

Ideas for the Summer Program - 2021

1. Topic: *Nature/Cultural Awareness and Appreciation*

Activities:

- refresh the Wellness Center planter: research plants that will work best in this environment, clean up the planter, amend the soil, and plant
- Optional “field trips” - local hikes, the beach
- Kat’s “potato” activity - awareness/celebration of differences
- Sharing traditions, icons, etc. from our various identities
- “I am...” project

2. Topic: *Connection and Communication*

Activities:

- Public speaking exercises.
- Improv activities.
- Passive, aggressive, assertive communication. What’s the difference?
- Theory of mind role playing activities.
- Being clear about your wants/needs.
- Conflict resolution; listening, processing, then responding.
- Identifying signs of gaslighting/manipulation in others.

3. Topic: *Personal Development*

Activities:

- Boundary setting.
- Hobbies- recharging/re-setting. Why is this important?
- Identifying strengths/cultivating values.
- Esteem building; learning to accept/love your flaws.
- Avoiding toxicity in relationships; preserving energy.
- Self care - what is it?
- Coping skills and strategies

4. Topic: *Game “Therapy”*

Activities:

- VR experiences
- Board/card games
- Outdoor water fun
- “Ice Breaker” games - getting to know each other
- Improv games

5. Topic: *Art /Creative Expression/Improv*

Activities:

- Being proud of our “quirks”! Uniqueness is something to be proud of.
- Journaling, writing poetry, short stories, etc. - Storytelling kit
- Finger painting, watercolor painting.
- Channeling inner-turmoil into art.
- Drama- acting techniques, theatre, etc.
- Music; seeing ourselves in songs.
- Improv Games that develop quick thinking skills
- Improv Games that develop public speaking skills
- Improv Games that get kids out of their comfort zones

6. Topic: *Mindfulness/Emotional Regulation*

Activities:

- Breathing Exercises
- Internal Exploration (I am not sure of the title, but you do inward reflection search for knots of tension etc and then work to unravel them)
- Grounding techniques; being aware of our 5 senses.
- De-catastrophizing exercises.
- Breaking down feelings; they can’t hurt us if we don’t allow them to.
- Avoidance behaviors. Why do we do this?

7. Topic: *High School!*

Activities:

- “Drama” and bullying/harassment role plays, videos, strategies
- Tours for new students.

- Clubs, sports, ways to get involved.
- Community involvement.
- Safe spaces/what to do when feeling triggered.
- Recognizing/respecting differences.

8. Topic: *Media/Video Production*

Activities:

- Working together on a project
- Logistics of creating a video.
 - Pre-production, production, post-production.
- How to be charismatic on camera (acting techniques).
- Elements of storytelling.
- Analyzing movies; themes, concepts, technical storytelling, etc.