



## Workshop Agenda

Point Break Workshops

Time	Elapsed	Activity
		Adult Leader's and Facilitator's Meeting
	5	Loud and Proud
	5	WipeOut/Guidelines
	25	Groups of Four
	10	Birdie on a Perch
	10	Knee to Knee
	20	Large Group Listening Exercise
	5	Back in Pairs/Knee to Knee
	10	Break
	10	Crab Volleyball Game
	10	Shark Attack
	25	Physical Touch Talk & Hug Demo
	25	Groups of 6-7 with Community Facilitators
	10	Poop Deck
	35	Lunch
	10	Vicious Musical Chairs
	10	Hula Hoop Activity
	15	Pain Talk
	35	Cross the Line Exercise
	20	Groups of 6-7 with Community Facilitators
	5	Ripple Effect
	25	Whole Group Share
	20	Got Your Back / T-Shirts