scribe to write down the key ideas/themes discussed within the group.
• Next, have the group answer the following questions:
  1. What quality in us reminds us of this Superhero?
  2. Can we be a great mentor to others? If so, how?
  3. Which of the listed qualities makes it hard to be like us and why?
  4. What advice can we give others on how to best get along with us.
  5. Everyone needs a vacation, including a Superhero. Suppose this superhero was to plan a vacation. Where would they go and what would they do on their vacation?
Decisive, assertive, active

Likes to be in control

Quick to act - do it now and I'll do it

Thinks in terms of the bottom line

Courageous, ambitious and confident

Perseveres, goal-centered, ambitious

Hardworking, would like to be able to fly
Friendly, likeable, people-experts
Allows others to feel important
Supportive, nurturing and caring
Peace-loving, sympathetic, helpful
Feelings-based, trusts own emotions and intuition
Generous, not competitive
Process-centered. Persistent doer of good
Innovative, creative, sees the big picture
Focuses on future thought
Always looking for the latest invention
Risk-taker, spontaneous
Has insight into mission and purpose
Appreciates a lot of information
Unconventional, Likes to experiment and explore
Maybe a bit accident prone
Practical, dependable, and thorough
Provide planning and resources to others
Moves carefully, follows guidelines
Uses data to make logical decisions
Weighs all sides of an issue, balanced
Introspective, focused, reserved
Skilled at finding the fatal flaw in an idea
A bit of a geek about technology
Stuttering Rocks
Group Activity

DESCRIPTION
This is a fun and meaningful activity for everyone to enjoy while exploring their feelings of stuttering. Plus, it can serve as a way to increase stuttering understanding and awareness.

STEPS
- Place an assortment of rocks, paint, brushes and paint pens on a table.
- Have every attendee select one or two rocks.
- Inspire the attendees to think of something about stuttering.
- Have everyone take their inspiration and paint their rock(s).
- Once finished, go around the room and have everyone talk about their rock.
- Encourage attendees to either keep their rock, give away their rock to family and friends, or hide at the park, etc for folks to find.

RESOURCES NEEDED
Rocks. Acrylic paint. Paint pens. (Everything can be purchased at a craft store.)
Make Your Own Sundae
Group Activity

DESCRIPTION & STEPS
• Celebrate going back to school with a Make Your Own Sundae party.
• The thought of school can be one of the most stressful times for kids and teens.
• Let’s make it fun!
• Ask everyone to bring their favorite toppings.
• Provide ice cream, bowls, napkins and spoons.
• Laugh and have fun!

Name Tags
Group Activity

DESCRIPTION & STEPS
• Pass an index card and a pencil or pen to each person and ask them to divide the card into four parts.
• In each space they are to draw or write something which answers a certain question about themselves.
• Questions could any of the following:
  o What is your favorite movie or book?
  o Where is your favorite place to relax?
  o What does their stuttering look like or feel like?
  o What animal best describes them
  o and many more...
• Next, have attendees mingle for ten or fifteen minutes sharing what they wrote with others.
• TIP: Set a time limit you can stay with one person. You can use a bell which means “Switch partners” for this purpose.

RESOURCES NEEDED
Index cards. Pens or pencils.
Drawing Your Iceberg

Group Activity

DESCRIPTION
Stuttering has been described as being an iceberg. There are visible aspects to stuttering that everyone can see. However, there also “invisible” aspects that people cannot see but the person who stutters feels inside their body. This activity will get people to think about the visible and invisible aspects of stuttering.

STEPS
• Give each attendee a piece of paper and a pen/pencil.
• Have everyone draw an iceberg with a waterline.
• Next, have each person write a few words to describe what people see and what you imagine people think when they see you stutter. (The visible side of stuttering.)
• Then, have everyone write words to describe how they feel when stuttering. (The invisible side of stuttering.)
• Everyone is to share their iceberg drawing along with having a group discussion about each one.
• TIP: It’s interesting to repeat this exercise 12 months or so after first doing it to see how people’s answers have changed.

RESOURCES NEEDED
Pieces of paper. Pens or pencils.
Adult and College Student Panel

Group Activity

NSAKids  Teens  Family

DESCRIPTION & STEPS

• Arrange for 4-6 adults who stutter including college students who stutter to come for a meeting and serve on a panel.
• Have the adults share a story or two about their journeys with stuttering.
• Open the discussion up for a Q&A session with Teens, Kids and Parents.
• TIP: Combine the NSA Kids chapter with the Teens chapter since young kids are as interested as their parents. (This is always a popular activity so expect a big turnout. Also, the adults/college students on the panel really enjoy the experience so it’s truly a win-win situation for everyone.)

Popcorn Introduction

Group Activity

NSAKids  Teens  Family

DESCRIPTION

Introductions can sometimes be stressful. By having the introductions occur randomly, it keeps the attendees from building anxiety as introductions go around a circle.

STEPS

• Bring a ball of any size to the meeting.
• Have the attendees casually toss the ball to each other until someone yells, "STOP!"
• The person holding the ball is to introduce themselves to everyone and share something interesting about what they’ve done in the past few weeks.
• Then, the person who just did their introduction will toss the ball to someone else.
• The new person introduces themselves and shares something interesting.
• This pattern continues until everyone has introduced themselves.

RESOURCES NEEDED

One ball.
Interviewing for Jobs and Colleges

Group Activity

DESCRIPTION
When teenagers start looking for summer jobs and or going through the college interview process, that stress can dramatically impact a person’s stutter. This activity should help better prepare teens for a variety of interview opportunities.

(TIP: Invite someone who has lots of experience with interviewing to help either lead the activities or just offer their insights during the meeting.)

ACTIVITY
Job Interview Role-Play
- Divide meeting attendees into groups of two, making one person the “Interviewee” and the other person the “Hiring Manager”.
- Have the Interviewee and the Hiring Manager sit across from each other.
- The Hiring Manager will ask the following questions to the Interviewee. (After doing one interview, reverse roles and do another interview.)
  - Tell me about yourself.
  - What’s one school-related accomplishment you are proud of achieving?
  - Talk about a time when you have failed or struggled in doing something? How are you different because of that experience?
  - Where do you see yourself in 10 years?

Group Discussion Questions
- What were some initial feelings about the interview experience?
- What are some ways to overcome nervousness and stress during a job interview?
- Who disclosed or talked about their stutter in the interview? How did it feel?
- Was anyone uncomfortable talking about their stutter? If so, why?
Social Event Ideas
Group Activity

- Go bowling
- Go to a local baseball game or other sporting event. (Do it as an official group and get your chapter name projected on the scoreboard.)
- Go to the movies
- Go to a corn maze and pick pumpkins
- Host an NSA Stuttering Fun Day
- Have a picnic
- Go for a hike

- Host a NSA Regional Conference
- Visit a local museum
- Host a Summer Beach Party! Go swimming at the pool, lake, beach
- Go ice skating
- Go roller skating
- Host a NSA 5K
- Plan a bake sale for the NSA
- Plan a night at a local Escape Room
- Go to a trampoline park

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