

Workshop Outline: "Junkyard Sports"

Based on the book by the same name, *Junkyard Sports* is a fun and interactive way for students to use their bodies and minds to develop and exercise their capacity for play, creativity, problem-solving, and teamwork. Students' imaginations are ignited as they are put into diverse groups and set out to design, experiment, and play new games as a team.

During this interactive 90 minute workshop students will:

- Collaboratively develop new fun sports / games using found and non-traditional materials
- Combine / adapt sample activities and the groups' collective knowledge to develop games that meet a wide range of physical abilities & limitations
- Experience aspects of diversity, as they work with a wide range of people/skills, materials, rules, etc.
- Develop a game where winning is not as important as having fun!
- Gain skills that will help develop / encourage creative play at school and home



About Youth Coach Canada

Youth Coach Canada (YCC) is a registered non-profit organization founded by International Parenting & Youth Coach, Rob Stringer, BA, BEd, CPC in 2008.

YCC helps kids, teens, and young adults meet with success by making professional life coaching services & programs available to youth, as well as workshops for parents, educators, and others who support today's youth.

YCC is dedicated to empowering today's youth—teaching them powerful skills to succeed both now and into the future. These skills support key areas: academic success, youth leadership & entrepreneurship, as well as self-esteem & risk-taking.

YCC's mission is simple—to help today's youth lead lives they LOVE! Says Rob, "It's not about raising super-stars, but rather, giving regular kids & teens the skills and support they need to succeed,"

