

## **LEAP Retreat Weekend Schedule**

*Cooperate and Recreate*

May 24th-26th

### **Friday-**

- 5:00 pm - Arrive, O&M of space, set up tents, snacks
- 5:45 Safety circle
- 6:00 Build a fire/ cook dinner
- 7:15 Dinner crew 1 and Clean up Crew 1
- 8:00 Team building ice breaker, policies and procedures and schedule review
- 9:00 S'mores and ghost stories
- 10:00 Bedtime

### **Saturday-**

- 7:30 Rise and Shine
- 8:00 Breakfast crew 1 and Clean up Crew 2
- 9:00 Stretch Circle
- 9:30 Team Building TED talk discussion
- 10:30 Break, snack, O&M of new activity
- 11:00 VASS Activity 1
- 12:30 Lunch break and clean up
- 1:30 In the woods gratitude journaling
- 2:00 VASS Activity 2
- 3:30 Connect and Reflect
- 4:00 Break
- 5:30 Build Fire, Dinner crew 2, Clean up Crew 3
- 7:30 Team building game
- 8:30 Campfire and dessert
- 10:00 Bedtime

### **Sunday-**

- 8:00 Wake up, pack up (Break fast crew 2 cooks, rest of students pack up)
- 9:00 Breakfast Crew 2 and Clean up Crew 4
- 10:00 Active Listening game
- 10:30 O&M listening hike (15 minutes silent, 45 minute building relationships)
- 11:00 Phone call review, phone call delegation, phone calls, personal phone number exchange
- 12:00 Pick up and snacks