

# Ready for Overnight Events?!

Before heading off to an overnight event here at St. Luke's UMC, it's important for everyone to feel both mentally and emotionally ready for the experience. The following checklist highlights key attributes that a student should demonstrate (more often than not) to ensure they're ready. Developing these qualities beforehand, students can make the most of their time away and have a positive, meaningful experience. If you have any questions or concerns, please reach out to the Director of Youth Ministry!

## I can go along with the group's plan

- Cooperating and participating in the decisions made by the group or Adult Leaders.
- Example: If the group decides to clean up after an activity, I help with the tasks.
- Example: I stay physically near the group, and do not wander away.

## I can advocate for myself

- Speaking up when I need something or when something is not safe.
- Example: If I don't understand an assignment, I ask the teacher for clarification.
- Example: If I am starting to feeling upset, I can find an adult for help.

## I can take care of my belongings

- I can keep track of and maintaining my personal items.
- Example: I make sure to put my phone or keys somewhere safe.

## I am willing to accept help from others

- Being open to receiving help or support from an adult when there is a problem.
- Example: When I'm frustrated, I allow a friend or adult to talk with me and help me.

## I can respect others' space and property

- Being aware and thoughtful of other people's things and personal space.
- Example: I don't touch or borrow someone else's items without permission.
- Example: I can keep my hands and feet to myself.

## I can follow directions in busy moments

- Knowing when it is important to listen and follow along, even when there's a lot going on.
- Example: During an emergency, I can follow the teacher's instructions, even if it's noisy.
- Example: When my group is needing to leave a crowded place, I pay attention to know what to do.