FACS Exploration

First Week, Day 2

FCCLA Day

1. Hand out Food Facts papers, discuss entry system (come prepared, bring your stuff)

-we write down the standard and objective, as well as the food fact

-check off that we did this

1. Introduce FCCLA
   1. PPT of FCCLA or FCCLA video on fcclainc.org
   2. Flyers
   3. What’s in it for you?
   4. Our first meeting is:
2. FCCLA X-Games

Divide into teams by picking a number from the jar.

* 1. Families First: (play song: we are family!) and do the unknot game. Discuss how this relates to families.
  2. Financial Fitness: short crossword of financial terms. First team done wins a bag of popcorn for group
  3. Career Connection: Boys vs. girls career charades (5 rounds)
  4. FACTS: Watch video on texting/driving
  5. STOP the Violence: Teach about the no bullying #
  6. Leadership Service in Action: Magic Carpet game
     1. Lay a tablecloth or thin fabric on the floor. 12-13 students per team. Stand on it and try to flip it over only with their feet. Cannot step off the carpet.
     2. Discuss teamwork and identify people who took the lead and had the courage to follow
     3. Listen to each other
  7. Power of One: I really like people who \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (switch chairs game)
  8. Student Body: JUST DANCE video on YouTube

1. Assignment: FCCLA @ the Table

**Materials:**

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| --- | --- |
| * COPIES OF FCCLA @ the Table * FCCLA powerpoint * Flyers copies * Texting and driving video loaded * Jar with numbers (1-8 x 5) | * Career wordstrips (printed and laminated) * Carpets or posterboards * Bullying hotline on a slide * Financial crossword |

Texting Video: <https://www.youtube.com/watch?v=dht-Vy25jPs>