

Time	Saturday	Sunday	Monday	Tuesday	Wednesday
Theme of Day	Self	Others	Focus Outside Self	Design Thinking	Natural World
Program Theme	Developing Personal Values	Team Building	Developing Purpose	Design Thinking Project	Nature Awareness + Wilderness Experience
Traits Emphasized	#5 Self Awareness #1 Integrity	#9 Collaborative #3 Curious + Open-Minded	#6 Purposeful #2 Responsibility Seeking	#7 Boldly Experimental #4 Fluidly Adaptive	#8 Gratitude #10 Fiercely Determined
Practices Introduced	Mindfulness Values Development	Small Group Connection Peer Sharing Activities	Peer Interview Need Finding	Design Thinking Process/ Developing own Project	Hike Nature Games
10-11:30	- Introduce Themes of the Day - Intro to mindfulness practice	- Short Mindfulness Period - Theme of Day + Talk	- Short Mindfulness Period - Theme of Day + Talk	- Short Mindfulness Period Theme of Day + Talk	- Thanksgiving Address - Theme of the Day
	Mindfulness Period - Sitting Meditation - Walking Meditation - Outdoor Meditation	Inquisitiveness Exercise - something related to being interested in other people	Purpose Compass Activity	Short Design Process Activity (DP0)	Natural World Treasure Hunt
11:30-1:00	Values Development - Backpack Activity - Values Activity	Small Group Connection Activities - Hot Seat/If you Really knew me - Structures of Oppression - Intersectionality - Identity Activities	Activity Developing/Reflecting on Determination	Cone of Error Activity	Shelter Building Activity
1:00-2:00	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
2:00-4:00	Self Awareness Activities	Community Building Activities	Need Finding	Designing Actionable Project	Hike + Nature Games
4:00-5:00	Small Group - Reflection Activity: Self - Art Expression - Discussion	Small Group - Connection Activity - Art Expression - Discussion	Small Group - Reflection Activity - Expression Activity - Discussion	Small Group - Reflection Activity - Expression Activity - Discussion	CELEBRATION
5:00-6:00	- Teacher Talk + Stories - Compassion Meditation	- Teacher Talk + Stories - Compassion Meditation	- Teacher Talk + Stories - Nature Awareness Activity	- Teacher Talk + Stories - Compassion Meditation	CLOSING CIRCLE