

MODULE DESCRIPTIONS

ICE BREAKERS

The activities in this module are aimed at HAVING FUN! Participants will have the opportunity to interact with others in the group and get to know each other better. The atmosphere is light-hearted and relaxed.

RIVER TRIP

Adventures Unlimited offers some of the best canoeing in the world. Streams that flow through the Blackwater State Forest are spring fed, clear and shallow, with white sandy beaches at every bend; giving each student the chance to appreciate the calm of the outdoors. Most importantly, it provides a wonderful opportunity to learn about: the cycle of water, the history of the area, geology, herpetology, basic physics, ecology, the environment and the unique plant life of the area.

TEAM TRUST I

This module is the beginning of the outdoor challenge experience that focuses each participant on strategic planning, communication, trial application, and interpersonal support. Bonds that will last throughout the school year begin here. This module includes icebreakers, orienteering, and complex problem solving initiatives.

TEAM TRUST II

This module hones in on the specific skills needed to operate as a team. Participants are challenged as a group to assess obstacles, create an action plan, and implement a series of solutions. These projects challenge the team's communication skills and compel them to identify the components of success. If it sounds too serious, don't worry; we'll be having so much fun that you won't even know how much you're learning until it's all over!

STARGAZING

The perfect end to a day outdoors! After learning about the visible constellations, students have a chance to pick them out of the night sky, both with a telescope and with the naked eye.

HAYRIDE & BONFIRE

Enjoy a scenic, moonlight ride through the night forest. Afterwards enjoy an evening around the bonfire. We provide the fire, the stories, and the marshmallows. We also facilitate story-telling and team development activities.

BOAT BUILDING

In small teams, participants have the opportunity to design, build and race a small boat. This activity encourages students to increase interaction with each other and build relationships, while developing an understanding of leadership and having fun all at the same time! While teams operate independently to reach their goal, facilitators are nearby to identify communication breakdowns, coach planning and focus performance.

CHALLENGE SKILLS

This module begins with a Safety First Workshop in which team members learn how to utilize climbing equipment to ensure the absolute safety of a climber. This includes harnesses, belay systems, and verbal communication. Each participant has the opportunity to choose their challenge. Potential challenges include: climbing poles to elevations of 20 to 30 feet; traversing cable bridges; swinging from the Swing Shot, or flying down the Zip Line. In each challenge, a team member is 100% supported by their team. *(Activities can be modified based on the age level of participants.)*

LIFE LESSONS I: COMMUNICATION

Participants engage in a sequence of activities designed to improve communication skills. This includes developing listening skills and learning to speak with good purpose while clearly expressing oneself. The life skills learned help the participants to develop friendships, resolve conflicts and communicate clearly their needs, opinions, frustrations and feelings in a positive manner.

LIFE LESSONS II: BREAKING DOWN BARRIERS

The activities in this module are designed to increase confidence, self-esteem and motivation. Students discover how to take control of their lives and make good choices. Together, we build a positive, supportive environment to encourage everyone to come out of their comfort zones and explore all of the joys life has to offer.

LIFE LESSONS III: SELF-DISCOVERY

This module enables students to discover and accept themselves for who they are. Participants realize the talents and strengths that make them unique, while sharing their challenges and frustrations. The focus is on self-expression and acceptance, peer-relationships, trust in others and trust in self.