



## BIG DAY OUT 3 2022

3 September

Big Day Out saw 51 Teens and 67 Volunteers flock to Perth Zoo for a whirlwind day of adventure, trekking through the Australian Bush, the Asian Rainforest, and of course, the African Savannah.

The day began with our Teens, or 'Zoo Guides', cavorting around the iconic wildlife haven with their Mentors for some intrepid exploration. We were greeted at enclosures along the way by LYF Volunteers dressed for the occasion in a range of fiercely-fluffy animal onesies, with a question for the Teens to crack as part of 'Zoo Bingo'. Our Teens not only learnt some fun animal facts but received a special prize to take home.

The experience allowed LYF Teens to explore freely in a controlled environment, interacting with other groups passing by, making new friends along the way! The Zoo residents also made sure to put on a show for our Teens, with the Giraffes, Gibbons, and Lions being the consistent front runners for the mane attraction of the day.

An integral part of the journey for all avid adventurers, it was time for our Teens to refuel. Lunch was prepared by Fresh Convenience Catering and included a selection of sandwiches, mini sliders, sausage rolls, chicken skewers and fruit from Spudshed.



The afternoon was hosted in the Perth Zoo conference centre, and saw the Teens participate in engaging rotations themed to the four LYF focus messages of 2022:

## THINK ABOUT YOUR FUTURE - RESILIENCE WORKSHOP



Facilitated by Maya from The Human Link, we explored the concept of failure and the choices we have in approaching situations. Maya shared the power of a growth mindset when encountering moments of challenge, and captivated the Teens in the process with references to the greatest athletes, writers, actors and business people of all time. Using a giant chess board, our Teens worked together by making choices to successfully progress across the chess board.



## IDENTIFY YOUR VALUES - JOURNALS



The teens enjoyed some reflective craft in the Zoo's Japanese Garden, using WA's native plants and nuts to imprint the memories of the day into clay. Providing Teens with a creative outlet and a break from Group engagement, this rotation is always important to include at Big Day Outs. Teens can have one-on-one time with their Mentors, reflect on their journals and complete the 5-minute check-in survey for the day.

## KNOW YOUR STRENGTHS - LEARNING ZONES

Hosted in a room with a resident snake watching carefully from his enclosure, the group were presented with a series of scenarios commonly known to be outside of typical comfort zones. The teens would respond to the scenario by stepping into either the 'panic', 'comfort', or 'stretch' areas of the room. We then individually reflected on something this year that required us to step outside of our comfort zones, and shared it with the group, celebrating each other's achievements.

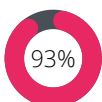
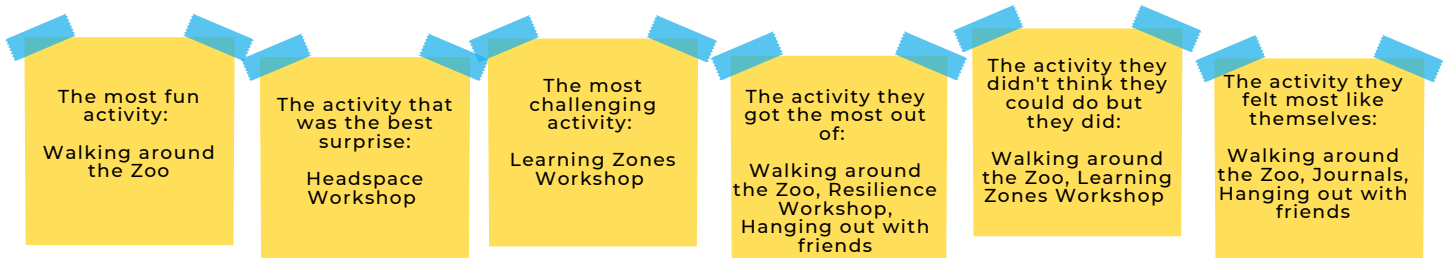


## MAKE POSITIVE DECISIONS - HEADSPACE

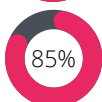


Dwahn from Headspace ran a workshop with our Teens focusing on mental wellbeing, and the resources available in times of need. Using sticky notes, a Teen as the runner, we raced against the clock to compile a collection of activities we can do when we are stressed, to exercise and feel happy. As well as being a fun and engaging activity, the session was designed to ensure Teens understood Headspace as a Resource they could turn to, as well as discuss mental health in a safe environment.

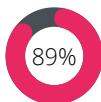
## THOUGHTS FROM OUR TEENS



I feel like LYF is a safe space for me to have fun, meet people and try new things



When I'm at LYF, I feel understood



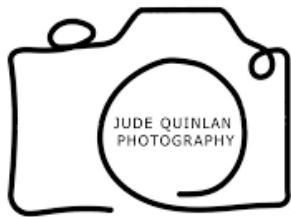
When I'm at LYF, I feel like I am respected by others

# THANK YOU TO OUR EVENT PARTNERS



**ROWLEY**  
FOUNDATION

**Perth Zoo**  
SAVING  WILDLIFE



**Cullen Macleod**  
Lawyers

