



Outdoor Wisconsin Leadership School

Sample High School Schedule

Goals: increased leadership, interaction with other students **Size:** 8-14

Sample Schedule

Time	Activity	Notes
8:30	Group Arrives	Participants move into lodging and put belongings on their beds.
8:45	Large Group Intro	Welcome groups and play a large group game.
9:00	Name and why you're here	INTRODUCTORY ACTIVITY – Getting to know names and the motives for coming to our program.
9:10	Have you ever	ICEBREAKER - Gets the students to start opening up.
9:20	Samurai slap	NAME GAME - This is a fun name game to play so we all know each other's name.
9:40	Clothespin tag	ENERGIZER - A run around game to get the students excited.
10:00	Group Bingo	ICEBREAKER - Students get a chance to learn new things about their classmates
10:30	Speed Rabbit	ICEBREAKER - Let's the kids get loose and silly.
10:50	Silent partners	ICEBREAKER - This allows for some one-on-one time and a chance to learn new things about group members.
11:10	Elbow Tag	ENERGIZER - Gets the energy back up before we start the first goal-setting activity.
11:30	Moonball	GOAL SETTING INITIATIVE - Amidst lots of laughs, the team gets to work on building a consensus when setting goals.
11:50	Journal	PROCESSING - Opportunity to create a journal to take notes and write about their progress as a team.
12:00	LUNCH	Yum-Yum
1:00	Key Punch	GOAL SETTING INITIATIVE - Continue to address goal-setting.
1:30	5-finger contract	FULL-VALUE CONTRACT - Group agrees on five "rules" of group dynamics to keep everyone safe, both physically and emotionally.
1:50	Turnstile	GOAL SETTING INITIATIVE - Develops teamwork and goal setting.
2:20	Pipeline	PROBLEM SOLVING INITIATIVE - Works on teamwork and problem solving.
2:50	Human Knot	PROBLEM SOLVING INITIATIVE – Creates greater group closeness through process of holding hands while trying to solve a problem.
3:30	Minefield	PROBLEM SOLVING & TRUST INITIATIVE - Involves being blindfolded, requiring trust and communication between group members.
4:00	Incomplete Bridge	LOW ROPES INITIATIVE - Works on communication, problem solving, and teamwork.
4:30	Grapevine	LOW ROPES INITIATIVE - Involves teamwork, good communication, and trust.
5:00	BREAK	We are done for the day!

DAY 2

Time	Activity	Notes
9:00	HIGH ROPES	The group is now ready to work the High Robes course, challenging themselves and facing their fears. This builds confidence, self-esteem, and broadens horizons.
11:45	Closure	PROCESSING- A chance to talk about what has happened to the group throughout the program and what they can take with them from OWLS.
12:00	LUNCH	Done for the day!!