



VET LIFE STEP BY STEP YOUTH DIRECTOR'S RESOURCES

[CLICK HERE FOR ADULT MENTOR APPLICATION](#) (All adults working with youth must undergo a criminal background check.)

[CLICK HERE FOR STATE CRIMINAL BACKGROUND CHECK INFORMATION](#)

This page includes all the links found in the Vet Life Step By Step Youth Director's Guide.

Theatre / What is a Monologue?

- A monologue is an extended uninterrupted speech by a single person.
- It is common in both drama and written fiction.
- When the speech is directed to another person/people, it is called a monologue.
- When the speech is directed to the person him/herself, it is call a soliloquy.

Many types of monologues can be performed from comedy to serious drama.

Examples of teen monologues can be found at:

<http://freedrama.net/small1t.html>

Drawing, Painting, Sculpture, Photography, Video

Speed painting using chalk pastels, paint or glitter is also an interesting (and very cool) way to share your art work.

See:

https://www.youtube.com/watch?feature=player_embedded&v=hDg8ttSVs_s

<https://www.youtube.com/watch?v=e4ba309H0WI>

Clay animation and Stop Motion Videos -

See:

https://www.youtube.com/watch?v=OQtCu_7vi1Y

<https://www.youtube.com/watch?v=gS5Vgqb7VTc>

<https://www.youtube.com/watch?v=jrZMpA2DSe4>

<https://www.youtube.com/watch?v=UYbWXVL5UvA>

Below is a link of a national award-winning teen photographer that is very encouraging.

<http://abcnews.go.com/GMA/video/zev-hoover-art-teen-shrinks-people-photo-portraits-19544251>

Resources

Games

http://www.jubed.com/youth_ministry/8-Fun-and-Effective-Team-Building-Activities

<http://www.pinterest.com/janismoore13/team-building-activities/>

<https://www.dramanotebook.com/drama-games/>

http://www.teampedia.net/wiki/index.php?title=Main_Page

Theatre

<http://theatrearts.biz/DCsite/howtoputonaplay.html>

<http://www.artsalive.ca/en/thf/faire/creation.html>

<http://gofootlights.com/feature-articles/it-takes-a-community-to-put-on-a-play/>

<http://www.writewords.org.uk/articles/theatre1.asp>

<http://www.wikihow.com/Put-On-a-Play-with-Little-to-No-Money>

Journaling and Writing

<http://mythologyteacher.com/documents/TheHeroJourney.pdf>

<http://examples.yourdictionary.com/examples/examples-of-each-stage-of-a-hero-s-journey.html>

<http://examples.yourdictionary.com/examples/examples-of-each-stage-of-a-hero-s-journey.html>

<http://writetodone.com/how-to-journal-5-tips-for-capturing-your-best-ideas-part-1-of-2/>

<http://www.davidrm.com/thejournal/tjresources-exercises.php>

<http://www.writing-world.com/creative/journal.shtml>

Acting

<http://www.bbbpress.com/dramagames/http://www.eduhi.at/dl/theatresections34enyt.pdf>

<http://www.stagemilk.com/acting-games/>

Problem-solving, Coping-Skills

<http://parentingteens.about.com/od/parentingtroubledteens/a/Teens-CBT-Cognitive-Behavioral-Therapy.htm>

<http://sydney.edu.au/medicine/psychiatry/workshops/presentations/cbt.pdf>

[http://www.aacap.org/aacap/Families and Youth/Facts for Families/Facts for Families Pages/The Teen Brain Behavior Problem Solving and Decision Making 95.aspx](http://www.aacap.org/aacap/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/The_Teen_Brain_Behavior_Problem_Solving_and_Decision_Making_95.aspx)

[http://raisingchildren.net.au/articles/problem solving teenagers.html](http://raisingchildren.net.au/articles/problem_solving_teenagers.html)

<http://ohioline.osu.edu/hyg-fact/5000/pdf/5301.pdf>

<https://protect.omni.org/sites/rpsco/Documents/Installment%2022%20-%20Adolescent%20Decision%20Making%20%20Problem%20Solving.pdf>

<http://www.learningforlife.org/exploring-resources/99-720/x09.pdf>

<http://www.ventureteambuilding.co.uk/>

<http://psychcentral.com/blog/archives/2013/07/20/techniques-for-teens-how-to-cope-with-your-emotions/>

<http://www.pbisworld.com/tier-2/teach-coping-skills/>

<http://middleearthnj.wordpress.com/2010/04/09/developing-coping-skills-in-teens/>

<http://www.theplumtree.net/activities/>

Conflict Resolution

<http://www.theplumtree.net/activities/>

<http://pedsinreview.aappublications.org/content/33/3/142.short>

http://www.learningpeace.com/pages/LP_04.htm

<http://eclipse.pagecounty.k12.va.us/lms/conflict.pdf>

<http://www.crnhq.org/pages.php?pid=10>

<http://www.mediate.com/articles/blythb1.cfm>

<http://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/pages/How-To-Resolve-Conflicts-With-Your-Teen.aspx>

Anger Management

http://www.helpguide.org/mental/anger_management_control_tips_techniques.htm

<http://www.cedu.niu.edu/~shumow/iit/angermanagement.pdf>

http://teenshealth.org/teen/your_mind/emotions/deal_with_anger.html

<http://www.kimscounselingcorner.com/2012/09/16/50-activities-and-games-dealing-with-anger/>

<http://www.innerhealthstudio.com/anger-management-worksheets.html>