



LEAD GENERATOR MANUAL

7 Keys to Raising A Leader of Tomorrow



Welcome!

Thank you for downloading the Recess Guardians 7 Keys to Raising A Leader of Tomorrow Guide! This guide expands on key elements that will help you motivate and challenge your kids to become strong leaders in their home, school, and community.

Regardless of age, we all have the ability to be a leader and we should always be looking for ways to strengthen our leadership skills. At Recess Guardians, we believe in the power of play and that kids can be empowered to become leaders when you incorporate active play.

Play; Why Does it Matter?

We all associate play as a fun time where we engage in games, sports, crafts, etc. But play is also commonly referred to as the work of children... And it's true! Play is a time where kids learn about the world, themselves, and others. It is as much a part of healthy development as eating fruits and vegetables. There is no right or wrong way to play and it looks different depending on the day and the child.

We believe there are six main reasons why play is vital for child development:

1. Builds Imagination and Creativity
2. Fosters Cognitive Growth
3. Builds Emotional and Behavioural Benefits
4. Improves Literacy
5. Encourages Greater Independence
6. Promotes Physical Fitness



Leadership and Its Importance



What is Leadership?

Leadership is a powerful skill developed over time that has the potential to influence the behavior of others toward the realization of a goal. There is no single personality type that equates to great leadership, thus everyone has the ability to become a great leader and it is important for our kids to understand this.

True leaders inspire others to act while simultaneously directing the way they act. They are personable and possess critical thinking skills that determine the most effective use of resources.

Empowering Kids to Become Leaders: Why It's Important

Developing leadership at a young age is like planting the seed of an oak tree; it is something that starts so small but has the ability to grow into something amazing with so many unique branches that help shape who they are. It is important to help cultivate leadership qualities at a young age for the following reasons:

- Leadership demands confidence, which is necessary for all aspects of our lives. Confident kids have a healthy self-esteem and are not scared of failure or success.
- As screen time rises, face-to-face communication decreases. Whether it's in a social or school setting, being able to communicate clearly is a core component of a well-adjusted human being.
- Successful people know how to get along with others, listen intently, and can think outside the box. Honing in on soft skills can prime kids for future success in the world of work.



7 Ways to Motivate Your Kids and Develop Leadership Skills

1 Promote Teamwork

What Is It?

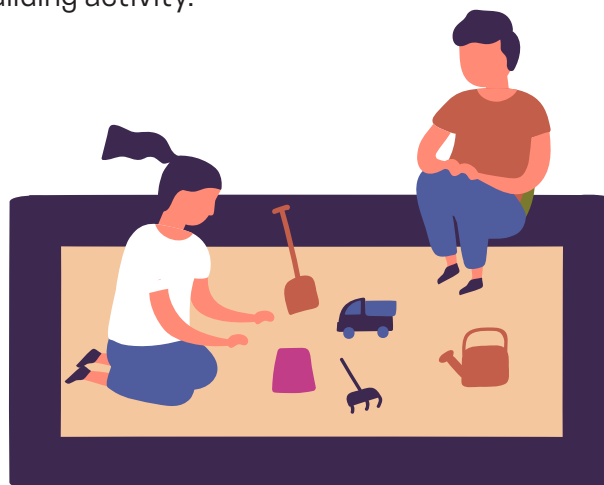
- Teamwork is the collaborative effort of a group to achieve a common goal or to complete a task in the most effective and efficient way.
- Strong teamwork is made up of 4 key characteristics: communication, common goal, commitment, and accountability.

Why Does It Matter?

- Through teamwork, kids utilize their natural talents to accomplish a group goal. Working with others quickly reveals their natural aptitudes and develops conflict resolution skills.

Suggested Activity: Blind Guide

- The blind guide is a fun outdoor team building activity for kids. In this activity, you have to blindfold one participant and let the other participant guide them to reach a destination. You can make this activity more fun by using different props and setting up various hurdles in the way. This activity will teach kids how to listen to instructions and follow them. It is a perfect team trust-building activity.



2

Set a Good Example

What Is It?

- A child's first teacher will always be their parents. Your words and actions have a powerful influence, even if you don't think your kids are listening.
- By demonstrating what a strong leader looks like on a daily basis, you are helping reinforce the same fundamental qualities that we try to instill in our kids.

Why Does It Matter?

- Role models play a key role in a child's development. Even from a young age, they may not understand what is being said but will see your actions and act accordingly. If you show a good example of how to treat others, and live your life, these fundamental skills will stay with them.

Suggested Activity: What's On Your Head

- This activity is a version of Pictionary. Ask your kids to write the name of a place, thing, or animal on a piece of paper. After that, ask them to stick it on a child's forehead. The person has to guess the name mentioned on the paper without looking at it by asking questions to the group. It is a perfect activity to improve communication and observation skills among kids.



3

Set a Specific Block of Time to Play

What Is It?

- Provide set times away from screens where your kids can enroll in uninterrupted free play.
- Encourage independent play where you let the games and activities happen organically.
- Kids benefit from consistency. Make an effort to stay with a routine as much as you can.

Why Does It Matter?

- Independent play allows for a child to develop their problem-solving skills, and teach patience and persistence. They also learn to be more creative and resilient since they are responsible for working their way through certain situations and scenarios.

Suggested Activity: Charades

- Choose a player to start. The player thinks of a word that the others should be familiar with. The player then acts the word or phrase they've chosen in front of the other players. The first person to guess the word or phrase gets a point.
- What you'll need to get started: notepad and pen to keep track of the scores, charade phrases (either write them out yourself or you can look some up online), and a stopwatch to keep time.



4

Take Interest in Their Interests

What Is It?

- Although you may not always find their interests or hobbies as engrossing as you may like, showing genuine intrigue and asking questions can help motivate their passion.
- Provide your kids with opportunities to explore their interests.
- Be flexible. It's natural for kids to outgrow their passions.
- Help them explore new interests.

Why Does It Matter?

- By showing interest and encouraging your child in their activity, you are helping bring security and comfort to them. This allows them to feel like they can explore more and immerse themselves more in the activity.

Suggested Activity: Common Thread

- Divide kids into smaller groups and have them sit together. Give each group five minutes to chat among themselves and find something they all have in common. It could be that they all play soccer, or pizza is their favorite dinner, or they each have a kitten.
- Whatever the common thread, the conversation will help them get to know one another better. Check in with the groups after five minutes to see if they need more time. After each group has come up with their common element, have them work together to create a flag that represents it.



5

Encourage Imagination

What Is It?

- Imaginative play, also called dramatic play, playing pretend or make-believe, refers to kids playing without set rules or structure.
- Rather than always providing direction yourself, encourage your kids to invent their own games.

Why Does It Matter?

- Help empower your kids imagination by asking questions and allowing them to get deeper into their thoughts. Creativity is such a crucial part to so many jobs and positions right now, that by helping it grow at a younger age you are setting them up for success.

Suggested Activity: Karaoke Routine

- Karaoke is a great team-building activity that forces you to use your imagination! It's a silly way to collaborate while showing off your singing skills. Players are split into groups and they have to pick a song to perform. Creating dance routines, assigning roles, and adding props are fun ways to bring this activity to life.



6

Appreciate Effort

What Is It?

- Make a point to encourage their effort over the outcome. By doing so, you are demonstrating to them that you have confidence in their developing abilities.
- Be accepting of their mistakes and help your child learn from them.
- Explain how their hard work is just as important as the accomplishment.

Why Does It Matter?

- Winning and losing is also an important aspect of playing games and competing, so don't glaze over that fact, but reward and showcase how important effort is. Kids are more likely to keep trying things, and put their hearts into it, if they are applauded for trying and small improvements. Cheer them through the process and applaud the wins, along with the failures.

Suggested Activity: Applause Please

- Form groups of three to five kids. One person from each group (the finder) steps out of the room. The rest of the group picks an object (for instance, the clock) in the room for the finder to find.
- When the finder comes back in, they begin walking around the room in search of the object. The others cannot say anything, but they can give hints by using applause to lead the finder in the right direction. If the finder is far away from the object, the group will clap slowly and softly. When the finder gets close, the group will applaud faster and more loudly until the finder picks the correct object.



7

Provide Open-Ended Toys

What Is It?

- The simplest toy allows for the highest creativity.
- Things like balls, blocks, and jump ropes can be used in a variety of ways and encourage a child to use their imagination.
- Provide toys that do not require any instructions or guidance from parents.
- Use toys that contribute to critical thinking and promote problem solving.

Why Does It Matter?

- In life, we get into scenarios where we may have to think our way out of it, or complete something without any instructions. This is a mindset that a lot of new-adults are lacking due to being stuck on their screens or devices too much. By giving kids toys, and having them explore and create, you are helping them think outside the box. This will set them up for success and will put them in a position to be adaptable and a creator when the time comes.

Suggested Activity: Colouring and Stacking Blocks/Logo

- Ask your child to draw/colour certain objects or people. Let them be creative and try new things like a pink elephant. Set up an easel for easy access.
- Encourage your child to build a castle or stack a tall tower. Let their creativity flow freely. You'll be surprised with what they may build on their own.

Who We Are – Recess Guardians

For the last 14 years our program has and continues to primarily work out of schools. However, we strongly believe that recess can be enjoyed anywhere and anytime, even at home! The beauty of our program is the simplicity and ability to adapt to a variety of settings and environments!

RESOURCES

recessguardians.org

TWITTER | INSTAGRAM | FACEBOOK

[@RecessGuardians](https://www.instagram.com/RecessGuardians)



Empowering Youth to Lead Through Active Play