WELCOME

Amber & Kayla

Shoe Pile

- ★ Stand in a circle!
- ★ Take off one shoe and throw it in the center
- ★ When we say "GO!" rush to pick up a shoe that is not yours
- ★ Find the owner of the shoe and ask them:
 - Name
 - Major
 - o Fun fact!
- ★ You have 5 minutes to complete this task!



Committees

Taylor Sprague - Community Building and Service Committee

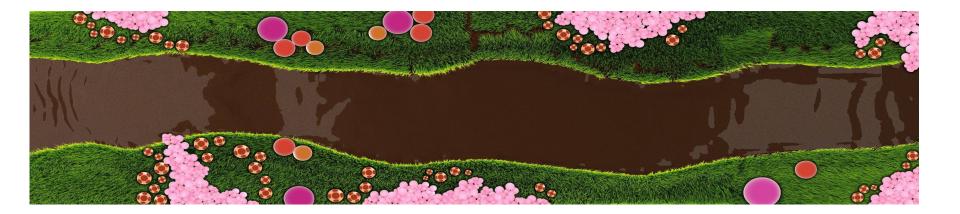
Amber Falls - Training and Development Committee

Kayla Vaughan & Courtney Metcalf - Marketing and Outreach Committee

Hot Chocolate River

You and your team have come across a hot chocolate river with no way to get across but to step on big, fluffy marshmallows (plates). The river flows so fast that the marshmallows float away if a member of the team loses contact with it. Also, once placed in the river, the marshmallows swell up and become too heavy to pick up and move again - they must stay in place.

Use effective communication skills to get your team across the river before the other team!!



Debrief

- ★ What was the team's responsibility?
 - Did it matter if only a few of you made it across?
- ★ What was the importance of communication?
 - Checking that the person behind you had already stepped on the marshmallow before moving?
- ★ What were some of your individual strengths and weaknesses?



Inspirational Quote

"Coming together is a beginning, keeping together is progress, working together is success"

Henry Ford



Fear 2 Freedom

- ★ <u>September 22nd from 4-7pm</u> in the Johnson Center, Dewberry Hall
- ★ Help assemble <u>after-care kits</u>, which are an essential element to healing provided for those affected by sexual assault, child abuse, domestic violence, and sex trafficking.
- ★ The F2F kits that we assemble at Mason, will be distributed to our very own <u>Student Health Services</u>, Wellness, Alcohol and Violence Education Services, and <u>local area hospitals</u> in Fairfax and Prince William counties.

Next Meeting

- ★ Fear2Freedom September 22nd (NO L-Team Meeting)
 - ★ September 28th, 2015 7:30 pm Next L-Team Meeting







