

## PROGRAMS FOR TEENS

Here are a variety of programs designed for middle and high school teens that can be used with small or large groups. Variations are included that can make the programs more complex. Ideas from the School-Age Activities section, pg..., can be used for this age group as well.

<b>Title of Program:</b>	Build a House of Cards Tournament
<b>Materials:</b>	Decks of cards: at least one per table Tables Snacks Timer Prizes: decks of cards, candy, books, etc.
<b>Preparation:</b>	Set up tables and chairs. Each table should have two players at it, unless you have a very large group. For each team, provide one deck of standard playing cards. Have prizes readily available.
<b>Directions:</b>	Play 10-minute rounds throughout the program. Participants work in teams of two, either assigned or with teens picking their own partners, seated at tables. During each round, participants have 10 minutes to build a house of cards. If their house falls, they can rebuild as often as necessary, but they only have 10 minutes. When the timer signals the end of the round, all play stops immediately. Whoever has the tallest house still standing wins that round. Issue prizes after each round. Keep having rounds, permitting players to switch teams, until the program ends.
<b>Variation:</b>	Substitute something for cards, such as cans, or have another sort of building/growing contest or tournament, such as who can build the longest or strongest bridge.

<b>Title of Program:</b>	Paperback & Comic Book Exchange
<b>Materials:</b>	Coupons or a roll of tickets (see samples) Tables and book-display stands Snacks
<b>Preparation:</b>	Decide the type of exchange you will host and create the necessary coupons. If you are having a graphic novel and comic book exchange, create separate coupons for the graphic novels and the comic books, so that teens get an even value exchange. Schedule a time a few weeks before the event for participants to bring their unwanted books to the library and receive a coupon for each item. Before they arrive at the event, set out the materials on tables or display stands. Set up a “check-out” table, where you collect the coupons as they exchange them for their new books.
<b>Directions:</b>	Teens donate their unwanted books and get to pick new books from their friends' cast-offs. Teens bring their no-longer-wanted paperbacks, comics or graphic novels to the library and receive a coupon for each item donated. At the event, teens trade these coupons for the items of their choice, selecting from the items on the tables and in the display stands. Music and snacks will enhance the welcoming environment and add to the enjoyment of the program.
<b>Variation:</b>	Have the kids try to sell their books to the other teens with their own booktalks and sales pitches. Have a CD, CD-ROM or video-game exchange instead.

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<b>Title of Program:</b>	Make Your Own Polymer Clay Beads
<b>Materials:</b>	An assortment of polymer clay (for example, Fimo®) Slicing tools for clay Rolling tools for clay Waxed paper Piercing tool or long needles Paper plates
<b>Preparation:</b>	Arrange tables with a sheet of waxed paper and paper plate at each participant's place. Place the tools to be shared in the center of the table along with the clay.
<b>Directions:</b>	<p>Teens make their own polymer beads or other creations. These can be used to make necklaces, bracelets and more. Have teens seated at tables with waxed paper and paper plate in front of each. Demonstrate the basic process of creating a bead:</p> <p>On waxed paper, roll out one color of clay. Roll out another color.</p> <p>Place one sheet of clay on top of the other. Press together. Slice in half and lay the pieces on top of each other. Repeat until checkerboard design appears at end of clay log. Slice off the end to show the design and create a square bead. You also can roll the layered clay sheets together to create a spiral. You can roll sliced-off pieces into spheres. For beads that will be strung on wire/ribbon/leather, pierce a hole all the way through before drying. (Free leaflets showing other designs usually are available with the clay at craft stores.) Once you demonstrate these two types of designs, though, teens will come up with their own creative methods for making elaborate designs in clay. Allow them to make lots of different beads and place them on the paper plates to dry.</p> <p>If the library has cooking facilities, follow the baking instructions on the package of clay. Otherwise, the beads may be baked at home.</p>
<b>Variation:</b>	Polymer clay can be used to make lots of things. Consider funky pencil covers, picture frames, flower pots. Check out <a href="http://www.eberhardfaber.de">http://www.eberhardfaber.de</a> for creative tips and ideas. If you have kitchen facilities, the projects can be baked while everyone has snacks and plays a game or browses books.

**Title of Program:** Make Your Own Soap

**Materials:** Microwave  
Newspaper  
Ice (3 bags for more than 10 kids)  
Dixie cups with waxed insides, small or medium  
Food coloring  
Paper plates  
\*2-3 scents  
\*Soap base in clear and/or white  
\*Soap molds (or any other kind of small molds you might have)  
Glitter  
Nonstick spray  
9-inch by 13-inch metal or aluminum pans  
Craft sticks for stirring  
Several bowls that fit in the microwave  
Sharp knife for cutting soap base  
Optional: honey, evaporated milk, oatmeal  
  
\*look for these items at a craft store

**Preparation:** Set up the tables and cover with newspaper. Place two tables near the microwave. Set up the “mix-ins” on these tables: coloring, scent, oatmeal, etc. Place two to three tables away from this area and put out the 9-inch by 13-inch aluminum pans and the molds. Spray the molds with nonstick spray. Fill the trays with ice. (The ice baths are to help the soap in the molds solidify more quickly so that you can make more soap.) Cut up the soap base into chunks. One bowl for clear, one for white.

**Directions:** Playing the radio during the program is a good way to keep the atmosphere fun and casual. As participants arrive, show them soap samples and soap-making books to start them thinking about what colors and scents they want to use. When they’ve chosen their ingredients, follow these steps:

Heat the soap base in the microwave for a few seconds, until it melts.

Pour the melted base into the Dixie cups.

Mix in the selected ingredients (coloring, scent, food stuffs, glitter).

Pour into molds (spray molds with nonstick spray between each use).

Set the mold into the ice bath. It will take 10-15 minutes to solidify.

Once the mold is set, pop it out and make more.

Everyone can make several soaps. It's best to make sure that everyone makes one before anyone starts on the second. Participants can label plates with their names and keep the soaps they make on them. That way no one accidentally takes the wrong soaps home.

**Further Resources:**

Coss, Melinda. *Gourmet Soaps Made Easy*. North Light, 2001.  
Browning, Marie. *300 Handcrafted Soaps*. Sterling, 2002.

- Title of Program:** I Scream, You Scream, We All Scream for Ice Cream!
- Materials Needed:** 1-lb. coffee cans with lids  
3-lb. coffee cans with lids  
\*you may use other kinds of cans, as long as they have lids and the smaller size fits inside the bigger can with room for ice. You will need one set of cans for each 4 participants.  
Heavy cream  
Light cream  
Vanilla extract  
Eggs  
Sugar  
Table salt  
Cocoa  
\*See recipes below to plan how much of each ingredient you will need.  
Whisk  
Rock salt  
Tape, such as duct tape  
Ice and a cooler  
Dishtowels  
Spoons and bowls or cups
- Preparation:** Print the recipes for the different types of ice cream and tape them to tables. On the tables, lay out the ingredients that match each recipe and the tools. On a separate table, have the coffee cans, the tape and the rock salt. Keep the bags of ice in a cooler.
- Directions:** Explain to the assembled group how the process works. Two to four people can be a group. Each group makes its own ice cream.  
Mix all the ingredients well in the smaller can.  
Seal the can lid well with duct tape or another strong tape.  
Place the small can inside the larger one.  
Put one cup of rock salt and ice in the space between the cans.  
Pack it in very well.  
Put the lid on the larger can and again seal with tape.  
Weather permitting, you can do the next part outside.  
Everyone sits on the floor and rolls the can back and forth to each other. Condensation will make everything wet, so wipe off cans as necessary.  
After 15 minutes, replace the salt and ice and add any extras (chocolate chips, nuts, candy pieces, etc.) to the ice cream.

Seal everything up again and roll for another 10-15 minutes.

Open up your cans and enjoy your ice cream!

Learn about the science behind this process in *Kitchen Chemistry* by Robert Gardner (Julian Messner, 1988). This program can be done easily with very few people or a lot of people.

#### Vanilla Ice Cream

1 cup of heavy cream  
1 cup of light cream  
½ cup of sugar  
1 beaten egg  
1 teaspoon of vanilla extract

#### Chocolate Ice Cream

1 cup of heavy cream  
1 cup of light cream  
½ cup of sugar  
4 tablespoons of cocoa  
½ teaspoon of vanilla extract

**Variation:** You also can make ice cream in Ziploc bags. Experiment with different recipes for different flavors.

<b>Title of Program:</b>	Scrapbooking
<b>Materials Needed:</b>	<p>Small scrapbooks  Stickers  Rubber stamps and inkpads  Scissors with a variety of scalloping edges  Punchouts  Card stock paper (acid free)  Photo-safe tape</p> <p>(These supplies can be found at specialty arts and crafts stores, and even stores devoted solely to scrapbooking. Be sure to plan your purchases well in advance of the event.)</p>
<b>Preparation:</b>	<p>Create a few sample pages that show aesthetically pleasing arrangements of photos, stickers, lettering, etc. Look in scrapbook-making books or on the web for ideas. Advertise that teens should bring photos to the program (at least a dozen). Set up tables and chairs with the supplies set out in the middle and a blank scrapbook at each place. With a small group, one long table works best. A very large group may require separate tables.</p>
<b>Directions:</b>	<p>Teens bring their own photos and make a beautiful scrapbook of memories to take home. When the participants arrive, demonstrate the different uses of the supplies (decorative scissors, punchouts, etc.) and then let the teens create their own scrapbooks.</p>
<b>Variation:</b>	<p>Consider hiring a professional to do the program. Many scrapbook stores are accustomed to holding scrapbooking parties and are happy to come (with all the supplies!) to a library for free.</p>
<b>For Further Information:</b>	<p>Auth, Betty. <i>Stamping Tricks for Scrapbooks: A Guide for Enhancing Your Pages with Stamps</i>. Rockport, 2002.  Check, Laura. <i>The Kids' Guide to Making Scrapbooks &amp; Photo Albums!</i> Williamson, 2002.  Stephani, Julie. <i>Julie Stephani's Ultimate Scrapbook Guide: From the Television Series More than Memories</i>. Krause, 2001.  Morgan, Anna. <i>Crafting Beautiful Journals &amp; Albums: How to Personalize, Embellish, and Make Diaries and Scrapbooks</i>. North Light, 2001.</p>

<b>Title of Program:</b>	Library Nail Salon
<b>Materials:</b>	<p>Many varieties and colors of nail polish  Clear nail polish for finish coat  Nail-polish remover  Cotton swabs  Cotton balls  Nail decals  Disposable Emory boards, 1 per teen  Disposable wooden orange sticks for cuticles, 1 stick per teen  Foam toe separators , 2 per teen  Fashion magazines with nail advice  Hand and nail lotion</p>
<b>Preparation:</b>	<p>Organize supplies on tables. Select fun music for teens to enjoy while at the salon. Teens can sit at tables or on the floor. If teens will be applying nail polish while sitting on the floor, provide throw cloths to protect the room's carpeting. Display magazines with tips on nails. Display books like Marie Mingay's <i>Nail Style: Beautiful Nails for Every Occasion</i> (Sterling Pub., 2001).</p>
<b>Program Description:</b>	<p>Teens paint their finger and toenails and apply decals. Apply lotion, then do cuticles, file away rough edges of nails, then apply polish and nail decals, add top coat.</p>
<b>Variation:</b>	<p>Teens also can participate in a scissor-free hair salon, including hair wrapping and braiding.</p>

<b>Title of Program:</b>	Grow a Pizza
<b>Materials:</b>	Pouches of dry pizza-dough ingredients Measuring cups Water Medium-sized bowls Oil Baking sheets Cutting boards Paring knives Cheese grater Mozzarella cheese Seasoned tomato sauce Toppings (i.e., mushrooms, onions, peppers) Paper plates Napkins
<b>Preparation:</b>	Cover tables with tablecloths or paper. Place one bowl, a set of measuring utensils and a baking sheet on each table. Copy directions and tape them to each table. Place all food items on another table.
<b>Directions:</b>	Prepare pizza dough according to instructions provided with the mix. While the dough rises, cut toppings and grate cheese while listening to music. Top pizzas. Hang out and talk while the pizzas cook, then eat!
<b>Variation:</b>	If you are short on time (or feel uncomfortable with the teens using sharp knives), you can pre-cut the toppings and put them out in bowls for the teens. You also could buy pre-made pizza dough from the grocery store (either in bags or pre-rolled).