



## Wilmot YAC Agenda

Date: Monday January 4, 2021

Time: 7:00 p.m. - 8:30 p.m.

Meeting Minutes: Lacey Smith

Topics To Cover	Meeting Minutes
1. Welcome Back	Rose,(something good), Thorn (something not so good) & Bud (Something to look forward too) Activity
2. Wellness Night - New Year & Meditation	
Less Of - More Of Activity	What is one thing you want to do less of in 2021? Less Worrying about the unknown future ; less worrying about where I am going in life & just live it; less school; less time on social media & devices; less time inside; Less gaming; eating less junk food; Less sitting and being more active; Not leaving things until the last minute/procrastinating
More Of	More time outside; More sleep; Literally anything; Try new things; More Drawing; Finish more projects and do more things that make me happy (writing, reviewing, singing, talking to friends, doing well at schoolwork, playing animal crossing along with other games and board game, planning things, spending time with friends and family, and of course animation!; skiing
Mindful or MINDFULL Activity	School; Work, Next Year's Plans, Ice Rink, Driving, Assignments, Drivers education, finances, National Lifeguard Exam, New Vehicle, first jobs,
Mindful Exercises	it's not an escape from life, but rather a preparation for life. It's so you pay more attention and actually present for life. Exercise #1: Concentration Practice; feet flat on the floor, back up against the wall, close your eyes, and take several deep breaths, keeping your eyes closed open your ears and listen to all the sounds around you. Exercise #2: Loving & Passion; Concentration Practice; feet flat on the floor, back up against the wall or in the centre of a space with your legs crossed (but really whatever makes you feel comfortable), close your eyes, and take several deep breaths (breath in 4 counts and exhale for 4 counts). Focus on your breathing if your mind wanders off. Now place your hand over your heart as you continue breathing, and speak these words of kindness to yourself "May I be Safe. May I be Happy. May I be at Peace." You can change the phrases, but make sure it's something that connects to your heart
Finding a Way to De-Stress	Your Brain looks like: your thumb and fold it into your palm. then fold your fingers over your thumb, and then turn your thumb towards your body. This is a glimpse into your brain. Thumb (reptile Brain; its your emotions and Fight or Flight Reactions); Fingers are like the Pre-Frontal Cortex, which isnt fully developed until 25 years aproximately.
Silent Karaoke Activity	Don't Stop Believing, Bohemium Rhapsody & We will Rock You
3. Letter of Suport for Township application for Consultations on the Future of the Prime Minister's Path	Meeting this Wednesday Januar 6th from 3:00pm-4:00pm to write the letter
4. Next Meeting: January 11, 2021	