

Week 1- Monday LIT Plans

The objective of the day: Togetherness

Materials for the day

- ☐ Paper- Craft and White
- ☐ Markers
- ☐ Stapler
- ☐ Yarn
- ☐ Friendship bracelet string
- ☐ Speaker

Period indicators are general- some activities might take longer, others shorter.

1st-

Listen to the forward of Wolfpack by Abby Wambach (5-10 min)

- The group can start decorating journals
- After giving the group a chance to discuss what it is that
- Activity- Creating/Decorating Journals (25 minutes)
- Setting Group Expectations (Talk about this while we are creating journals)
 - What is being an L.I.T.?
 - How should we treat ourselves and others?
 - What code of conduct should we follow?
 - How do we speak in a group?

2nd-

- Identity Web- Pre activity
 - What is identity?
 - Examples: Gender, Race, Religion, Sexual Orientation, Language, Birth Place, Favorite Color, Family Structures, Disability, Nationality
 - Have campers generate a list of their identity
 - Make sure that they notate 3-4 that they are comfortable sharing
- Identity Web- Activity
 1. Have campers stand in a circle about shoulder to shoulder.
 2. Have a camper say out loud an identity that they hold.
 3. If another camper has that identity, they say "Me too" and raise their hand. Pass the ball to one of the campers that also has that identity.
 - a. If there is more than one, have the person who said it choose one person prioritizing those who haven't received the yarn yet.
 4. Keep this going until everyone has received the string at least once.
 5. Have the campers take a moment to look around and reflect on the connections that they have made.
- Identity Web- Reflection
 - Either while still holding the yarn or clean it up as you talk about it.
 - They can take notes in their journal or just share out loud.
 - How do you feel after this activity?

Week 1- Monday LIT Plans

- Did you learn something new about yourself or others?
- Why did we do this?
- Identity Web- post activity
 - Have each camper choose a color of friendship bracelet string.
 - Give the string to LIT DIR to start the chain
 - Make sure you get a color or colors from Co's to include
 - Each person stands shoulder-width apart in the circle.
 - Pass each skein of string around the circle to create a large circle
 - Tell the campers that while throughout camp/life, you will be on your path and journey, you will always have the rest of the cabin to support you. Additionally, individually each string isn't very strong- but when working together, you can be strong.
 - This is a visual reminder of the strength and unity of this group. Ask that they wear it as a bracelet or attach it to a bag as a keychain.
 - Once all string is around, start with one camper holding the end and cut off enough for a bracelet/keychain. Do this with each camper.
 - Also, cut string for Passaconaway co's

3rd-

- Goal setting discussion
 - What is a goal?
 - What do you want to get out of the LIT Program?
 - What do you think the LIT program is?
 - SMART GOALS
 - S- Specific
 - M- Measurable
 - A- Attainable
 - R- Reasonable
 - T- Timely
- Examples of not-smart goals vs. smart goals
 - I want to talk more VS. I want to improve my confidence when speaking in the group and letting my ideas be heard.
- Action steps
 - For a goal, create 2-3 things that you will/can do to achieve that goal.
- LITS creates goals for the end of the week and for all of camp.
 - First individually
 - Then pair up and advise each other
 - Ask campers to take the day to generate their goals and ask them to either tell you or write it down and give it to you.

2nd half of 3rd period/ beginning of recall-
SWIM TESTING