

Week 2- Monday LIT Plans

Objective of the day: Self Awareness
Rule of the Day: Be FOR each other

Materials for the day

- ☐ Vertical Playpen? (if there is a second person available to run it)
- ☐ Climbing Tower or Indiana Jones, if not.
- ☐ Harnesses, Helmets, Rope, Caribeeners

1	-1 Week in 1 Week to go, Check-In. -Courage
2	High Ropes
3	Courage and Vulnerability

Period 1:

Listen to Rule #5 from Wolfpack by Abby Wambach (5-10 min)

- The group can journal, listen, and use friendship bracelets while it is going
- Give space for reflection
 - What resonated with you?

Group Check in-

- What are our key takeaways from the past week?
- What are we still thinking about?
- Goal check-in
 - Think, Pair, Share
 - What was your goal? What have you done to achieve your goal? Is it accomplished? Do you need more time?
 - Discuss with a partner.
- Set a goal for the next week.
- What is something that you have done this week that has surprised you?
- Is there anything you want to see/do/improve on this week?

Courage

- What does courage mean to you?
- Why are you here?
- How does it relate to the realm of leadership?
- What is something that scares you?

Things we do every day are courageous

- Think, Pair, Share
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Different types of Courage.

- Courage is being yourself.
- Courage is standing up for yourself.
- Courage is doing something uncomfortable.
- Courage is doing something scary.

Being Courageous looks different for everyone.

Courage is strength

2nd

High Ropes

- Where we most see the stereotypical "Courage."
- Facing physical nervousness and "danger" in a safe environment

Activity

- Every person will participate in the activity to the point that tests their limits/courage.
- Put on Harness
- Learn Commands
- Attach Belay
- Touch the Ladder.

From then on, it's ultimately a challenge by choice.

No matter where people end, they announce, "I did it!"- Confidently and proudly.

- Once someone announces that they are done, everyone claps and cheers for each other.

Reflection

- How are you feeling?
- What would you do differently if you did it again?
- Any ?'s for the group.

3rd

Vulnerability and Courage

- What is Vulnerability?
 - "the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally"
- Brene' Brown worksheet of Vulnerability- Print or have them reflect in their journals.
 - Small groups- take a moment to answer for yourself and then share in the group

Being Vulnerable is not a weakness

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“There is no courage without vulnerability,” Brown said. “Vulnerability is not weakness. It's the ability to show up and be seen”

After (if time)-

What do we still need to prep for the give back project?