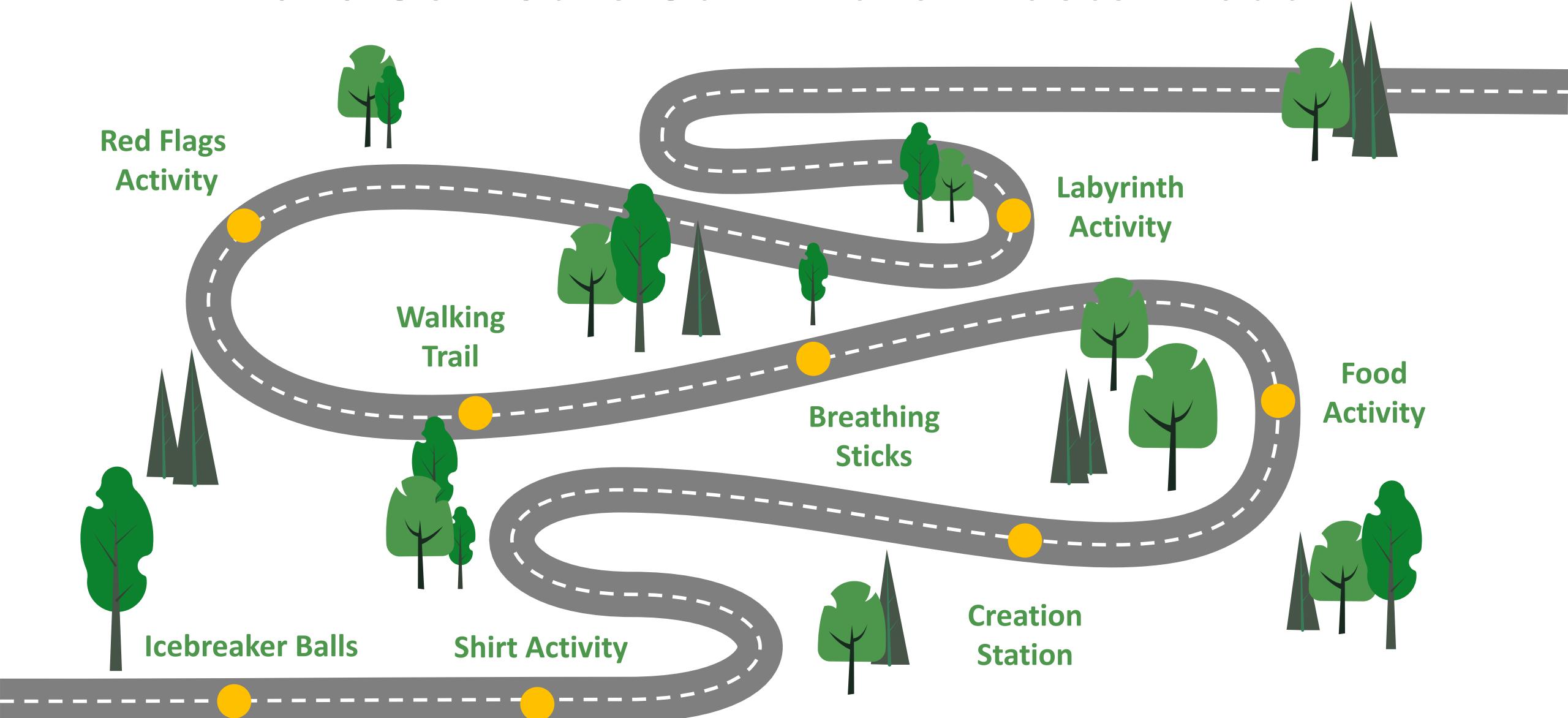


# 2023 Self Care Summit for Foster Youth





## Tips for the Drive

Give yourself extra time to arrive. Google maps underestimate the time of travel, especially if there are any orange cones on the roads to get there.

Consider listening to calming music or an audiobook, to get yourself in a self-care frame of mind.



## **Location for Icebreaker Balls and Shirts**

Shirt activity will take place under the tent and icebreaker activity by the basketball hoops. Staff are able to use a four-wheeler to assist with gravel walkway.



## Icebreaker Balls and Shirt Activity

*\*Markers for youth to write a positive attribute about themselves in the white rectangle.*

## **After the Icebreaker Balls and Shirt Activity:**

Participants will separate into six groups for the six stations.  
Hope Valley has six sets of wrist bands of different colors.

Creation  
Station:  
Painting Rocks

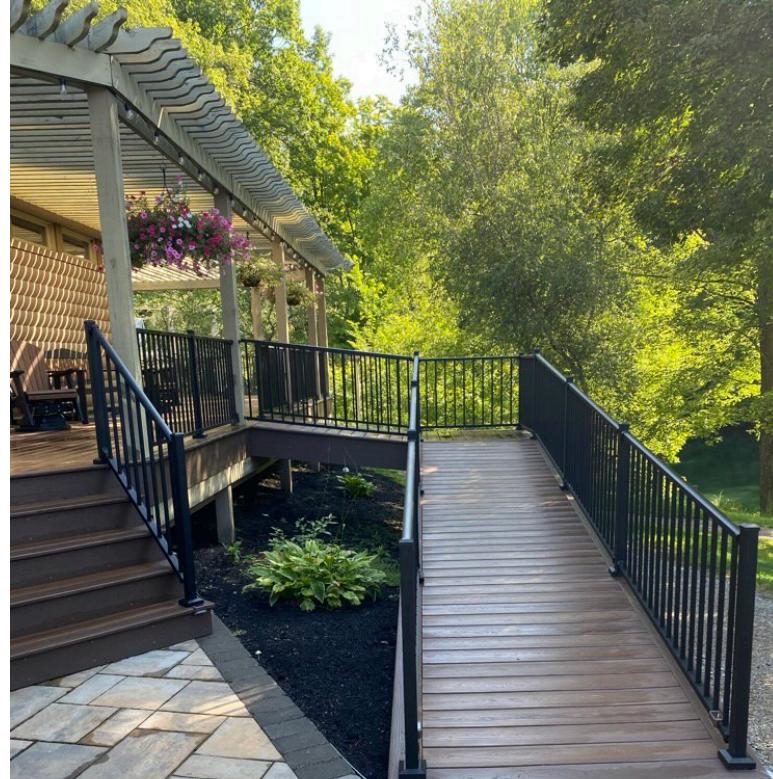
Creation  
Station: Making  
Bath Bombs

Self-Calming:  
Breathing Sticks

Self-Calming:  
Walking Trail

Hope Valley:  
Red Flag/Green  
Flag

Hope Valley:  
Labyrinth



## **Creation Station, facilitated by Nikki and Raven**

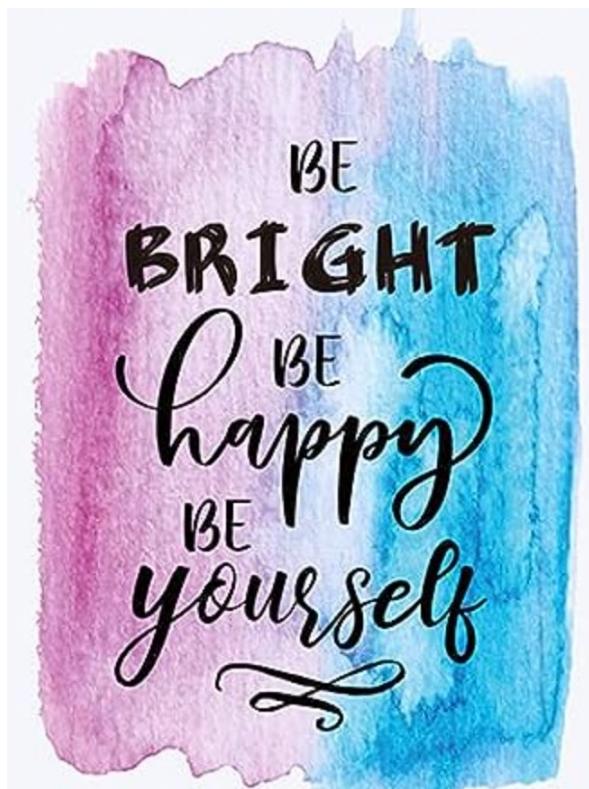
Tables and tents will be set up in front of the main building, which is in close proximity to parking, a rock garden, and multiple restrooms, including two handicap-accessible ones.



## Supplies for Creation Station (rock-painting and making bath bombs)

# Supplies for Self-Calming Activities

*(folders, handouts, stickers, pipe cleaners, pony beads, bags)*





## Location for Breathing Stick Activity



*Facilitated by Jorie, these self-calming activities will take place on the deck, which has a beautiful view of the lake.*

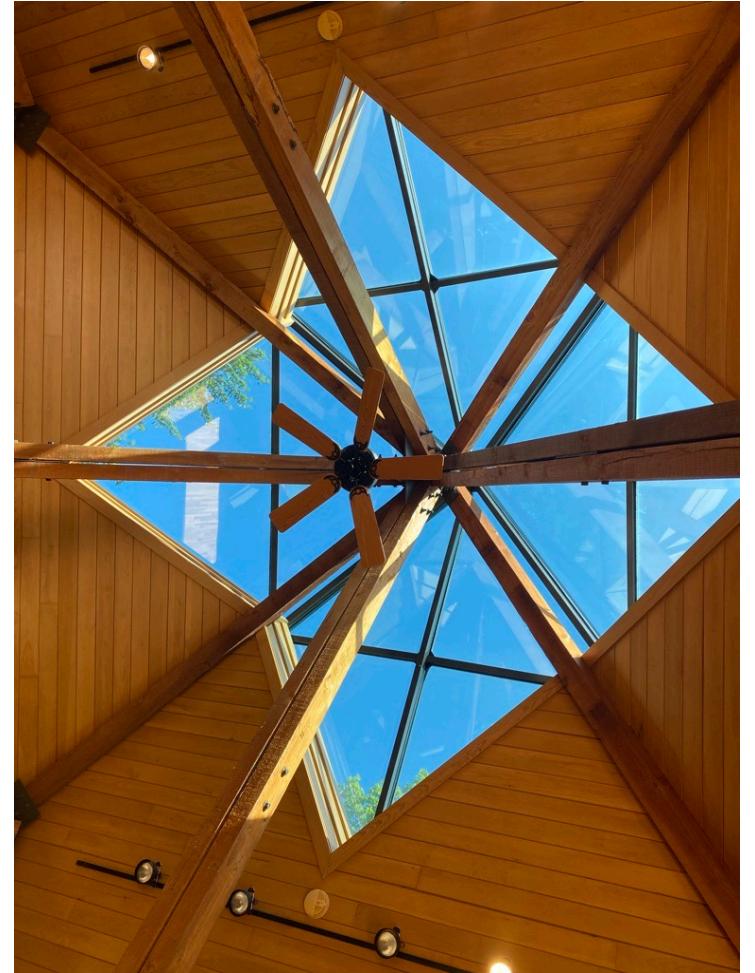
# Walking Trail

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*Facilitated by Kristin*

This walking trail goes between the basketball court, and the Glass House, and includes a bridge and benches along the way.

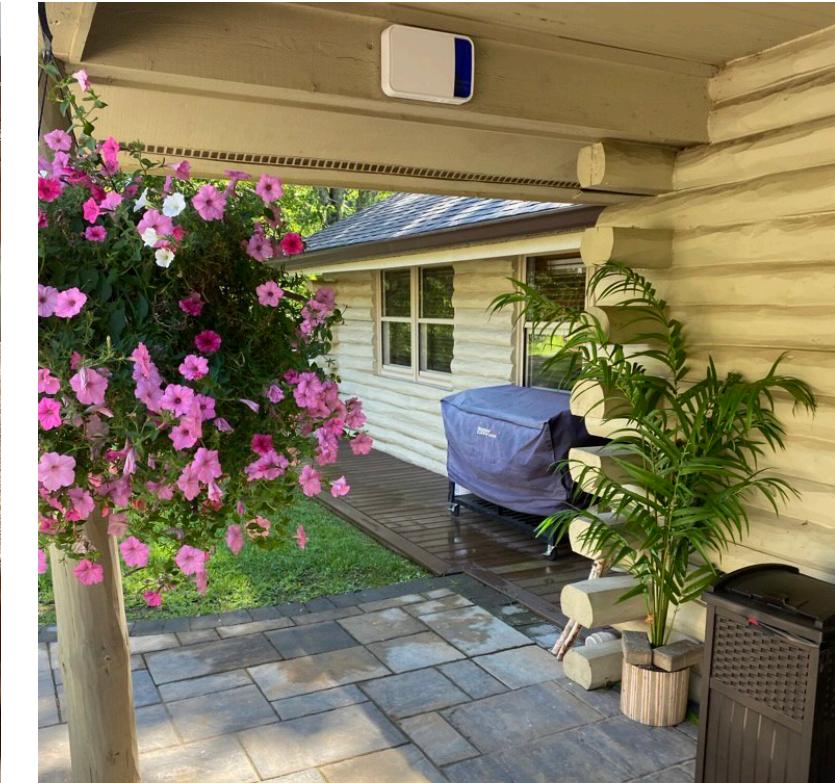




**Red Flag – Green Flag Activities**  
*Facilitated by Hope Valley staff in the Glass House*

**Labyrinth**  
**Activity**  
*Facilitated  
by Hope  
Valley staff*





## Food ~ *Jamie of Hope Valley*

The main building has an outdoor grill, residential kitchen and tables. They love the idea of a salad bar, baked potato bar, taco bar, pasta bar or dessert bar, with lots of choices for youth.



## **End of Day:**

Time to debrief and to relax and explore the area in groups.  
There are hammocks, a swing, and two fire pits.  
We are considering making s'mores.