



CULTURE SHOCK WEEKLY OUTLINE

1 - School Scavenger Hunt

2 - Leader Scavenger Hunt

3 - Question Circles / Building Relationships

4 - Post It Picture Challenge / Communication & Team Work

5 - Straw Towers / Identifying Group Roles

6 - Zoom Book / Group Roles Reflection

8 - Turkey Grams / Gratitude

9 - Self Affirmations

10 - Charting My Day / Time Management

11 - Digital Wellbeing

12 - Minute to Win It Circus / Engagement and Fun

13 - Cognitive Distortions: Blaming

14 - Cognitive Distortions: Catastrophizing & Generalizing

15 - Cognitive Distortions: Labeling

16 - Inside Out / Identifying Personality

17 - Inside Out / Core Memories

18 - Inside Out / Increasing Empathy

19 - Inside Out / Emotional Reasoning

20 - Last Day! / Interconnectedness of students at CI











