

FAB YOUTH PHILLY

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MY GOALS

Introduce

**you to my organization,
Fab Youth Philly**

Introduce

you to the Play Captain Initiative

Share

**one of our planning and training
innovations, our Bex Decks™**

#FABTHINGSHAPPENINPHILLY!

FAB | YOUTH PHILLY

Fab Youth Philly is a values-driven organization that **SUPPORTS** other youth-serving organizations through a variety of consulting services, **CONNECTS** youth development professionals to training and professional development and **INNOVATES** original summer & afterschool programming for children & teens.



Captain Initiative

A strategy for more playful and engaged communities, where teens are leading the way!

THE PLAY CAPTAIN INITIATIVE

Coined after the Block Captain and Jr. Block Captain roles, the Play Captain Initiative is a workforce development program that hires and trains teens in concepts like playful learning, facilitation, and child development in order to make the Playstreets and neighborhoods of Philadelphia more playful.



ABOUT THE PLAYSTREETS

- There are upwards of 500 Playstreets in Philadelphia, which are part of the *Free Summer Meal Program*, overseen by Parks & Recreation.
- They primarily serve as a safe place for children to receive two free meals a day during the summer and are also a safe place for children to play.



ABOUT THE PLAYSTREETS CONTINUED

- The Play Streets are closed off to cars between 10am-4pm.
- A resident on the block applies to be a Play Street Supervisor and 70% of residents on the block needs to sign on their approval for the Play Street.
- Not all the Play Streets are as 'playful' as they could be.

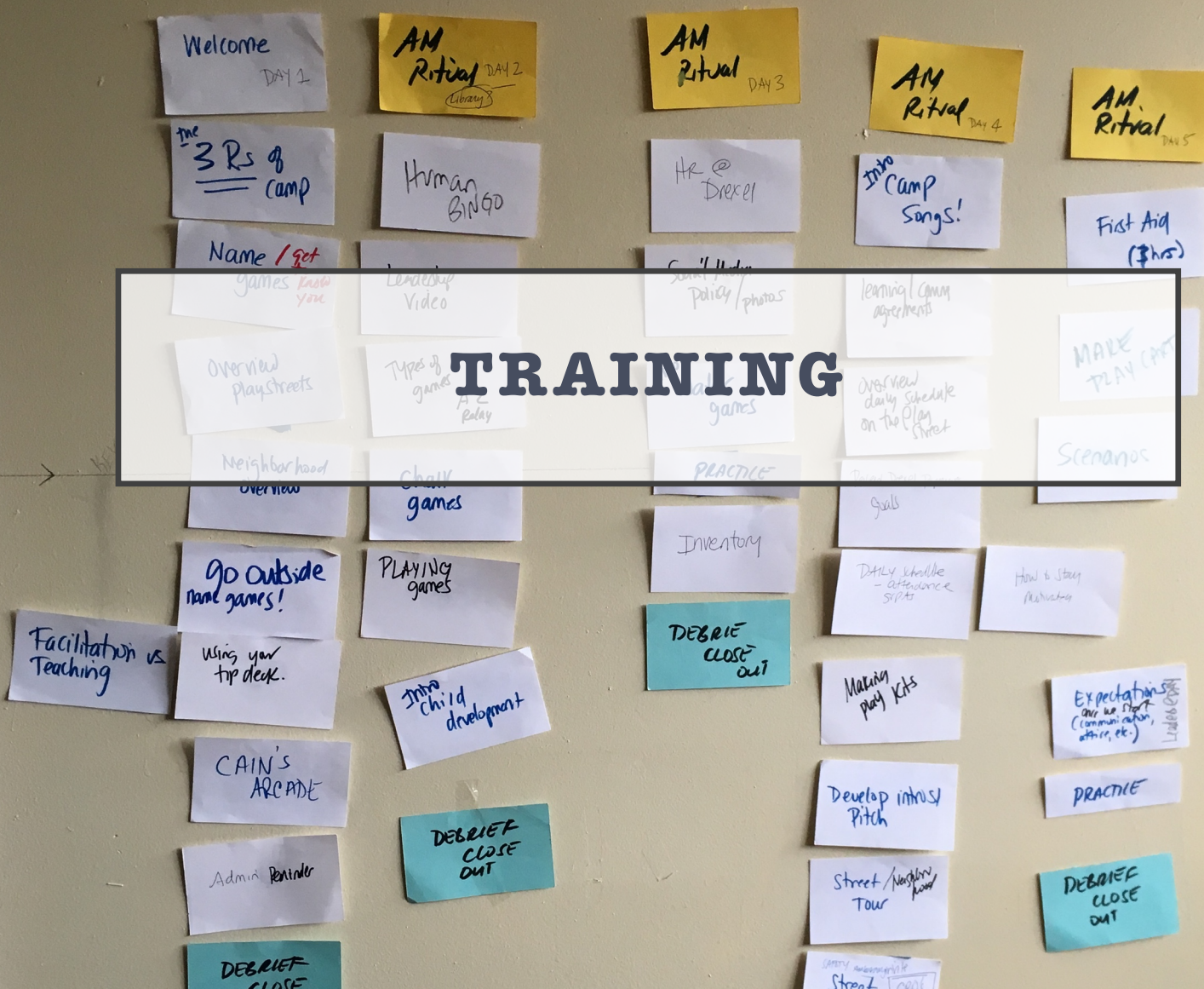


PLAY CAPTAINS IN EARLY CHILDCARE CENTERS



PLAY CAPTAINS AT THE PLAYGROUNDS





- Teens receive a minimum of 30 hours of preemployment training, and 15 hours of additional professional development during their employment;
- A major focus of their training is on the 6Cs of Playful Learning and learning how to create, modify and facilitate activities to address ‘summer slide’ and, also increase physical activity.

6 C's of Playful Learning



COLLABORATION

Working together and cooperating with others to build communities.



COMMUNICATION

Developing language and listening skills, and expressing ideas.



CONTENT

Science, math, reading, writing, and learning-to-learn skills.



CRITICAL THINKING

How we think about and process information; using evidence to make decisions.



CREATIVE INNOVATION

Making new things out of old, and solving problems in new ways.

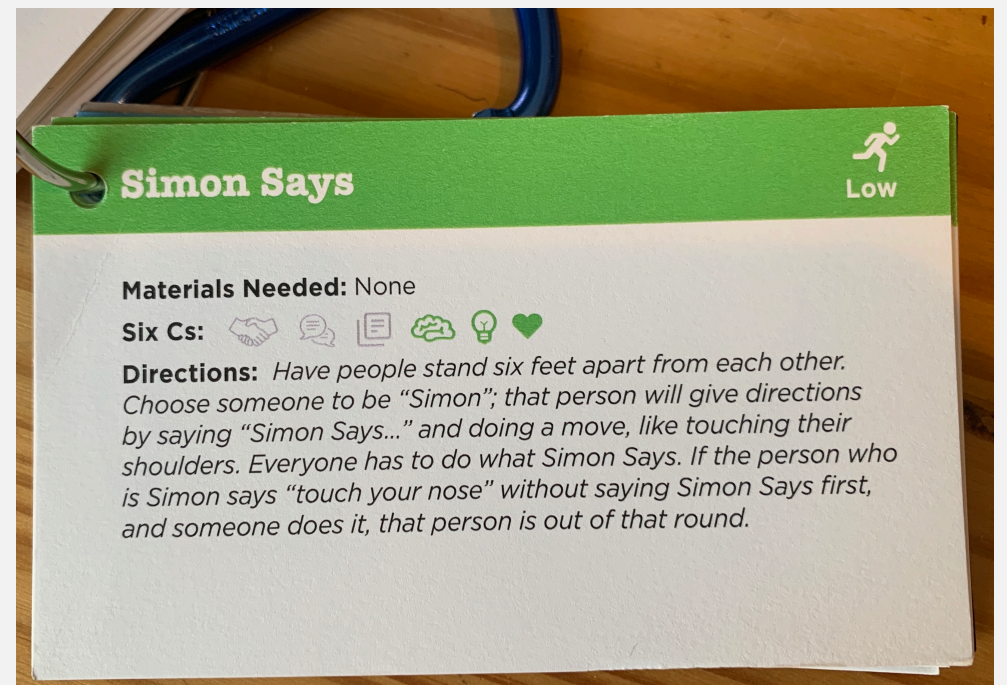


CONFIDENCE

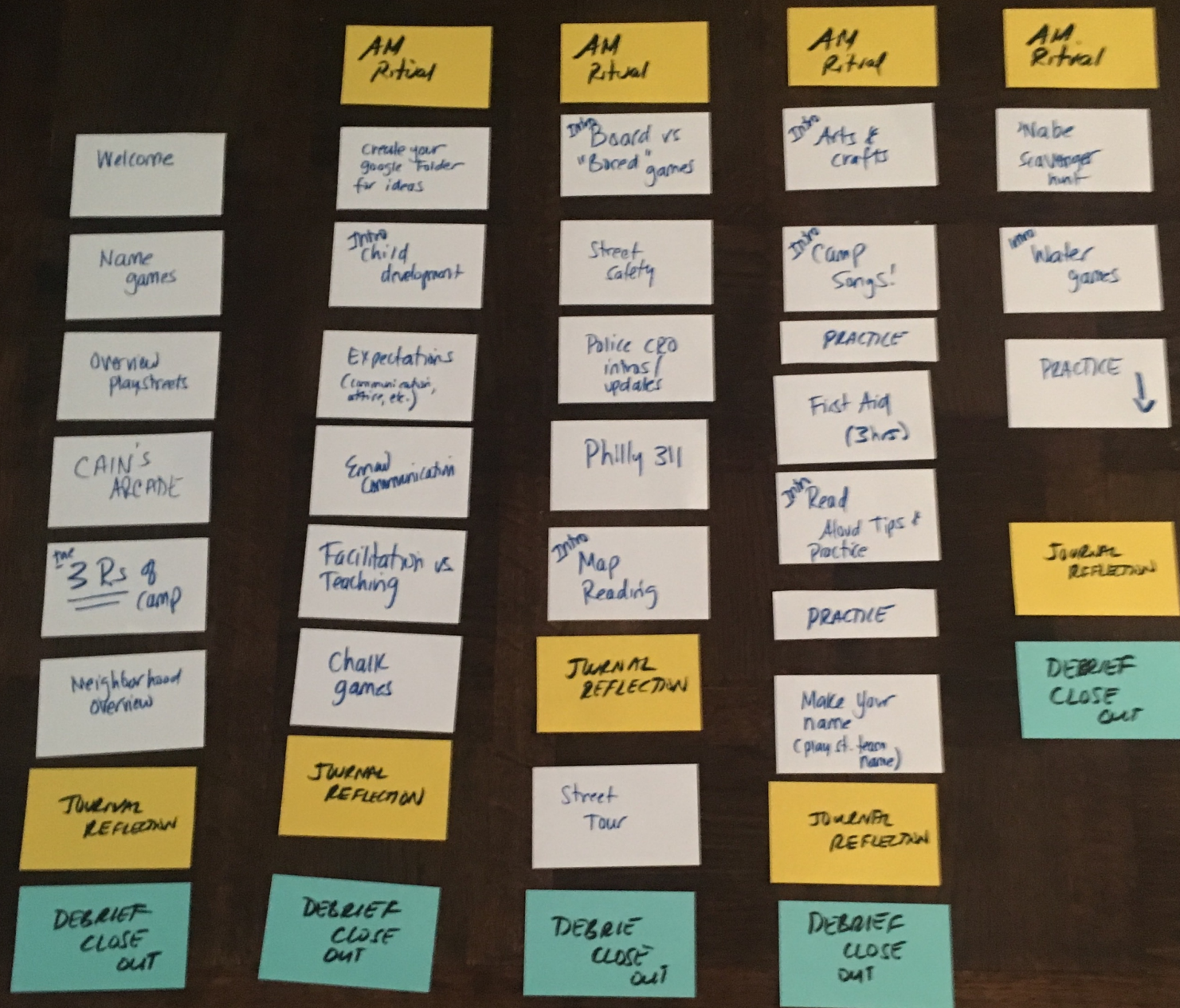
Learning from our failures. Being willing to keep going even when it's hard. Having a "can do" attitude.

OUR BEX DECKS

Planning, training & reference tool
used by the Play Captains (teens)
and the Group Leaders (adults) &
Supervisors (adults)

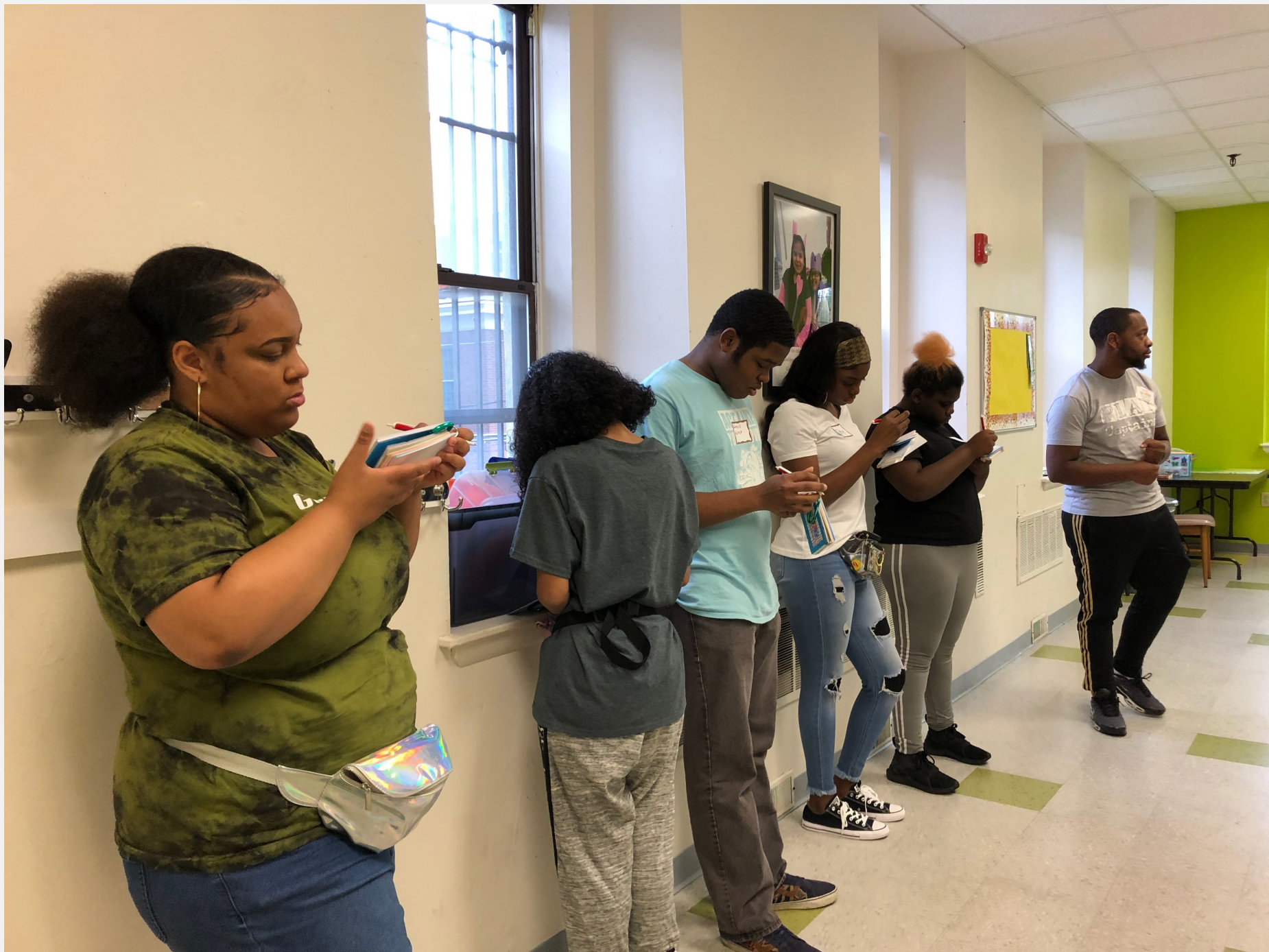


HOW IT ALL STARTED



WHY OUR BEX DECK

- 1. Effective way to organize information**
- 2. Bite size pieces of information**
- 3. Easy to carry**
- 4. Can also be customized by the user with various opportunities to personalize content**
- 5. Can perpetually add new content and can 'shelve' what is not being used.**



Contact Information

You can always get in contact with someone from Fab Youth Philly and the Play Captain Initiative in the following ways:

info@fabyouthphilly.com

info@playcaptains.com

Office: 215-703-7125

Also, please write down your supervisor's contact information (email AND cell phone). You should always contact them first.

Name: _____

Phone: _____

Email: _____

Guiding Principles

- Mistakes are ok; it's ok to ask a lot of questions!
- Step up, step back; take a chance and try something new and make space for others too
- Each one teach one; when you learn something new, share it with others
- Play safe, play hard; give your best effort in everything you do

Take responsibility for your own learning and take time to reflect on your performance, privilege and power.

The background is a solid red color. On the left side, there is a large, semi-transparent white cross. A semi-circle is also visible, partially overlapping the cross and the red background.

Safety

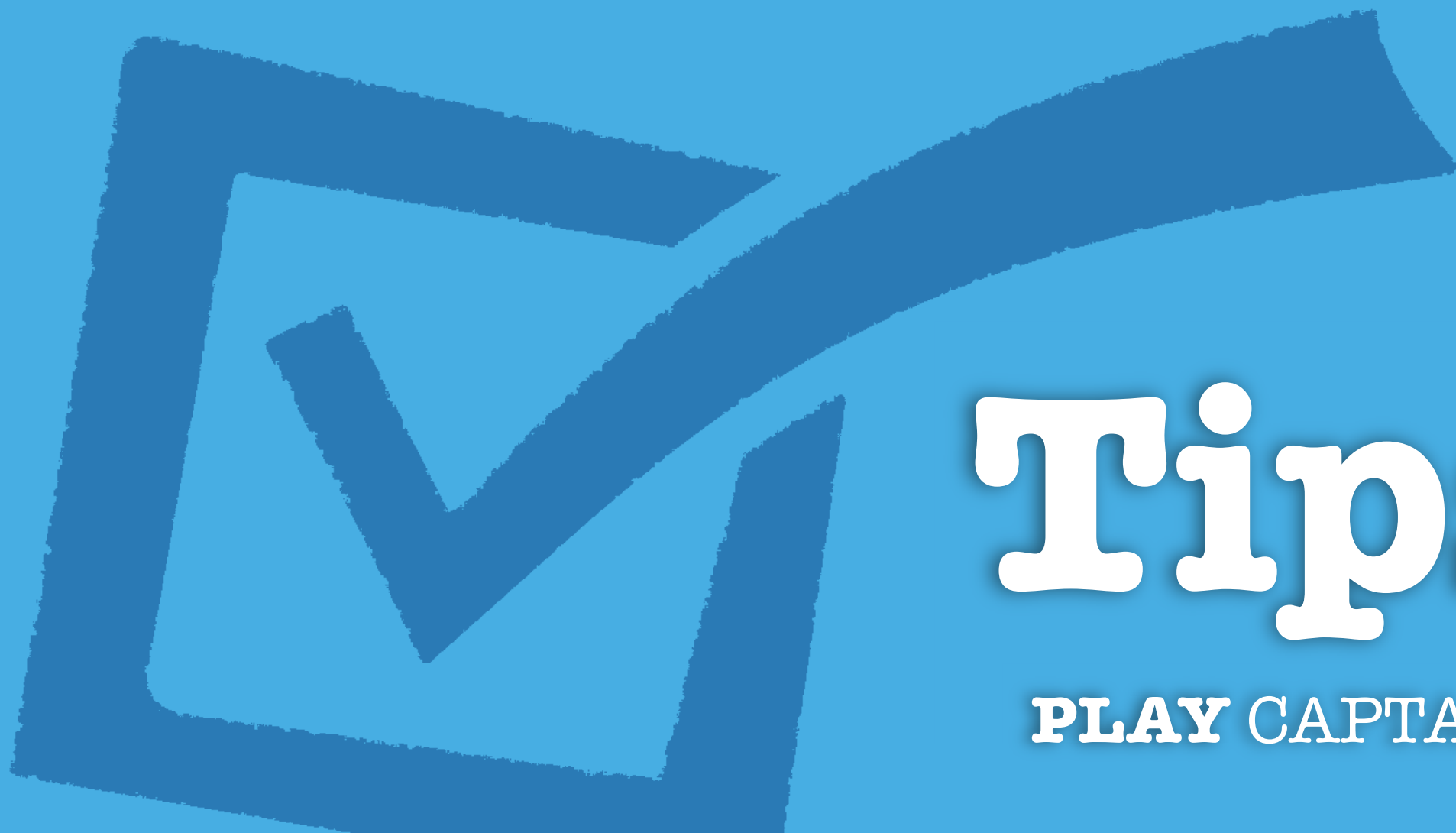
PLAY CAPTAINS

Pandemic Safety Protocol (1)

Staff will be required to self-assess their health EVERY DAY. They may use an approved APP or a virtual affidavit that Fab Youth Philly will provide.

If anyone confirms one or more of the symptoms associated with COVID-19, they should not come to work; employees will be sent home if they develop these symptoms while at work.

You are expected to communicate with your supervisor about your health and attendance at all times.



Tips

PLAY CAPTAINS

Activity Planning Pointers

- What is the activity called?
- What kind of game is it?
- What am I trying to do (what are my goals)?
- How will I know if the kids 'get it'? (objectives)
- What age group is this best for and how can I adjust for other ages?
- How much time does it take?
- What materials do I need?
- Which of the Six Cs of Playful Learning am I including? (*Content, Confidence, Communication, Critical thinking, Creative Innovation, Collaboration*)

Levels of Activity: Low, Med, High

No matter the weather, some level of play is always expected!

- **Low:** For very hot days; No running around.
Examples include: *reading, playing cards or a board game, arts and crafts; Keep it up in the Air, Simon Says, Chi Master.*
- **Medium:** For somewhat hot days; A little running around.
Examples include: *The Big Wind Blows; Hot, Hot, Cold; Human Tic Tac Toe; Dance, dance, dance.*
- **High:** For cooler days; LOTS of running around.
Examples include: *Capture the Flag, Ultimate Football, Relay Races, Tag.*

Social Distance Games

- Eye Spy
- Keep it Up in the air
- Name Games
- Heads Up
- ABC Workout
- Simon Says
- Songs
- Line Dancing
- Up/Down/Stop/Go
- Double Dutch
- Ships & Sailors
- Human Tic Tac Toe
- Personal best challenges (push ups, sit ups, squats, etc.)
- Musical Chairs/handkerchiefs
- The Big Wind Blows
- Giant Memory with Cardboard (need to make)
- Corn Hole (need to make or buy)
- Whose got the moves?
- Scavenger Hunt (theme based)
- Here to there maze (using chalk or beanbags)
- Acts of Kindness (calendar)

Personal Best Challenges



Medium

Materials Needed: a piece of paper & something to write with to track your progress to date (optional)

Six Cs: **Creative Innovation**, Critical Thinking, Content, Collaboration, Communication, **Confidence**

Directions: *Have people stand in a circle six feet apart from each other. Have each person set a personal goal to see how many sit-ups, push-ups and squats they can do; and see how long they can hold a plank. Try to increase personal best numbers by 5 each day for three weeks. For the plank, try to increase how long they can hold it by 30 seconds each time they do it.*

Change Up!



Materials Needed: None (unless you want to use chalk to mark spots to stand in)

Six Cs: **Creative Innovation**, Critical Thinking, Content, Collaboration, **Communication**, **Confidence**

Directions: *Have people stand six feet apart while waiting their turn. Instruct people to find a partner & stand opposite them about 6 feet apart. When you tell them, they are going to turn around away from their partner & BOTH people are going to change something about their appearance; such as untie their shoelaces, or take their glasses off, or untuck their shirt, etc. Then tell them to turn back around & see if they can tell what their partner changed. Do it 4 or 5 more times!*

CREATING BEX DECKS FOR OTHER ORGANIZATIONS

PHILADELPHIA PARKS & RECREATION

Pandemic Version, 2020

Developed in Collaboration With:



With Generous Funding From:

The William Penn Foundation
The Knight Foundation

2020 PlayStreets Edition: **PLAYING AT A DISTANCE** Bex Deck™

Safe Play Reminders

- Stand six feet apart for games
- Wash your hands
- Teen workers and adults should wear masks
- Help keep toys and equipment clean between play.

2020 PlayStreets Edition: **PLAYING AT A DISTANCE** Bex Deck™

Physical Distance Signals

- When children need to stand side by side or in a circle, have them show you **“airplane arms”**—arms stretched out to the side.
- If they have to stand behind someone, have them show you **“Frankenstein arm”**—arms in front of them.
- When they are waiting for instructions, have them keep **“hands on hips”**—to remind them to keep some space between themselves and others.

POWER CORPS PHL

**New Crew Members On-
boarding Decks**

**FRONT
COVER**



**BACK
COVER**

POWERCORPSPHL.ORG

POWER CORPS PHL

PAGE 02

PRE

PREP

- Work phone charged
- Ringer on
- Weather check → communicate with Projects
- Review Site Specs → note tools/supplies needed
- Confirm location → Commute time → vehicle pick time

PAGE 03

PRE

PRE-ARRIVAL AT SITE

- Pick Up Vehicle
- Check inventory for tools/supplies needed → re-supply at HQ
- Check vehicle for damage
- Start daily mileage log
- Check gas gauge → get gas if below 1/4 tank
- Pick up water at HQ
- Pick up tools/supplies at HQ
- Lock up HQ



**CONTACT
ME!**

- Rebecca Fabiano,
Rebecca@fabyouthphilly.com
- Follow us on social media!
- Twitter: @RebeccaFabiano and @Fabyouthphilly
- Facebook & IG: @fabyouthphilly @playcaptains
- Websites: www.fabyouthphilly.com
www.playcaptains.com

**SHOP FAB YOUTH PHILLY AND USE
THE CODE: FFlove20**

FAB THINGS HAPPEN IN PHILLY!

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