

## Junior Get Moving Retreat

### **Friday night - Session 1 - 7:00-8:45**

Energy is Everywhere  
Making Recycled Paper  
Energizing Snacks throughout weekend  
Personal Energy

### **Approx time**

25  
60  
10  
10  
Session time 1 hour 45 min

### **Breakfast 8:00**

### **Saturday Morning - Session 2 - 9:00-10:40**

Good For Us, Good For the Planet  
The Packaging Puzzle  
Beads of Recycled Paper  
How Leaders Energize  
Waste No More

15  
15  
45  
15  
10  
Session time 1 hour 40 min

### **Saturday Morning - Session 3 - 11:00-12:45**

Hike to Waterfall / Lake  
    observe animals, insects, plants  
    pg 44-51 discuss energy in nature  
Animals as Inspiration  
Read "Vamos Ya"  
Relate and Communicate

60  
  
  
15  
15  
15  
Session time 1 hour 45 min

### **Lunch 1:00**

### **Saturday Afternoon - Session 4 - 2:00-4:40**

Shining a Light on Lightbulbs  
The Value of Insulation - finish after draft check  
Checking for Drafts  
Hot Drink Cozies  
Closing

45  
45  
45  
20  
5  
Session time 2 hours 40 min

### **Saturday Afternoon - Sessions 5 & 6 - 5:00-6:15**

Ideas for buildings to audit  
Communication Maze  
Go over Communicate with Style  
    and following pages to prepare for audit

30  
15  
30  
  
Session time 1 hours 15 min

### **Dinner 6:30**

Free time after dinner or finish up sessions if needed

## **Breakfast 8:00**

### **Sunday Morning - Session 7 - 9:00-10:00**

Think Outside the Box - girl's book pg 67

10

Lightbulbs

30

Thinking About a Team Choice

20

Freeze Dance

15

Session time 1 hour 15 min

### **Troop Meetings - Session 8, 9, 10**

Audit building

Make team decision on Innovate Project

Carry Out Project

### **Awards Ceremony - Session 11**

Celebrate