

Youth Development

Youth Development activities are designed to develop the leadership and team skills of the participants. They are also designed to help the participants understand the changes that they are going through and understand themselves.

Below are a range of example activities. Do not be afraid to add your own ideas.

Team Building

Activity 1	SLSA Logo Picture Recall
Activity 2	Surf Lifesaving Hop Whisper Quiz
Activity 3	Lifesaving Equipment Hunt
Activity 4	Signal Game
Activity 5	Fish Net
Activity 6	Whisper Train
Activity 7	Blindfold Obstacle Course
Activity 8	Secrets of Leadership
Activity 9	How to Make a Patrol Captain
Activity 10	Arm Chain
Activity 11	Leap of Trust
Activity 12	The Name Game
Activity 13	Truth, Truth, Lie
Activity 14	Have You Ever
Activity 15	Haunted Beach
Activity 16	Sand Shuffle
Activity 17	Pull the Pin
Activity 18	Egg on Your Face
Activity 19	The Blue Bottle Patch
Activity 20	Designer Pet

Understanding Self

Activity 1	Health Professional Talk
Activity 2	Physical Development Talk
Activity 3	Goal Setting Workshop
Activity 4	Positive Thinking Workshop

More Information

For more information contact [SLSA](#)