



# Big Day Out 2

**SATURDAY 27  
JULY 2022**

This event was made possible  
thanks to the:

**ROWLEY  
FOUNDATION**



## Challenge LYF

Big Day Out (BDO) 2 brought a sense of normalcy back to the LYF program, where we held our first 'traditional' LYF event for the year. The theme for the day was 'Challenge LYF', and as the youth committee said in their opening speeches it was "all about having a go and trying something you might not have tried before."

We started off the cold, wet, winter day at Melville Main Hall with youth committee speeches and an acknowledgement of country.



Then we split into our LYF factions (sugar gliders, wolves, sloths and praying mantis) for morning rotations. These are designed to focus on the LYF skills we have identified that reflect things of importance to our Teens, and will give them skills to succeed in the future.





## JOURNALS

### Think about your future

The journal activity involved teens decorating recycled glass jars and turning them into tea light candle holders. The teens decorated their jars with images they and their mentor were interested in, and ideas that they wanted to try in the future. Teens got to take this home as a memento from the day.



## BOSS ARTS CREATIVE

### Identify your values

Pauly P, Charley and Beccy from Boss Arts Creative, an Indigenous owned and led not-for-profit, guided teens and mentors through a singing, song-writing and beat making workshop. Teens came up with lyrics about their day, which were translated into Noongar language, Pauly P lay down a beat, and everyone sang in English and in language. It was such a powerful and engaging workshop!



## NEURO CIRCUS

### Making positive decisions



Sarah and Jethro from NeuroCircus, a therapeutic circus organisation, led the teens through how to work as a team and perform circus tricks (including juggling, walking on stilts, and riding a unicycle). NeuroCircus aims to develop physical strength, mental resilience and a sense of connection to others.



## HEADSPACE

### Know your strengths

Lily led the group through an activity focusing on group and individual strengths. Using string and balloons, they created a web representing the people or services they could turn to if they needed help. This was the support network. The next challenge was to keep the balloons from falling using only the web they had created. The stronger the support network, the easier it was to keep our troubles afloat.



**Sloths**

Hanging out with friends  
Trying new things  
Avoiding the rain  
Playing the game

Kaya koorda  
Noonuk moorditj  
Ngany nyitting  
Ngany kep koorliny djinanginy

**Praying Mantis**

Making friends  
Having fun  
Trying new things  
Bring out the sun

Koorda wirdiny  
Djiripin  
Kaartdijin  
Ngank kanangoor

**Sugar Gliders**

Having fun  
Trying new things  
Feeling the vibe  
Oh juggling

Djiripin  
Kaartdijin  
Ngany koort djiripin

**Wolves**

Fulfil my soul  
In the cold  
On this rainy day  
Just past may

Nganyany wirrin  
Nyitting ah  
Midjaling kedela  
Djirran wort kool

Lunch was cooked by LYF Alumni and consisted of Dardanup Butchering Company (DBC) Beef ribs, Spudshed coleslaw, and pumpkin mac and cheese. All food on the day was fresh produce from WA, and food waste placed into FOGO bins. We also started a reusable cup system for teens to have water throughout the day, rather than using paper cups.

**ICE SKATING**

After lunch, we zoomed off to Ice Skating at Cockburn Ice Arena, where teens and mentors got to glide around the ice rink and learn how to skate. It was an absolute blast, and teens loved the opportunity to challenge themselves with an activity most of them had never done before.

It was so nice to be able to a 'traditional;' LYF event, and even though COVID infections meant our attendance was a little low, we are proud to say that the Teens loved every minute of it!





# OUTCOMES

## Attendance

- 52 Teens
- 65 Volunteers

This equates to about 67% attendance  
Considering the high levels of COVID-19 cases at the time – this was an amazing turn out!

## What our teens said

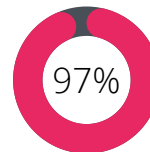
- The most **fun** activity: Ice Skating
- The activity that was the **best surprise**: NeuroCircus, Boss Arts Creative Music Workshop and Ice Skating
- The most **challenging** activity: Ice Skating and NeuroCircus
- The activity they **got the most out of**: Ice Skating, NeuroCircus and Boss Arts Creative Music Workshop
- The activity they **didn't think they could** do but they did: Ice Skating and NeuroCircus
- The activity they **felt most like themselves**: Ice skating and Hanging out with friends

"We loved hearing our language [in the music workshop]"

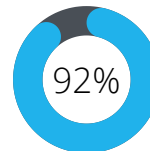
"Everything was so fun, I wouldn't change it."

## The Teens' Proudest Moments

- Being confident at the skills with the circus activities.
- Giving the ice skating ago even though I was scared and couldn't do it
- Ice skating without an aid and made friends
- Learning how to juggle 2
- Spinning the plate with neuro circus
- To only fall over once
- Wasn't sure about coming but came and had a go at everything



Of LYF teens agree that "Spending time at LYF with my mentor makes me feel happy"



Of LYF teens agree that "At LYF, I feel like I belong (fit in)"





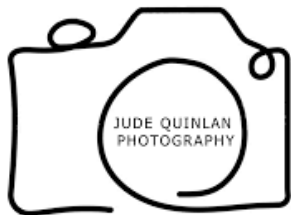
# A HUGE THANK YOU TO OUR PARTNERS

Your continued support enhances the lives of at-risk teens

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