



# Outdoor Wisconsin Leadership School

## College Sample Schedule

**Goals:** Group bonding, trust and leadership development

<b>Time</b>	<b>Activity</b>	<b>Notes</b>
<b>9:00</b>	<b>Large Group Intro</b>	Large group game and then divide into groups for the day.
<b>9:15</b>	<b>Form a word</b>	<b>ICEBREAKER-</b> Activity used as a warm up. It's used to create risk-free atmosphere and promote confidence
<b>9:25</b>	<b>Name stack</b>	<b>NAME GAME</b> – Challenges everyone to remember names in a creative and fun way.
<b>9:40</b>	<b>Have you ever?</b>	<b>ICEBREAKER-</b> Find out things that you have in common with your group members
<b>9:50</b>	<b>Samurai Slap</b>	<b>ICEBREAKER/NAME GAME</b> - It's important for the group to really know everyone's name. This game makes it fun!
<b>10:10</b>	<b>Cyclops Tag</b>	<b>ENERGIZER-</b> A fun tag game to get the group's blood flowing, laughs rolling and energy up.
<b>10:15</b>	<b>Goals Discussion</b>	<b>PROCESSING-</b> It's good for the instructor, as well as the students, to know what they want to accomplish during the program
<b>10:30</b>	<b>Drawing History</b>	<b>ICEBREAKER-</b> Another get-to-know-you activity.
<b>10:50</b>	<b>Traffic Jam</b>	<b>PROBLEM SOLVING INITIATIVE-</b> Involves teamwork and mental strength rather than physical prowess.
<b>11:10</b>	<b>Turnstile</b>	<b>GOAL SETTING INITIATIVE-</b> Develops teamwork and requires the group to set their own goals.
<b>11:30</b>	<b>Minefield</b>	<b>PROBLEM SOLVING &amp; TRUST INITIATIVE</b> - Involves being blindfolded, and requires trust and communication between group members.
<b>11:50</b>	<b>Calvin Cards</b>	<b>PROCESSING-</b> This lets the instructor gauge how the group is doing and what may need to come next in order to help members meet their goals and grow as a group.
<b>12:00</b>	<b>Lunch</b>	Not just your average food. This is food you will enjoy!
<b>1:00</b>	<b>Everybody's It</b>	<b>ENERGIZER-</b> Gets everyone energized and awake after a big lunch!
<b>1:20</b>	<b>Hat Activity</b>	<b>TRUST ACTIVITY</b> - Allows individuals to share stories about their past and open up to one another.
<b>1:40</b>	<b>Taboo</b>	<b>AMBULATOR-</b> Takes place while moving from one area to another in order to keep the group close and communicating.
<b>1:50</b>	<b>Blockhead</b>	<b>PROBLEM SOLVING INITIATIVE-</b> Requires a high level of communication and very clear instructions.
<b>2:30</b>	<b>Islands of Paradise</b>	<b>LARGE GROUP INITIATIVE-</b> More advanced teamwork, problem solving, and trust.
<b>3:00</b>	<b>Trust Walk</b>	<b>TRUST ACTIVITY</b> – Helps develop trust and clear communication between participants in order to be effective and safe.
<b>3:30</b>	<b>Ah-So-Koh</b>	<b>ENERGIZER-</b> Re-energizes the group and allows them to focus for the next activity.
<b>3:40</b>	<b>Nitro</b>	<b>LOW ROPES INITIATIVE</b> - At this point the group has shown care and trusts one another. They are now ready for more physical, off the ground activities.

Example Schedule

4:10	<b>Incomplete Bridge</b>	<b>LOW ROPES INITIATIVE-</b> Works on communication, problem solving, and teamwork.
4:30	<b>Key Punch</b>	<b>GOAL SETTING INITIATIVE-</b> Continue to address goal-setting.
5:00	<b>Dinner</b>	Prior to dinner, the group will discuss the previous goal setting initiative. Then enjoy, good food waits!
Day 2		
8:00	<b>Breakfast</b>	The most important meal of the day, eat up!
9:00	<b>High Ropes Course</b>	The High Ropes Course involves elements like climbing a cargo net, crossing a balance beam, and much more! This course offers opportunities for personal challenge while requiring support from the entire group.
12:00	<b>Group Closure</b>	Ties the activities into the group's goals and outcomes. Having the group reflect is one of OWLS specialties.