



Outdoor Wisconsin Leadership School

College Sample Schedule

Goals: Group bonding, trust and leadership development

Time	Activity	Notes
9:00	Large Group Intro	Large group game and then divide into groups for the day.
9:15	Form a word	ICEBREAKER- Activity used as a warm up. It's used to create risk-free atmosphere and promote confidence
9:25	Name stack	NAME GAME – Challenges everyone to remember names in a creative and fun way.
9:40	Have you ever?	ICEBREAKER- Find out things that you have in common with your group members
9:50	Samurai Slap	ICEBREAKER/NAME GAME - It's important for the group to really know everyone's name. This game makes it fun!
10:10	Cyclops Tag	ENERGIZER- A fun tag game to get the group's blood flowing, laughs rolling and energy up.
10:15	Goals Discussion	PROCESSING- It's good for the instructor, as well as the students, to know what they want to accomplish during the program
10:30	Drawing History	ICEBREAKER- Another get-to-know-you activity.
10:50	Traffic Jam	PROBLEM SOLVING INITIATIVE- Involves teamwork and mental strength rather than physical prowess.
11:10	Turnstile	GOAL SETTING INITIATIVE- Develops teamwork and requires the group to set their own goals.
11:30	Minefield	PROBLEM SOLVING & TRUST INITIATIVE - Involves being blindfolded, and requires trust and communication between group members.
11:50	Calvin Cards	PROCESSING- This lets the instructor gage 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.
12:00	Lunch	Not just your average food. This is food you will enjoy!
1:00	Everybody's It	ENERGIZER- Gets everyone energized and awake after a big lunch!
1:20	Hat Activity	TRUST ACTIVITY - Allows individuals to share stories about their past and open up to one another.
1:40	Taboo	AMBULATOR- Takes place while moving from one area to another in order to keep the group close and communicating.
1:50	Blockhead	PROBLEM SOLVING INITIATIVE- Requires a high level of communication and very clear instructions.
2:30	Islands of Paradise	LARGE GROUP INITIATIVE- More advanced teamwork, problem solving, and trust.
3:00	Trust Walk	TRUST ACTIVITY – Helps develop trust and clear communication between participants in order to be effective and safe.
3:30	Ah-So-Koh	ENERGIZER- Re-energizes the group and allows them to focus for the next activity.
3:40	Nitro	LOW ROPES INITIATIVE - 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	Incomplete Bridge	LOW ROPES INITIATIVE- Works on communication, problem solving, and teamwork.
4:30	Key Punch	GOAL SETTING INITIATIVE- Continue to address goal-setting.
5:00	Dinner	Prior to dinner, the group will discuss the previous goal setting initiative. Then enjoy, good food waits!
Day 2		
8:00	Breakfast	The most important meal of the day, eat up!
9:00	High Ropes Course	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	Group Closure	Ties the activities into the group's goals and outcomes. Having the group reflect is one of OWLS specialties.