

YOUTH OUTREACH

ACTIVITY PACKET

A Comprehensive Guide for Youth Engagement,
Wellness, Leadership & Disaster Resilience



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01

PURPOSE OF
THIS PACKET

This Youth Outreach Activity Packet aims to:

- Strengthen youth emotional wellbeing
- Build confidence, identity, leadership, and communication skills
- Provide structured activities for in-school, after-school, or community outreach programs
- Create safe spaces for youth to talk about stress, identity, family, school, and community life
- Encourage civic responsibility and community connection
- Develop coping skills for everyday stress and post-disaster trauma recovery
- Equip youth with the ability to support themselves and others during difficult times

This packet uses **Bahali's trauma-informed, culturally grounded, community-centered approach.**

02

FACILITATOR
GUIDELINES

Creating a Safe Youth Space

- Warm greeting at the door
- No forced sharing
- Respect is required, not optional
- “You can pass” is always an option
- No mocking, gossiping, or shaming
- Normalize emotions
- Use inclusive language
- Avoid lecturing; emphasize guiding and modeling
- Maintain confidentiality except if safety is at risk

Trauma-Informed Tone

- Validate feelings (“That makes sense”)
- Slow the pace if youth seem overwhelmed
- Normalize body responses (shaking, crying, fidgeting)
- Never push youth to share disaster experiences
- Ask permission before sensitive questions
- Re-regulate the group anytime needed

Group Structure Options

- 30-minute sessions
- 60-minute sessions
- Multi-week outreach programs
- Neighborhood pop-up youth hubs
- School crisis-response periods
- Shelter- or community-center-based youth engagement

03

YOUTH WARM-UPS & ICEBREAKERS

These activities help build trust, reduce awkwardness, and prepare youth for deeper engagement.

“One Word Check-In”

Each youth shares one word describing their mood.

“Rose, Bud, Thorn”

- Rose: something good
- Thorn: something hard
- Bud: something they’re looking forward to

Facilitator calls:

“Move If...”

- Move if you like music...”
- “Move if you’ve ever helped someone...”
- “Move if you’ve felt stressed this week...”

Movement reduces anxiety and energizes the group.

Identity Bingo

Create a bingo card with:

- Likes to draw
- Has siblings
- Loves nature
- Enjoys sports
- Helps at home
- Speaks more than one language

Youth mingle to find matches.

04

CORE SKILL-
BUILDING
ACTIVITIES

These activities build self-awareness, communication, emotional intelligence, and leadership.

Emotional Awareness & Self-Regulation

Activity: “The Feelings Map”

Youth outline a body shape and mark where they feel:

- Stress
- Sadness
- Excitement
- Fear
- Confidence

Helps build body awareness.

Activity: “Breathing Toolbox”

Teach:

- Square breathing
- 5-4-3-2-1 sensory grounding
- Hand-on-heart reset
- Slow exhale technique

Youth choose which tool helps most.

Identity, Strength, & Self-Worth

Activity: “Strength Shields”

Youth design a shield featuring:

- Personal strengths
- Goals
- Important values
- Favorite hobbies
- Supportive people

Youth write an affirmation for themselves:

- “I am capable.”
- “I deserve respect.”
- “I can learn from mistakes.”

Optional: Peers add one encouraging word for each person.

Activity: “Who I Am, Beyond What I’ve Been Through”

Perfect for post-disaster outreach.

Youth list:

- Things they love
- Things they’re proud of
- Their dreams
- Ways they help others
- How they’ve shown strength recently

Communication & Conflict Skills

Activity: “Say It With Heart”

Teach youth how to express concerns:

I feel... when... because... I need...

Example:

“I feel annoyed when people cut in line because it’s unfair. I need fairness.”

Activity: “The Listening Partner Challenge”

In pairs:

- Partner A speaks for 1 minute
- Partner B listens without interrupting

Switch after.

Activity: “Conflict Role-Play”

Scenarios:

- Friendship tension
- Social media drama
- Class group work conflict
- Neighborhood misunderstanding

Goal: Learn calm problem-solving.

Leadership & Community Engagement

Activity: “The Community Helper Wall”

Youth brainstorm ways they help:

- Cleaning
- Caring for siblings
- Supporting peers
- Helping elders
- Climate activism
- Volunteering

Display contributions on a wall or board.

Activity: “Youth Voice Circle”

Question prompts:

- “What does our community need more of?”
- “How can youth be part of the solution?”
- “What’s one thing you wish adults understood?”

Youth generate action ideas.

Activity: “Micro-Leadership Moments”

Youth practice:

- Introducing themselves
- Speaking to a group
- Leading a warm-up
- Encouraging others

Builds confidence.

05

CREATIVE
EXPRESSION
ACTIVITIES

These help youth process emotions safely.

“Art for Resetting”

Youth receive:

- Crayons
- Paper
- Markers

Prompts:

- Draw what calm looks like
- Draw something that brings joy
- Draw your superpower

“Music & Mood Exploration”

Play 3 types of instrumental music:

- Calming
- Energetic
- Reflective

Youth journal how each makes them feel.

“Poetry for Healing”

Simple structure:

- “I am...”
- “I carry...”
- “I dream...”
- “I will...”

Great for crisis processing.

“Movement & Grounding”

Gentle body activities:

- Stretching
- Swaying side-to-side
- Slow walk-and-breathe
- Group circle movement

Helps reduce stress.

06

DISASTER RECOVERY COMPONENT

This section equips youth with tools for safety, coping, and resilience after hurricanes, accidents, violence, displacement, or other crises.

Understanding Disaster Stress

Teach youth:

- Bodies react to danger by tightening
- Brains work differently under stress
- Emotions may rise and fall unpredictably
- Nightmares, jumpiness, fear, and irritability are normal
- Everyone's healing pace is different

Provide reassurance:

“You’re not broken – you’re responding to something that was overwhelming.”

Youth Safety Planning During Disaster Recovery

Activity: “My Youth Safety Card”

Youth write:

- Safe adult to contact
- Emergency meeting point
- Trusted neighbor
- Phone number
- One grounding tool that helps during panic

Activity: “What to Do If...” Scenarios

Ask youth to brainstorm:

- If I can’t reach a parent...
- If I feel scared...
- If there is loud weather...
- If electricity or water is out...

Supportive, not fear-based.

Managing Big Emotions After a Disaster

Tools to teach:

a. “Storm in My Body → Calm in My Body”

Youth draw:

- Where stress lives inside
- What helps calm it

b. “Strong Emotions Plan”

Youth complete:

“When I feel overwhelmed, I can...”

- Step away
- Breathe
- Text a trusted adult
- Remember I’m safe
- Use grounding tools

c. “Circle of Protection” Visualization

Imagining:

- A warm light
- A protective ancestor
- A steady breeze
- A safe bubble

Helps reduce fear during storms.

Peer Support After a Crisis

Teach youth:

- How to check on friends respectfully
- What NOT to say (“just get over it”)
- When to involve adults
- How to listen without fixing
- How to offer presence instead of advice

Peer support is powerful.

Community Healing Circles for Youth

Circles include:

- Opening breath
- Group check-in
- Sharing stories (optional)
- Coping skill demonstration
- Community affirmation
- Closing ritual

Sample affirmations:

- “We face challenges together.”
- “We are stronger than the storm.”
- “Your feelings matter.”

07

YOUTH OUTREACH
SESSION
TEMPLATES

One-Hour Session Sample

1. Welcome (5 min)
2. Icebreaker (5 min)
3. Emotional regulation tool (5 min)
4. Core activity (20 min)
5. Creative expression (10 min)
6. Community-building (10 min)
7. Closing affirmation (5 min)

Disaster Response Youth Session

1. Safety message
2. Grounding breath
3. Gentle check-in
4. Coping skill practice
5. Art for processing
6. Peer support
7. Resource reminder

08

PARENT &
COMMUNITY
INTEGRATION

Family Engagement Ideas

- Take-home activities
- Family group circles
- Parent newsletters
- Family coping menu card

Community Partner Collaboration

Work with:

- Churches
- Youth clubs
- Shelters
- Schools
- Neighborhood groups
- Health centers

09

**CLOSING
AFFIRMATION
FOR YOUTH**

You are strong.

You are important.

Your voice matters.

You belong in your community.

*No storm, no hardship, and no fear can take
away who you are becoming.*