

# TEN RULES OF THE CANOE

Canoe Rule (Principle)	Value
1 Every stroke we take is one less we have to make.	Collaboration
3 Be flexible.	Adaptability
6 A hungry person has no charity.	Hard work
8 The journey is what we all enjoy.	Being present
10 When given any choice at all, be a worker bee – make honey!	Cooperation



# TEN RULES OF THE CANOE

Canoe Rule (Principle)	Practice
2 There is to be no abuse of self or others.	Be respectful.
4 The gift of each enriches all.	Create an inviting space.
5 We all pull and support each other.	Encourage self & others.
7 Experiences are not enhanced through criticism.	Provide positive reinforcements.
9 A good teacher allows the student to learn.	Grow and keep an open mind.

