



BIG DAY OUT 4 2022

20 November

Dreamed up entirely by the 8 members of our 2022 Youth Committee, the final Big Day Out was met with unrivalled excitement and anticipation. The day began with a welcome from the Youth Committee, who introduced the rotations; from a cartoon quiz which encouraged team work, a reflective Headspace workshop, a creative badge making journal session, to a series of energising laser tag tournaments. We were proud to see members of the Youth Committee step up to help run the rotations, signifying their growth as empowered young leaders.

Following a lunch of delicious chicken wings and salads, the Graduation ceremony began for our much-loved Year 10's, many of whom have been in the Program for the full 4 years. LYF's President, Grace, shared how much we will all miss this cohort and wished them the very best as they embark on the next exciting stage of their lives. Our Teens then heard from LYF Alumni, Clarice, who shared her successes following the Program as a makeup artist for the iconic WA Telethon production. We were also joined by LYF Alumni, Max who is thriving in his young adulthood, it really is so special staying connected with each other!

The afternoon saw a carnival of pure fun, a mammoth inflatable obstacle course, a bucking bull, a slip and slide, as well as a petting zoo complete with delightfully personable goats, chickens and sheep. Our Teens and Mentors had an absolute blast outdoors enjoying summertime fun. Of course, the day wouldn't have been quite complete without an ice cream truck soft serve!

An enormous thanks to our Sponsors, Event Partners, Mentors and Volunteers for your continued support in 2022 and beyond, without you, these incredible experiences for our Teens would not be possible.



IDENTIFY YOUR VALUES - JOURNALS



Our Teens and Mentors embraced badge making with enthusiasm and creativity, designing unique master pieces which were proudly worn for the remainder of the day.

Providing Teens with a creative outlet and a break from Group engagement, this rotation is always important to include at Big Day Outs. As it was the final Big Day Out, our Mentors took the opportunity to reflect with their Teen on the year, hearing their favourite parts of the Program and the ways in which they feel they have grown as individuals.

MAKE POSITIVE DECISIONS - HEADSPACE



Lily and Dwahni from Headspace ran a workshop with our Teens focusing on the qualities of meaningful friendships and relationships.

Using sticky notes, a Teen as the runner, we raced against the clock to compile a comprehensive list of the qualities that we should give, and deserve to receive, in nurturing supportive relationships.

Some resounding qualities were; trust, kindness, respect, loyalty and acceptance. Our Teens were reminded of the many resources and supports available to them by Headspace.

FROM OUR TEENS, TO OUR MENTORS

My Mentor is:

Always able to make me laugh and cheer me up, I can trust her with ANYTHING!

I get along with my Mentor because:

She has a joyful personality and kind nature.

The best thing about my Mentor is:

Everything.

I get along with my Mentor because:

He is the best and is super nice.



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



My Mentor understands and supports me



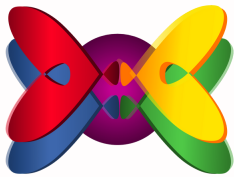
At LYF, I get to try new, fun and helpful activities

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