



# Outdoor Wisconsin Leadership School

## Sample 8<sup>th</sup> Grade/young teens Schedule Goals: Group bonding and teambuilding

Time	Activity	Notes
<b>DAY 1</b>	<b>Large Group Intro</b>	Welcome groups and play a large group game
<b>9:00</b>	<b>3<sup>rd</sup> Person Interviews</b>	<b>ICEBREAKER</b> - Great way to get the names out and get the participants sharing with one another. This activity helps the instructor begin to understand who the kids are.
<b>9:35</b>	<b>Group Lead Walk</b>	<b>AMBULATOR</b> - This activity allows the group to lead the instructor. Gives the group a sense of responsibility and sets a tone for the day.
<b>9:50</b>	<b>Warp Speed</b>	<b>GOAL SETTING INITIATIVE</b> - A fun game to get the group's blood flowing, get the energy up and help participants learn to build consensus.
<b>10:10</b>	<b>Moon Ball</b>	<b>ENERGIZER</b> - Another fun game to get their blood flowing and energy up. A good goal setting activity.
<b>10:25</b>	<b>Full Value Contract</b>	<b>PROCESSING</b> - Group picture of the participants with cards each made regarding what they will bring to the group.
<b>10:30</b>	<b>Raccoon Circle</b>	<b>EARLY TRUST INITIATIVE</b> - Group celebration and a little trust-building.
<b>10:50</b>	<b>Turn Style</b>	<b>ENERGIZER &amp; GOAL SETTING INITIATIVE</b> - Kids enjoy moving around and being active. This activity allows them to work together as a team while building on communication and team support.
<b>11:15</b>	<b>Combo Lock</b>	<b>PROBLEM SOLVING INITIATIVE</b> - Teamwork and problem solving. Good activity for identifying group leaders, while providing opportunities for many to try their hand at being the leader.
<b>11:30</b>	<b>Blind group walk</b>	<b>TRUST INITIATIVE</b> - Helps build trust and clear communication which are necessary elements between participants.
<b>11:45</b>	<b>Map Puzzle</b>	<b>PROBLEM SOLVING INITIATIVE</b> - When they unlock the combo lock, participants receive a map of GWC campus in ten pieces. The facilitator has marked the spot they need to meet after lunch, so they will have to put the pieces together to find their way.
<b>Noon</b>	<b>Lunch</b>	Healthy, tasty, with lots of choices. Oh, and dessert!
<b>3:30</b>	<b>All Aboard</b>	<b>PROBLEM SOLVING INITIATIVE</b> - Another activity that involves teamwork and consensus building - and begins to get them off the ground.
<b>3:45</b>	<b>Nitro Swing Crossing</b>	<b>LOW ROPES INITIATIVE</b> - At this point the group has shown care and trusts one another and is ready for more physical, off the ground activities.
<b>4:10</b>	<b>12' Wall</b>	<b>TRUST INITIATIVE</b> - This is an activity where all the participants need to pull together to complete the challenge. More perceived risk is involved and requires that the group manage it in a healthy, mature way.
<b>4:50</b>	<b>Debrief</b>	<b>PROCESSING</b> - An example of a debrief activity could be how the 12' wall was a metaphor for trust and focus, and how they conquered their fears by going over the wall.
<b>5:00</b>	<b>Dinner</b>	
<b>6:00</b>	<b>Group Time</b>	In the evening your group has freedom to work on your own evening activities. GWC has many facilities and opportunities available to you. How does an evening campfire sound?
	<b>Day 2</b>	
<b>9:00</b>	<b>High Ropes</b>	The High Ropes Course involves elements like climbing a cargo net, crossing a balance beam, and much more! The course offers opportunities for personal challenge while requiring support from the entire group.
<b>12:00</b>	<b>Group Closure</b>	<b>PROCESSING</b> - Tying in the activity outcomes to the group's goals and providing time for the group to reflect upon their experience is an OWLS specialty!
<b>12:30</b>	<b>Lunch</b>	You can stay for a hot meal or take a lunch with you. It's your choice.

Example Schedule