



THE CORE PROJECT

# Core Day™

## Middle & High School Student Experience



### Differences don't have to be divisive.

Core Day is a powerful student experience within your school that builds community, creates connection, and ignites compassion and understanding. In a fun and interactive format, an experience in Core Day awakens an innate sense of belonging that we all need. Through large group activities, meaningful discussion, and a safe atmosphere, students will feel closer to others, learn how to give and receive support, and walk away with a life-changing belief that we are all a lot more alike than we are different. In addition, if your school is using the Core Lessons curriculum, Core Day serves as a perfect launch to the year—actively engaging staff and student leaders in an experience of building connections, leading discussions, and intentionally creating an environment that fosters growth and learning.

### During Core Day students will...

- Recognize that peer differences are no reason to isolate or mistreat others.
- Realize they are more alike than they are different and create common ground throughout the student body.
- Be challenged and be given opportunities to care about and support others.
- Make a personal commitment to live out what they learned.

### Core Day is designed for...

- 5th-12th Grade Students
- Up to 120 Students & the staff (at least 1:6 ratio)
- 3 or 6 Hour Experiences
- A supplemental student experience for schools using Core Lessons™

#### The Student Experience

Core Day is about connection and inclusiveness. With a strong conviction that we are all more alike than we are different, Core Day helps students experience, understand, and act on this core belief as they are guided through facilitated group activities and discussions.

#### The Educator Experience

Core Day is an experiential learning environment where students are challenged to become more self- and socially-aware. Teachers and adult volunteers play the role of the cheerleader, actively participating in both small and large group discussion facilitated by The Core Project facilitator.

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