



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Go For It 2021 Student Sample Agenda

*Indicates Optional Program Pieces

Definition Key

FamilY Sessions: Groups of 10-12 students engage and work through the conference program facilitated by a Y-Volunteer.

Inspiration: Moments of mindfulness for students to focus on individual reflection.

FamilY Game Time: A time for each FamilY to participate in a game led by Y-Staff. Win the SKO for your familY!

Expression Session: An opportunity for students to show off their skills! Song writing, eating fruit peels, reading a bedtime story; so many options! An online sign-up sheet will be available.

Free Time: FUN breakout rooms, where students can participate in several different activities.

Day 1 – Saturday, January 16, 2021

12:00-12:30 PM	Mixers	(Big Room Zoom)
12:30-1:00 PM	Opening Session	(Big Room Zoom)
1:00-2:00 PM	Family Session #1	(Family Zoom)
2:00-3:30 PM	BREAK	
3:30-4:30 PM	FamilY Game Time	(Big Room Zoom)
4:30-5:00 PM	Inspiration Part One	(Big Room Zoom)
5:00-6:00 PM	Family Session #2	(Family Zoom)
6:00-7:00 PM	BREAK	
7:00-8:00 PM	Family Session #3	(Family Zoom)
8:00-9:00 PM	Expression Session*	(Big Room Zoom)
9:00 PM	End of Day 1	



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Day 2- Sunday, January 17, 2021

12:00-12:30 PM	Mixers- FUN!	(Big Room Zoom)
12:30-1:00 PM	Inspiration Part Two	(Big Room Zoom)
1:00-2:00 PM	Family Session #4	(Family Zoom)
2:00-3:30 PM	BREAK	
3:30-4:30 PM	Free Time*	(Gathertown) (Yoga/Guided Meditation) (Journal Decorating/Coloring) (Among Us)
4:30-6:00 PM	Expression Session*	(Big Room Zoom)
6:00-7:00 PM	BREAK	
7:00-8:00 PM	Family Session #5	(Family Zooms)
8:00-8:30 PM	Devotion	(Big Room Zoom)
8:30-9:30 PM	Closing Events	(Big Room Zoom)

See you at Virtual KUNA!

KUNA 2021	Dates	Location	Reg. Due
Middle School 1	Mar. 8-9	Virtual	Feb. 11
Middle School 2	Mar. 22-23	Virtual	Feb. 25
Middle School 3	Mar. 22-23	Virtual	Feb. 25
High School 1	Mar. 1-2	Virtual	Feb. 9
High School 2	Mar. 15-16	Virtual	Feb. 18
High School 3	Mar. 18-19	Virtual	Feb. 18



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