



Young Rhythms is our flagship camp program. With ample time allowed, a beautiful setting, all new facilities, a fantastic team and great directions provided by the positive psychology field, the outcomes are assured. It is such a rewarding program for us and will be for you - just imagine your reflections as the camp comes to a close and you consider why more don't do this amazing work. You will not find this opportunity anywhere but at Kinglake Ranges Wilderness Camp.

OVERVIEW

The Young Rhythms program promises to give young people more control over the things and feelings that occur for them - less of the bad and more of the good. Some of it is learning new things and some of it is changing thinking - the program does both. It consolidates these skills by introducing the language and models on day one, then provides a variety of activities to practice their application and leading to a significantly complex activity and then celebration. All with energy! The days are bookended by wellbeing, reflective and service giving activities to build momentum and rhythm.

PROGRAM		
META PROGRAM	Repeated Daily	ACTIVITIES/PURPOSE
PRE CAMP. Strengths		Participants will complete an online adolescent character strengths survey. See viacharacter.org
DAY ONE. First Impressions		Arrival at camp to be greeted by all staff, energetic music and assembly amongst Tips.
Icebreakers / Leaders Briefing		Large group icebreakers and get to know you activities. Leaders (teachers) are separately provided a detailed briefing about the program and everyone's expectations are aligned.
Create a safe space		Sub-groups break off with their facilitator who will be with them for the week. They go to their own space (@ space), which they will return to often. They will undertake trust activities then develop a written shared agreement about how they will treat each other (including confidentiality) and the place over the course of the week.
Personal communications skills		High energy communications oriented activities followed by a personal communications tutorial. These concepts will be revisited often during experiential learning (EL) debriefs.
Content. Outdoor Recreation and Initiative Activities		First of a series of activities such as Challenge Ropes Course, Leap of Faith, a complex art project (reflecting the week), Media Busters and initiatives such as Giant Seesaw, Prouties Landing, Mohawk Walk, the Water Course over the King Parrot Creek and performance oriented activities. These activities which run across the subsequent days provide content for EL debriefs.
ARO'w - Actual, Reactions, Outcomes		Participants are taught how they can notice/catch their reactions to actual events which will set them on a path about how they feel about that event i.e. their arrow. How fixed and enduring that trajectory is - their explanatory style - can often be under their control.
My Strengths - Our Strengths	R	Daily reflection of when and how each participant's strengths were prominent. Promotes reflection.
Service Activity	R	Prior to dinner each day, participants are involved in a 'giving service to the whole group' activity.
DAY TWO. Wellbeing. Values Contemplation	R	@ space. Participants are taught basic relaxation/contemplation meditation then 'check-in' with each other in terms of how they are feeling about the camp. DYAD about values.
Content.		Outdoor Rec and Initiative Activities are continued during day two and three.
Solo Place		Participants are provided their own small camp stool and asked to explore and discover a solo place in the camp surrounds and spend a little time. Primarily preparation for tomorrow.
DAY THREE. Wellbeing		As well as the morning facilitated wellbeing session, participants are required to do a 30 minute reflection and journaling session at their solo place just prior to lunch.
Complex activity introduction		Participants are briefed and provided a "Wildergaining Mission Brief" booklet explaining the highly energetic mission scheduled for the entire final morning. They will need to make group plans.
DAY FOUR. Wellbeing		Facilitated after breakfast. Solo 15 min pre lunch. Solo 30 min post dinner, pre celebration night.
Final Content and free choice		The final content activities in the AM then participants select from a variety of chillout afternoon activities e.g. play volleyball, make music, finalize the art project, go for a long interpretive bushwalk, re-take or take the Leap of Faith, make further plans for the Wildergaining mission.
Celebration Dinner		Participants ramp up the giving service efforts and create a memorable last night.
DAY FIVE. Wellbeing		
Step up the complexity and consequences		The final Wildergaining activity is designed to step up the intensity of situations in which the new skills might be called upon - just like life.
I Can Speak for You		This powerful unique final debrief is designed specifically to develop peer support and mentorship.



Throughout the Young Rhythms program music is ever present and audio visual resources support a number of key program elements.

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Every participant receives the Young Rhythms workbook journal which includes all of the resources introduced to them, session support material and more.