

Rekindle Youth Sample Day

9.30am Arrive at Kensley Sheds Craft Centre - fire lighting? Or fire already lit?

Snacks / brew

9.45am Morning circle - feelings activities- safe space - card game - energisers / movement / chi-gong / wim-hof / eft.

Introduce any new activities... a bit about history of cottage industry & ancestral crafts.

10am - 2-3 options of simple crafts. Knife work / textiles - needle-felting / rag-rug / crochet - simple projects that can be taken home.

- For regular groups, the crafts will have element of development... it is the regular known activity that has most profound positive physiological effects on the body and mind

11.30am - walk- nature connection / foraging/ plant id/ tree climbing / orienteering / forest bathing....

(Specific plan to be developed with person with this skillset)

12.15am - back to make lunch -Young people to be part of the food prep - chop food, butter bread / heat up soup.

- All food to be locally produced, healthy, organic where possible.

Create family dinner atmosphere.

All clear away and wash together.

1.00 - Visit from crafts person or whole group activity- building a shelter - willow weaving - blacksmithing - jewellery making - Leather work - Tanning - exciting, new, engaging...

Questions for craftsperson about how they started doing their craft, what the challenges have been, how much money do you earn - why do you love it etc etc.... how to train & become a craftsperson...

2.30 Closing circle - gratitude for the day, check in with emotions, any upcoming worries need support with.

From September 2022 – July 2023

The whole day to count as craft and land skills towards IOL hours.