

| 6:45<br>7:30 | Staff arrives for set up<br>Students begin to arrive                 |
|--------------|--|
|              | Students arrive  |
|              | Greet, Nametags, Bracelets   |
|              | Facilitators meeting   |
|              | Background Music<br>Welcome  |
| 7:50         |  |
| 7:50         | Tsunami (get rid of drinks, backpacks)<br>(If you're wearing BLUE)   |
| 8:00         | Brief description of PB  |
| 0.00         | Guidelines (do your best, respect)                                   |
| 8:05         | Groups of 4  |
|              | (5 minutes to discuss, 20 to report)                                 |
|              | Feedback   |
| 8:30         | Birdie on Perch  |
| 8:45         | Knee to Knee   |
| 8:55         | Segment 1 Power of WORDS   |
| 9:20         | Knee to Knee deeper  |
| 9:25         | BREAK Leaders find clipboards—allow conversations to finish          |
| 9:35         | Small Group Warm Up (6 groups of 12)                                 |
| 9:45         | Shark Attack in Small Groups   |
| 9:55         | Segment 2 Power of CONNECTING  |
|              | Isolating vs. Bullying   |
| 10:20        | Silly Hug Demo TELL TEACHERS TO GET CLIPBOARDS                       |
| 10:25        | Small Groups (w/adult and student volunteers)                        |
|              | If you Really Knew Me  |
| 10:45        | LUNCH w/in small group   |
| 11:20        | Call Back  |
| 11:25        | Musical Chairs   |
| 11:35        | Hula Hoops   |
| 11:45        | Segment 3 Power of COMING CLEAN                                      |
|              | Emotions/Anger/Masking   |
|              | Being Honest w/yourself  |
| 12:20        | Cross the Line   |
| 12:55        | Small Groups w/Leaders   |
|              | Remind "We don't leave the room, stay through it, sit with the pain" |
| 1:25         | Change Cards, Whole Group Share                                      |
|              | Demonstrate what this time is for/What this time is NOT for          |
|              | What an apology sounds like/doesn't sound like                       |
| 1:35         | Validations in Small Groups  |
|              | Explain how to sign cards w/in groups                                |
|              | PASS OUT MARKERS AND TAPE  |
| 1:50         | Validations in Large Group   |
| 2:15         | Dismiss  |

