



Review

ABC - Remember

Identify Problem: When you are finished with some information or a topic, it is good to have kids review the information they just learned. This activity is a fun way to review information. Kids listen and participate making it fun yet educational. It is a great way to review refusal skills, drug and alcohol facts or any other topics.

Materials: 2 poster boards or one per team, made into ABC Boards (directions below), poker chips or something to mark squares on the board, enough for each team to make at least 25 squares, questions related to information being reviewed

Exercise: First you will make a game board with each poster board. Divide each poster board into 25 equal squares (see below). In each square write each letter of the alphabet. X and Y will share a square.

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X Y	Z

Divide your group up into teams of 2-5 players. That amount works the best but can be revised. First team will draw a question out of the question pile. That person has 30 seconds to give as many answers to the question they can (without any help from other team members), but each answer has to start with a different letter of the alphabet. When they have given an answer to a letter they cover it up with a poker chip. Example if the question is "Things you are good at" answers might include: Soccer so mark "S", Piano so mark "P", Dancing so mark "D" and so on for 30 seconds. Then after the time is up, the next team draws a question and repeats the same method. To make things more interesting, in the question draw pile, add a few cards with 'Free Space'. When a team draws that card, the team can choose any letter to cover up freely. That is their turn. Also add a few cards of "Take a chip off your teams' board". When a team draws that, then the

team chooses any letter to remove a chip from. That is that teams turn. Add a few cards of “Take one off the opposing teams’ board”. When a team draws this card, the drawing team gets to choose any letter of the opposing teams’ board to remove a chip. This is the turn for the drawing team. One more fun, additional card, “Take off opposing teams’ board and draw another card”. This card means if a team draws this they will draw an additional card with a subject on it, and that person has 30 seconds to answer the question in the same manner, but instead of adding chips to their own board, they will remove chips from the other teams board. The first team to cover all their letters, WINS!

Questions and Discussion:

- How to Avoid peer pressure
- How to cope with peer pressure
- Refusal skills
- Alternative ideas to participating in problem behavior
- Alternative ideas to drinking
- Ways to relieve/reduce/manage stress in a positive way
- Ways to build relationships with others
- Ways to get to know others
- Ways to make friends
- What do you look for in a friend?
- How to communicate with others
- Things you are good at (talents)
- Things that make you happy
- Things you like about yourself

