

the compass program

Day 1 - Connection & Supports

- **Welcome & Setting Intentions:** Icebreakers, and group games.
- **Team Challenge:** Emphasizes cooperation, communication, and shared problem-solving.
- **Circle of Support:** Map personal support networks, reflect on relationships, and strengthen empathy.

Day 2 - Strengths, Values & Hopes

- **Morning Yoga & Breathwork:** Mindful breathing, slow movement, flexibility, stress reduction.
- **What Matters:** Reflect on what makes you strong and what matters most through group activities and journaling.
- **Challenge Hill:** Putting learnings into practice while navigating the obstacles.
- **Hopes & Dreams (Tree of Me):** Create symbolic artwork representing supports, strengths, values, and hopes. Students are provided with journal questions and a short mindfulness activity.

Day 3 - Future Mapping

- **Mindful Bushwalk & Journaling:** Reflect on what to carry into Year 12.
- **The Empathy Connection:** Explore communication, empathy, and understanding through role-play, journaling, and interactive games.
- **Outdoor Team Challenge:** Build, create, and collaborate in a final group activity.
- **Closing Circle:** Share insights and create a group affirmation

Program subject to change

Optional Teacher-Led Evening Activities (tools and materials supplied):

- **Motivation & Purpose** - “My Compass”: Vision board or future self-letter for goal-setting.
- **Accomplishment Celebration Circle:** Share a “Power Word” and receive peer affirmations.
- **Campfire Story Circle** - “Turning Points”: Share challenges, growth, and coping strategies.
- **Gratitude Circle:** Positive emotion practice to strengthen relationships and reflection.

body and mind, creating a supportive foundation for growth and wellbeing.