

# 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

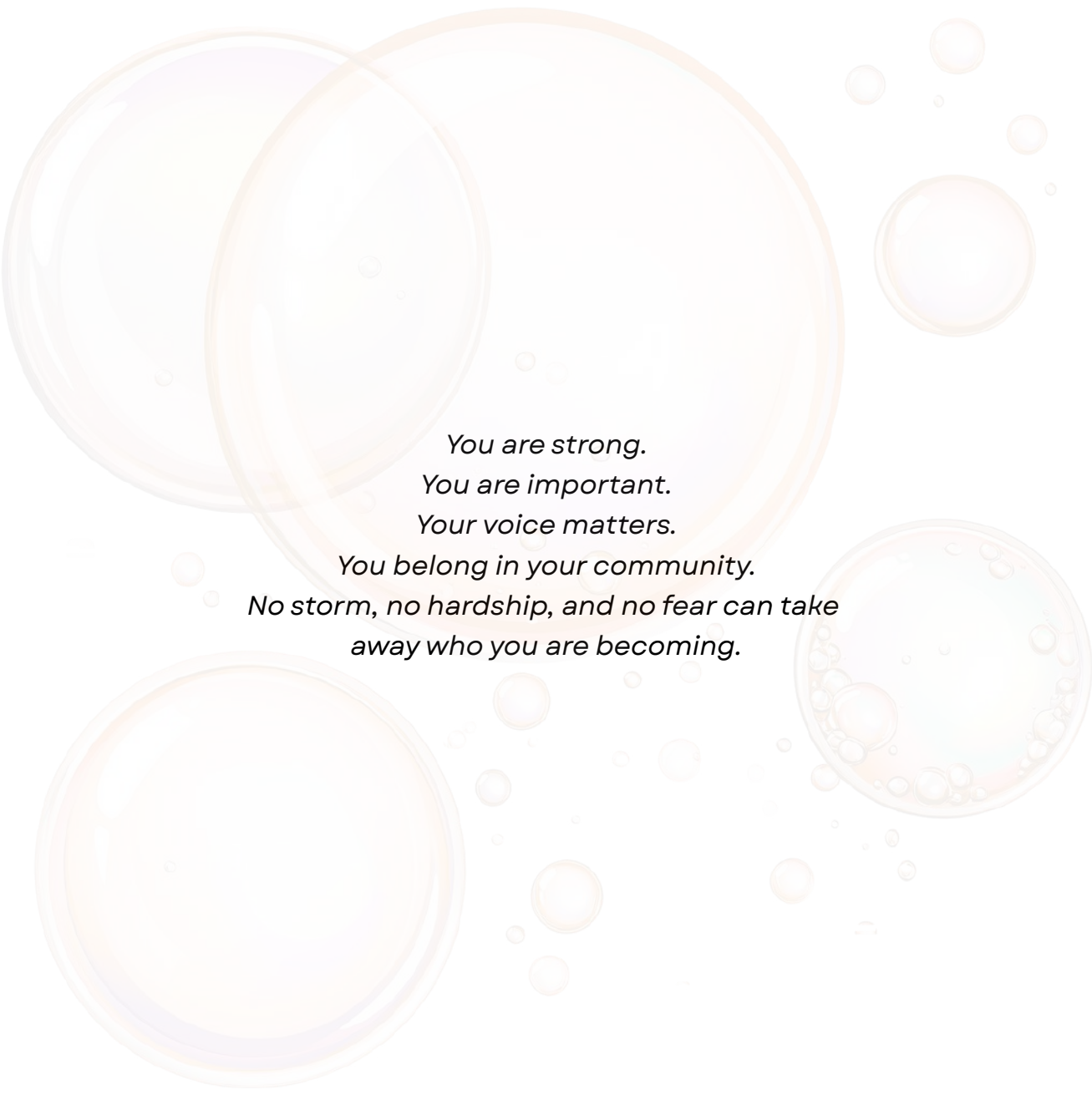
Work with:

- 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.*