



THE CORE PROJECT

# Core Day™

## Middle & High School Student Experience



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

Core Day is an engaging, real-life experience that sets compassion and understanding in motion and gives students a comfortable excuse to set aside differences and embrace community, respect, and kindness. Core Day is an engaging three or six-hour experience full of large group activities and small group discussion. Students become acquainted with their peers, and a sense of mutual trust, understanding, and compassion ensues.

### 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.

[thecorepro.com/core-day](http://thecorepro.com/core-day)

