

2023 Summer Youth Crew Journal Questions

In our Summer Youth Crew program, we started every day with a journal prompt. Youth would go to a spot on the farm where they can be quiet by themselves to reflect on the questions and respond. After about 5-10 minutes, everyone returned to our group table and everyone (including facilitators) is encouraged to share as much/little as they are comfortable with. It is helpful to start with one person who is willing to share and go around the circle from there so everyone gets the opportunity to speak and learn from one another.

Full Daily Plan can be found here: [Daily Planning Youth 2023](#)

Every Saturday we shared a high, low, and weird moment from the week.

Week 1: Purpose

Tuesday (6/20)

Letter to future self: Instruct youth to think of their goals for the summer in and outside of the farm/program. They will write a letter to themselves that they will open on the last day of the program to see how much they've grown and whether or not they reached their goals.

Wednesday (6/21)

What does your ideal Bridgeport look like?

Thursday (6/22)

What is your purpose on the farm? What is the farm's purpose in Bridgeport?

Friday (6/23)

Freewrite/how are you feeling today/this week?

Week 2: Network

Wednesday (6/28)

What does your community look like? Who's in it and what are they like?

Thursday (6/29)

Who am I connected to/surrounded by and how does that affect me?

Friday (6/30)

How do I affect people and how do I want to affect them?

Week 3: Ownership

Wednesday (07/05)

What does it mean to be free?

Thursday (07/06)

What makes you feel confident before doing something? What makes you feel nervous

Friday (07/07)

When was a time that you felt confident on the farm?

Week 4: Hive Mind

Wednesday 7/12

Are you a leader or a follower? What's good and bad about that?

Thursday 7/13

What does Hive Mind mean to you? What's good and bad about that?

Friday 7/12

How have I grown? How would I like to see myself grow?

Week 5: Be Yourself

Wednesday 7/19

Journal: What are 3 of your favorite things about yourself

Thursday 7/20

Journal: 3 things you might want to change

Friday 7/21

Journal: 1 thing that you think makes you unique from the team?

Week 6: Self Reliance

Wednesday 7/26

If you were going to start your own business, what would it be and what would you name it?

Thursday 7/27

If you won the lottery today, what would you do with that money?

Friday 7/18

How did the workshop change the way you would handle your lottery money?

Week 7: Connection

Wednesday 8/2

What does connection mean to you and have you experienced that here?

Thursday 8/3

What three things do I know about myself that I didn't know about a year ago?

Friday 8/4

What are the three non-negotiable values I want to live my life by?

Week 8: Reflection

Tuesday 8/8

What's the first farm task you learned this summer?

Wednesday 8/9

What does an ideal version of your life look like?

Thursday 8/10

Did you accomplish what you wanted to this summer? OR How far have you come and what do you want to accomplish at the end of the year?

Friday 8/11

What's your most positive takeaway or memory from the summer? (everyone shares)

Saturday 8/12

Read letter to self. How did that feel? Was the summer what you expected? Did you achieve what you desired? What would you tell your past self?