



Outdoor Wisconsin Leadership School

Sample Adult Schedule

Goals: leadership, personal growth, discovering essence

Time	Activity	Notes
DAY 1	Large Group Intro	Welcome groups and play a large group game
9:00	Yarn Handcuffs	ICEBREAKER- Activity used as a warm up. It's used to create a risk-free atmosphere and promote confidence.
9:35	Samurai Slap	ICEBREAKER & NAME GAME – Gets people laughing and relaxed. It also helps reinforce names for everyone in the group, including the instructor.
9:50	Incomplete Bridge	PROBLEM SOLVING INITIATIVE- This requires more advanced teamwork, collaboration, and trust.
10:10	GPA (Goal, Plan, Achieve)	PROCESSING- It's good for the instructor, as well as the students, to know what they want to accomplish during the program
10:25	Clothes Pin	AMBULATOR- Takes place while moving from one area to another in order to keep the group close and communicating.
10:30	Blind Walk	TRUST INITIATIVE – Works on developing trust and clear communication so individuals may be effective and safe.
10:50	Traffic Jam	PROBLEM SOLVING INITIATIVE- This activity involves teamwork and relies heavily on mental strength over physical power.
11:15	Piggy	GOAL SETTING INITIATIVE - Good activity to get the group up and moving a bit. There are many different ways to approach the activity and thus, it is another good thinking/planning game for groups.
11:30	Secret Partners	TRUST INITIATIVE- Involves learning to support a partner in preparation for the high ropes course experience.
Noon	Lunch	Healthy, tasty, with lots of choices. Oh, and dessert!
1:00	High Ropes Course	High Ropes involves elements like climbing a cargo net, crossing a balance beam, and much more! This course offers opportunities for personal challenges while requiring support from the entire group.
4:45	Group Closure	Ties the activities into the group's goals and outcomes. Having the group reflect is one of OWLS specialties.

Example Schedule