



Summer Brain Gain

Implementation Guide

Introduction

Summer Brain Gain is a summer learning-loss prevention program designed specifically for Boys & Girls Clubs. Week-long modules with fun themes are perfect for summer in the Club. Young people complete fun, hands-on activities as part of larger projects that spark their curiosity and encourage them to fall in love with learning. Youth have opportunities to explore their interests while building academic and social-emotional skills. Summer Brain Gain includes modules designed for elementary, middle and high school students.

Summer Brain Gain provides opportunities for skill development during summer. When a person doesn't practice skills regularly, their brain tends to forget them. Anyone who hasn't taken a math class for a while – and then tries to help a young person with their Algebra homework – can probably relate. This “use it or lose it” principle becomes critical for youth during the summer months when school is out. Research shows that unless young people practice over the summer, they'll lose, on average, two months' worth of math skills. By expanding summer learning programming, Clubs can help more kids navigate their path to academic success.

Implementation

Summer Brain Gain is organized into thematic, week-long modules, and each module has five one-sessions. Select the themes you feel are most exciting and interesting for your members.

Each session includes components of a high-quality learning session:

- 1. Warm Welcome**
Staff greet youth by name as they enter
- 2. Community Builder**
Emotional Check-In, Icebreaker, or Team Builder
- 3. Group Agreements**
Create or Review Expectations for Summer Brain Gain
- 4. Main Activity**
- 5. Reflection**
What... So What... Now What...
- 6. Recognition**
Staff recognize youth or invite youth to recognize each other.
- 7. Close and Transition**

Summer Brain Gain consists of various themed modules for lower elementary, upper elementary, middle, and high school youth. Check out the Summer Brain Gain module chart below to see what modules are available.

Domain	Theme	Early Elementary	Upper Elementary	Middle and High School
CLASSIC	Group Agreements (Start here!)	<u>Group Agreements</u>	<u>Group Agreements</u>	<u>Group Agreements</u>
	Around the World (also on MyFuture)	<u>Around the World</u>	<u>Around the World</u>	<u>Around the World</u>
	Entrepreneurship	<u>Entrepreneurship</u>	<u>Entrepreneurship</u>	<u>Entrepreneurship</u>
	Storytelling	<u>Storytelling</u>	<u>Animation</u>	<u>Animation</u>
	Habitats (Service Learning for Teens!)	<u>Animal Habitats</u>	<u>Animal Habitats</u>	<u>Escape Room</u>
READ	Family	<u>My Family Plays Music</u>	<u>Front Desk</u>	<u>Family Short Stories</u>
	Mysteries	<u>Mystery Stories</u>	<u>The Parker Inheritance</u>	<u>The Westing Game</u>
	Authenticity and Identity	<u>The Day You Begin</u>	<u>Wild Robot</u>	<u>Surviving the Applewhites (MS)</u> <u>The Authentics (HS)</u>
	Civic Engagement	<u>Grace for President</u>	<u>When You Grow Up To Vote</u>	<u>March Book One</u>
	Superheroes	<u>Go Forth and Be Super!</u>	<u>Almost Super</u>	<u>Ms. Marvel</u>
STEM	Inventing and Making	<u>Inventions</u>	<u>Inventions</u>	<u>Upcycled Fashion</u>
	Wacky Science (also on MyFuture)	<u>Wacky Science</u>	<u>Food Scientist</u>	<u>Slime Design</u>
	Forensics	<u>Fun with Forensics</u>	<u>Forensics</u>	<u>Forensics</u>
	Space	<u>Space</u>	<u>Space</u>	<u>Space</u>
	Pollinators	<u>Pollinator Protectors</u>	<u>Pollinator Protectors</u>	<u>Pollinator Protectors</u>

Below is an example weekly schedule showing one way you may choose to incorporate Summer Brain Gain at your Club or youth center. Many facilities that run summer programming choose to organize their week around a theme. If you enjoy weekly themes at your Club, think about making all activities related to the Summer Brain Gain theme.

SUMMER THEMES



SCHEDULE FOR THE WEEK



Camp Session	Theme for the Week
Week 1	Getting to Know You (Group Agreements Module)
Week 2	Inventions and Making
Week 3	Entrepreneurship
Week 4	Superheroes
Week 5	Civic Engagement

	Monday	Tuesday	Wednesday	Thursday	Friday
Early Elementary	What Makes a Superhero? <ul style="list-style-type: none"> Read: <i>10 Rules of Being a Superhero</i>, by Deb Pilutti Youth work together to decide what makes a superhero a superhero. 	Superheroes at School <ul style="list-style-type: none"> Read: <i>Even Superheroes Have Bad Days</i>, by Shelly Becker Youth perform a Reader's Theatre script based on books about kids with superhero alter egos. 	Superheroes in Your Community <ul style="list-style-type: none"> Watch: Marvel Make Me a Hero episode Youth will identify everyday heroes in their communities and write letters of appreciation to those who serve. 	Create Your Own Superhero <ul style="list-style-type: none"> Read: <i>Superhero: Instruction Manual</i>, by Kristy Dempsey Youth will work in groups to create their own superhero that embodies the best of all the superheroes we have explored. 	Write Your Own Superhero Story
Upper Elementary	Meet the Baileys Youth will read the first chapter and make connections to their lives. They will then create a positivity mood board.	Superhero Mindset Youth will discuss the Bailey superhero mantra and think of their own personal mantras. They will use superhero thinking to think through tricky situations.	Superpowers Youth will discuss the different superpowers found in the book and talk about real-life superheroes and superpowers.	The Superhero in You Youth will reflect on their real-life superpowers, write short stories, and make portraits of themselves as superheroes.	Showcase Youth will share their superhero short stories and portraits.
Middle and High School	Meet Kamala Khan (Ms. Marvel Vol. 1: No Normal, Issues 1-2) Youth read and discuss issues 1-2.	It's Complicated (Ms. Marvel Vol. 1: No Normal, Issues 3-4) Youth read and discuss issues 3-4.	Ms. Marvel (Ms. Marvel Vol. 1: No Normal, Issues 5) Youth read and discuss issue 5.	Project Brainstorming Youth will brainstorm service projects related to themes in Ms. Marvel.	Project Planning Youth work in groups to start planning the service projects they came up with last session.

Summer Brain Gain on Club Programs

Club Programs is an online platform that provides Club staff with collections of high-quality exercises that they can facilitate with members. The purpose of Club Programs is to increase learning and retention in core program areas: Leadership and Service, Education, The Arts, Health and Wellness, and Sports and Recreation. Also, Club Programs is designed to provide unique and practical tools that make facilitating Club Programs with youth fun and easy.

How do I use Club Programs to compile Summer Brain Gain Resources?

The amazing thing about Club Programs is that you can design your unique summer experience by choosing activities you would like to incorporate during your summer programming and creating a [playlist](#) specific to your Club. You can also print the specific modules. All modules can be found on the [Summer Brain Gain homepage](#) on Club Programs.

Here are a few tips to get you started:

1. Create a summer schedule that lists your weekly themes.
2. Check out the Summer Brain Gain chart to see which modules best fit with your themes and age groups.
3. Click on the modules of interest. You have the option of printing the module or creating a playlist to easily locate the module later. If you choose the print option, it will print all 5 sessions associated with that module as one document.

Home Programs Staff practices Playlists

Home / Programs / Summer Brain Gain / Summer Brain Gain Read Go Forth and Be Super Ages 6-9

Summer Brain Gain READ: Go Forth and Be Super!, Ages 6-9

★★★★★ 0 reviews

In this Early Elementary module, youth explore imaginary superheroes in comic books, at school and in their community. They will learn that all superheroes, whether in real life or from our imaginations, learn and grow through life's adventures.

Targeted program Grades K-2 Ages 6-9 10-15

+ Add to playlist Print Print Supplies

Sessions Overview Appendix Resources

Summer Brain Gain READ: Go Forth and Be Super!, Ages 6-9

Session 1: What Makes a Superhero?

Min group size: 10
Max group size: 15

- ✓ "10 Rules of Being a Superhero" by Deb Miller (1 copy)
- ✓ "I Can Read!" superhero books about traditional superheroes, such as Batman, Dargit, Spiderman, Superman or the Black Panther (1 set per group)
- ✓ Whiteboard or flipchart paper and marker
- ✓ Paper (1 sheet per participant)
- ✓ Pen or pencil (1 per participant)
- ✓ Crayons, markers or colored pencils (1 set per group, optional)

Session 2: Superheroes at School

Min group size: 10
Max group size: 15

- ✓ Whiteboard or flipchart paper and marker
- ✓ "Even Superheroes Have Bad Days" by Shelly Becker (1 copy)
- ✓ Superhero-themed beginning novels (1 set per group)

Session 3: Superheroes in Your Community

Min group size: 10
Max group size: 15

- ✓ Computer with speakers or projector
- ✓ Whiteboard or flipchart paper and marker
- ✓ Paper or cardstock (1 per participant)
- ✓ Superhero stickers (1 set per group)
- ✓ Glue stick (1 per group)
- ✓ Pens or pencils (1 per participant)

DID YOU KNOW?

If you want to just print the supplies list for a module, you have that option!

Just click the drop-down arrow by the print button and a "Print Supplies" feature will appear.