

## SUGGESTIONS FOR RECREATION INSTITUTES

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National Recreation Association

- Material Covered:** Each institute is planned by the local committee or recreation executive, based on local needs. The outlines in this bulletin are merely suggestive. Please select or make up your own institute subjects.
- Balance:** The best plan seems to be one half lecture-discussion, one half activities, but any combination may be arranged.
- Time:** A two hour session with no intermission, but with a frequent change of pace and activity seems satisfactory. Sometimes - when people come long distances for an evening institute, a three hour one is held with an intermission, in the middle.
- Place:** A friendly hall with movable chairs is better than a cold draughty, barnlike gym with bleachers. Almost any quiet room will do.
- Equipment:** A blackboard is an absolute necessity. For a two day or longer institute a piano and a pianist, one hour each evening is helpful. Movable chairs and a table are recommended.
- Hours:** One or two sessions a day are recommended, not three.  
9:30 - 11:30 A.M. if a morning session is necessary or 10 - 12.  
1 - 3 P.M. if scout and other lay leaders are to attend, or 4 - 6 if teachers are expected.  
7:30 - 9:30 P. M. - or earlier or later, according to local dinner hours or 7 - 10 if only one session is held each day.
- Institute subjects -** Merely suggestions, remember!
- 1st session-Theory - Objectives, balanced program.  
(evening) Activities -Ways of starting the party, breaking the ice and introducing folks.  
Simple musical mixers and square dances.
- 2nd session-Theory- Types of People, Likes, Dislikes, Development and  
(day or evening) Interests, Types of Leadership method.  
Activities - Creative games, active, quiet and musical.