

Crew Rituals

- **Stretch circles**
- **Wake up calls:** use obnoxious humor, serenades, drum/musical instrument
- **EE at Lunch:** i.e. members share a 'rare species card' to discuss and learn about different habitats and environmental concerns
- **Reading aloud** (not necessarily conservation-minded or authored books)
- **Evening Meeting/Debrief:** several different examples were given: Rose-and-Thorn (one great moment/one challenge), Goal Setting at the start of the program—the progress/checking in through the duration of the crew, Developing a check-in question to get the group talking about different topics (i.e. how has the food been?)
- **Expert-for-a-night** activity. Have each crew members identify a subject or specialty interest that they will teach the other members about at an evening session. I.e. rugby, yodeling, etc.
- **Fashion Shows**
- **Thanksgiving Dinner:** one pot wonder!
- **Final closing ceremony**
- **Journals:** writing in them as a shared activity/discussion
- **Dessert conversation:** Every evening, have a question connected with dessert. The questions can be anything (i.e. tell the crew about your high school)
- **Cooking** meals (i.e. bread baking, serving)
- **Have a crew camera.** The responsibility of taking pictures is rotated among crew members
- **Letters to Self** (what you want to tell yourself when you are older (i.e. one year out, 10 years...))
- **Goal Setting/Expectations** at start of program. Can be mailed out after the crew is over to have members receive and review on own.
- **Full Value Contract**
- **Campfire Circle**
- **Morning Calisthenics:** push-ups, crunches—any set of exercises that gets the blood flowing and members moving.
- **How did everyone sleep?**
- **Bio night:** members bring a picture of their family and a special object to share with the crew. An add-on activity could include the members developing 2 questions to ask the others. ** Requires planning in advance
- **Talking Stick/Stone/Object**
- **First Day/Last Day** picture of the crew
- **Webbing—share-a-piece**
- **Feedback session** (once with each individual crew member)
- **Power Circle closing:** One person stands in the middle and each crew member says something s/he learned or appreciates about the member in the center. Everyone has a turn in the center.
- **Chores:** Chore wheels, working in rotating groups of 2 (so that everyone works with every member of the crew), paper chip game to assign chores
- **Ritualized decision making:** At the start of the crew, decide what and how the group will make decisions about crew activities (i.e. rec days, projects, meals...)
- **Leader-of-the-Day:** members rotate to lead key crew activities and decisions (as decided by the crew)