

TLC AGREEMENTS

Care for myself

- I do at least 5 hours of sport a week (with 2 hours of swimming)
- I sleep enough on weekdays so that I am able to focus in the morning
- I keep myself clean and lice-free
- I wash my hands with soap before and after eating and going to the bathroom and before working with the collective materials.
- I take care of my posture
- I drink enough water

I take a bit of all the different kinds of food at lunch and intend to try to eat it, minimizing waste. I clean up my plate and fork after lunch. I may choose to not take one of the items on the lunch buffet.

Consequence: If I refuse to eat (unless for reasons of being sick), I cannot join the playtime after lunch

I request you to stop - is a phrase to be used to clearly indicate to the other person to stop whatever he is saying / doing to you

Consequence: If the other child does not stop, ask for a meeting with a facilitator. If you still feel hurt you can ask the other child to find a way to repair, to help you to feel better.

When I have strong feelings I do what I need to calm down, such as:

- I go and be by myself
- I do exercises like running, punching, shouting etc - as long as this does not disturb others in any way.
- I reach out to my buddy, friend, a facilitator or my mentor, either just as a presence or to share.
- I listen to my feelings and needs and learn to express them positively and kindly.

Care for others:

- I communicate with others in a kind way
- I do not swear/call others names
- I do not make fun of others
- I do not label others
- I help and support others when they request it
- In case of conflict, if I choose to step in to help, I do not take sides

- I do not blame others- I explain how i feel and try to see what I have done that could have been better
 - I include all. No groupings or exclusion
 - I make sure that I am good example to others ofer
 - I respect others' bodies and emotions. If someone requests me to stop, I do so (see above)
 - I leave enough food for all.
 - If I am sick, I do my best not to spread the illness.
 - If I choose to come to CG, I respect the guidelines
 - I respect others' concentration and focus on myself and my work
- I do not leave the campus without informing/permission from the facilitator present

I come to base camp on time (between 8:30-9:00)

Consequence - If I am late, eg. by ten min, then I to come ten mins early the next morning and help the facilitators with service.

Care for the spaces

- I put things I use back in place in the same or better condition that I found them
- If I break or damage an object, I repair or replace it, and inform a facilitator
- I do my service fully and properly
- I make sure I am quiet when I enter base camp in the mornings