

Curiosity Lab

2:45 - 4:15 pm Conference Area



Why is curiosity important?

Being curious means, you look for knowledge. You want answers to questions like: What is this? How does it work?

Curiosity is important because it helps people move forward and try new things. It opens you up to new opportunities and possibilities. It takes a curious mind to look beneath the surface and discover something new. Please explore the different areas of the conference and open your minds to discover new ways of thinking and seeing the world. **Let's Explore!**

★ Maji Lounge

Arrowhead Puzzle - In this puzzle you will get a collection of wooden pieces that when properly put together will create five arrowheads, all the same size.

A major focus of this activity is the concept of doing more things with less resources. Problem-solving games - Problem-solving skills help you to improve your decision-making skills and creativity. Good problem-solving skills help you identify the problem, consider possible solutions and then decide the best action to take.

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★ Africa 10

Escape Room- An escape room is a game that allows groups of people to solve a set of clues or problems to accomplish a goal. Work in teams to "unlock the room".

★ Hallway by Africa 10

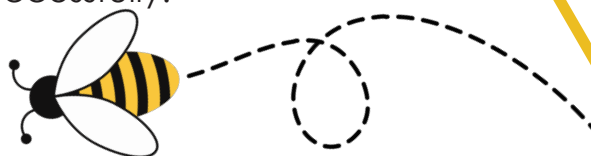
Cup stacking or **speed stacking** is an individual and team sport that involves stacking 9 or 12 cups in a pre-determined order as quickly as possible. Join us to try stacking cups in a specific order. The goal is to work together to learn how to stack cups as quickly as possible. Good luck and happy stacking! Jesse Horn, world champion sport stacker, will be here to show you how.

★ Africa 30

Communicative Drawing (Sketch-a -doodle)-

This activity is a fantastic way to build communication skills. This exercise teaches you how to communicate and listen successfully.

Thank you
to Brian Kenny
and the Holmen
Project Search
interns for
organizing these
activities.



★ Barranco Lounge

Mindfulness- Are you curious to learn more about the benefits of mindful practices? Join us to practice 4 different mini activities where you can follow along with us to learn some simple techniques.

Overview: These mindfulness activities will include a total of four mini sessions each lasting a total 5 minutes. The four mini sessions will be offered on a rotational basis. This will give individuals an opportunity to drop in for one of the mini sessions, remain for all four or stay for the entire time and enjoy the session or sessions for another round.

Mini Session #1 – Focusing on the Breath

Mini Session #2 - Mindful Attention
& Focusing Activity

Mini Session #3 – Lion's Breath

Mini Session #4 – Mindful Eating

★ Africa 20

Magic Box- Sharing something of ourselves within a safe, supportive environment can be life changing when it comes to getting to know others. Magic Box is a creative game the helps us share stories about ourselves in a safe and comfortable way. This exercise will help you identify your personal strength (assets) and personal growth (vulnerabilities).

★ Hallway by Africa 20

Energy Stick activity - The Energy Stick will turn your body into a human conductor of positivity and connection to other human beings. When a large group joins hands, the Energy Stick will light up and make noise, showing that the group has a strong connective force between them. When someone in the group lets go and breaks that connection, the flow of energy stops and the Energy Stick turns itself off.

The power of the Energy Stick when it's lighting up and buzzing with noise is very similar to human beings staying connected to one another - we keep one another lit up with positivity and energy.

MAP KEY:

□ - Conference Area

★ - Maji Lounge

★ - Africa 10

★ - Hallway by Africa 10

★ - Africa 30

★ - Barranco Lounge

★ - Africa 20

★ - Hallway by Africa 20

