ADVENTURE EDUCATION

1. Play Hard
2. Play Safe – physically and emotionally
3. Play Fair
4. Have Fun

All of these components are necessary for success in our class activities.

OUR GUIDELINES: Four Components of a Full Value Contract

KNOWING YOUR CLASSMATES

RELEASING INHIBITIONS

PROBLEM-SOLVING

COMMUNICATION

TRUST-BUILDING

OTHER ACTIVITIES

7th Grade Activities/Challenges
- Treasure Hunt
- Giant Jump Rope
- Mine Field
- Dice Game/Wizard Sticks/Polar Bears and Ice Holes
- Key Punch
- Magic Carpet

8th Grade Activities/Challenges
- William Tell
- Blind Forms
- Giant Skis/All Aboard
- Nuclear Waste
- Pipe Line
- Electric Fence
- Kinect-4
- Tobeez
Knowing Classmates

You will be expected to know the names of all of the other students in your class (first names minimum, last names extra credit).
Releasing Inhibitions

Some of the activities you will participate in may stretch your comfort level. By no means do you have to participate in an activity that is beyond your comfort level, but please do try an activity that seems a bit challenging to you. If it gets to a place that you cannot tolerate (for whatever reason) you may remove yourself from that challenge. We call this challenge by choice. Yet, keep in mind, lack of participation in activities tends to go against other important principles of adventure-based programming which almost invariably encourage and support active engagement, trying hard, and so on. In these activities all we are asking you to do is to release your inhibitions and become a “kid” again.
Whenever a decision needs to be made or a problem presents itself (and this should happen before starting any activity/challenge) you should go through the 5 step problem-solving process (see hand diagram below). Sometimes your teacher will ask if you need to take five, or if you need a hand. These questions are meant to give you time to go through this 5-step process. We use the hand model since most people generally have 5 fingers to count on. It’s important to go through this process before beginning each activity so that you all have a clear understanding of how you are going to accomplish this task and to eliminate as much frustration as possible. Everyone will know what is expected of them, everyone will do their part and the task will be accomplished that much easier.

The first step (thumb) is to ask questions and analyze the situation. Note: both of these start with the letter “a”.
The second step (pointer finger) is to brainstorm possible ways to go about completing the challenge/activity. This step starts with the letter “b”.
The third step (middle finger) is to communicate with the other members of your group and then come to a consensus about how you are going to proceed. (These are “c” words.)
The fourth step (ring finger) is to decide and do it. (Notice the “d” words.)
And the fifth and final step (pinky finger) in the decision-making process is to evaluate. (Look, an “e” word.) This step usually takes place after you have attempted the challenge/activity. This is the step where you ask your team/group if you were successful. You either were or weren’t. It is at this time that you process through what you did that made the idea successful, or, what you did or didn’t do that didn’t allow for success. Sometimes, your group will have to begin the decision-making process again if you want to see success the next time. It’s as easy as ABCDE!!
ADVENTURE EDUCATION

Need A Hand?
Problem-Solving Process

- Communicate
- Decide
- Do It!
- Evaluate
- Brainstorm
- Ask & Analyze
- Come to Consensus
Communication is very important. It is a process of transmitting information, ideas, thoughts, opinions and plans between people. Good communication plays an important role in healthy relationships—with parents, friends, classmates, teachers, coaches, etc.

The two most common forms of communication are:

1. **verbal communication** – this includes oral (talking), written, email
2. **non-verbal (or physical) communication** – this includes expressions, body language, expressive behaviors (crossing your arms, raising your eyebrows, scowling, hands in pockets, smiling)

Effective communication involves two parts: giving the message (verbally or non-verbally) and receiving the message (listening/interpreting).
Building Trust

Along with working to develop communication and teamwork skills, trust building activities help people develop mutual respect, openness, understanding, and empathy.

Sometimes it is hard to build trust amongst group members. There are many ingredients that go into creating trust amongst group members. Some of these ingredients are: patience, understanding, forgiveness, cooperation, observation/proof, mutual respect, commitment, will and determination.
Snowshoeing

This is a great winter-time activity that helps boost cardiovascular endurance. The snowshoes prevent a person from sinking into the snow by dispersing her/his body weight over a greater surface area than if s/he were just wearing shoes/boots. Snowshoeing is considered a silent sport, is GREAT exercise, and can be done virtually anywhere, although a park area is nice since it’s a quiet place and offers great scenery. Watching the wildlife and listening to your breathing can be a great way to reduce stress while you are exercising.

Places that offer snowshoeing to the public:
- Mosquito Hill Nature Center
- Buboltz Nature Preserve
- Heckrodt Wetland Reserve
- High Cliff State Park
- Reid Municipal Golf Course (right across the street) and any Appleton City Park allows snowshoeing as well 😊

Orienteering

“Orienteering is a competitive form of land navigation. It is for all ages and degrees of fitness and skill. It provides the suspense and excitement of a treasure hunt. The object of orienteering is to locate control points by using a map and compass to navigate through the woods.” – 4orienteering.com
For more information on orienteering, visit: http://www.4orienteering.com/