

Teen Adventure Series

Sponsored by
Living Wisdom High School of Palo Alto

Dear Friends,

It's great to have adventures now and then and it's fantastic to have good friends to share them with. But, when is there time to enjoy friendship and adventure together? Life doesn't make that a very easy thing to do.

Well, let's **MAKE** time! Announcing the new Teen Adventure Series.

Questions you may want to ask ~

1) What is this Teen Adventure Series?

Teens can come together two or three times each month for fun and adventures — sometimes indoors and sometimes out in nature — to have great times with old and new friends.

2) When is it?

The Teen Adventure Series will begin in June and will continue through the summer months. Some events will be for an evening, others for a day.

3) Who can come to the Teen Adventure Series?

These adventures are for teens interested in fun, adventure and friendship, whether or not they will be attending Living Wisdom High School. However, the number of teens who can participate is limited.

4) To participate, do I have to come to everything, or can I pick and choose?

You can definitely be picky! Take a look at the activities listed and come to those that you wish to. Your choice.

5) Do I need to register first, or can I just come?

You need to register in advance, especially because we will be planning and buying supplies and food (like pizza), based on the number we know will be coming along. Also, space is limited, so let us know.

6) How many kids can participate?

Generally, there will be between 8 and 15 kids, give or take a few. Register early to assure your place.

7) What's the cost?

Different events will cost different amounts, depending on the expenses for that activity. For example, the Art and Pizza activity is only \$15, and that even includes pizza and drink.

8) How do I register?

- Write a note to Kabir at kabir@livingwisdomhighschool.org
- Call or message Kabir at 650-785-8099
- Go to the LWHS website and send a note through the "contact us" page

9) Who will be supervising the teens?

Kabir MacDow worked with the Boy and Girl Scout programs for many years as a Master Scout Leader. He is also the principal of the Living Wisdom High School and has been a teacher and administrator in five countries, internationally. Joining him with the Teen Adventure Series will be Eleni Cardona, Ramdas McCormick and various other excellent individuals, guides and instructors.

Teen Adventure Activities

Watch for updates, as other activities may be added on occasion, like rock-climbing, ropes course and horse-back riding.

I. JUNE: Exploring, hiking and a beach picnic at Half Moon Bay

Date and Time: Saturday, June 17, starting at 9:00 - 4:30

Place: Meet at LWHS at Cubberley

Details: Let's enjoy a sunny day with some easy hiking, visiting an organic farm, tossing Frisbees, swimming and a picnic on the beach. Simple picnic provided, but you can also bring something good to enjoy and share with friends.

Cost: \$20 (includes a picnic of simple vegetarian goodies)

Maximum number of kids: 15

II. JUNE & JULY: Art & Pizza — The Singing Tree of Life

Date and Time: Friday, June 23 and Friday, July 7, 5:00 – 9:00

Place: LWHS, Cubberley, Room B5

Details: Groups of teens all over the world are creating something called “The Singing Tree of Life,” a 8’ x 12’ art mural that we create on a LWHS school wall for all to see and enjoy. Everyone participating will have the opportunity to create and contribute as they are inspired to do. Absolutely no art talent is required, but if you happen to have some, bring it along!

Naturally, we'll be sure to take a break for yummy pizza!

Cost: \$15 each evening (includes the pizza and drink)

Maximum number of kids: 15

III. JULY: Ocean Kayaking in Santa Cruz

Date and Time: Tuesday, July 11th from 9:00 - 6:00

Place: Meet at LWHS at Cubberley

Details: Sea kayaking and stand-up paddle boarding (with instruction) in Santa Cruz. Spend the day on the waves! Bring your lunch, swimsuit, sunscreen and sunglasses!

Cost: To be determined, based on actual costs

Maximum number of kids: 15

IV. JULY: Movies and Pizza Night

Date and Time: Friday, July 21st from 6:00 – 10:30 pm

Place: LWHS at Cubberley

Details: With the kids help, our classroom will be converted into a comfortable theater lounge, perfect for an evening of double-feature movies, popcorn, pizza and drinks. Great fun!

Cost: \$15, including pizza dinner

Maximum number of kids: 15

V. JULY & AUGUST: Communications Camp and a day at Golden Gate Park with Ramdas

(See separate flyer for more information)

Date and Time: July 31 through August 10 (9 days); 9:00 – 4:00

Place: LWHS at Cubberley

Details: Communication Camp is an “academic camp” aimed at prepping middle school and current high school students for the academic rigors of high school. Specifically, the class is aimed at engaging and enabling teens to find their “voice” through strengthening research, analysis, writing, and presentation skills. Students will learn how to effectively express and support their ideas in multimedia communication- skills that will benefit students in most every subject, not just English Language Arts. The last day will be a sun-filled day spent in Golden Gate Park.

Cost: \$900

Maximum number of kids: 8

Teen Adventures Series Camp Week-long with Kabir, Ramdas and Eleni

Date and Time: August 14 – 18; Monday through Friday

Details: Different activities each day, ending the week with pizza and movie night! Participate by the day or join us for the week. The point of the week is to simple: enjoy nature and being with each other in different ways.

Cost: Each activity has an individual cost, so you can pick and choose. Or, do everything for a discounted price of \$275.

The Science of Happiness, with Eleni

Date and Time: Monday and Tuesday mornings, August 14 and 15; 9:00 – 12:00

Details: Learn about the scientific principles that give you the power to be happy—even when you are cramming for a test! We will chat about how happiness works and practice these Tools for Happiness together—so you can stay centered even when someone isn't returning your text! Join with other teens to develop the powerful "Habit of Happiness"!

Cost: \$80

Maximum number of kids: 12

Soul Collage—Art for Everyone, with Eleni

Date and Time: Monday and Tuesday afternoons, August 14 and 15, 1:00 – 4:30

Details: If you have always loved creativity without the pressure to be an "artist"-- this will be two afternoons of fun that have the power to help you visualize your best self. Soul Collage is an amazing tool to help create more of what you want in your life--fun, adventure, courage, deeper intuition, enhanced learning, self-awareness and more! Suggested preparation: Watch the movie, "Inside and Out".

Cost: \$100

Maximum number of kids: 12

Point Reyes Adventure Day

Date and Time: Wednesday, August 16, 9:00 – 6:00

Details: An adventure-filled day spent in beautiful Point Reyes touring the famous Point Reyes Lighthouse, hiking, wildlife watching, and beach combing, swimming, picnic.

Cost: \$50

Maximum number of kids: 15

Ho Ho, San Francisco

Date and Time: Thursday, August 17, 10:00 – 6:00

Details: We'll visit the historic Sutro Baths, walk The Land's End Trail and get lost in its labyrinth, and lunch at Chrissy Field with the Golden Gate Bridge as our backdrop. A day of sea, sun and fun!

Cost: \$40

Maximum number of kids: 15

Service with a smile/ Movie and Pizza with a grin!

Date and Time: **Friday afternoon and evening August 18;** Our service project will be from 2:00 – 5:00; pizza and movies will be from 6:00 – 10:00

Details: Our service project will be designed to use our combined energy and joy to benefit others and make a difference in this world, no matter how small. When finished, we're return to the high school for an evening of pizza, drinks, homemade ice cream, popcorn and movies. What fun!!!

Cost: No cost for the service project; \$30 for the pizza and lots of goodies.

Maximum number of kids: 15