

THINKING OUTSIDE THE BOX

Adventure-based Learning

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Adventure-based Learning: “No One Left Out”

- **Don't be afraid to let a group fail or come up against frustration just make sure you debrief so they can learn from the experience**
 - Failure and frustration is the most powerful learning experience if it is debriefed well.
 - Avoid constant failure or frustration but be careful of jumping in too early at the first sign of frustration.
 - Help them to learn how to deal with frustration rather than checking out, anger, giving up, placing blame etc.
- **Look for how the group is doing before moving on in the sequence (see attached sheets)**
 - Be aware of the issues that will arise in each stage of the sequence
 - Don't be afraid to move backwards in the sequence if you have moved too quickly and issues arise again.
- **It's not about getting through as many activities as possible, it is the group processes that are important**

Have You Ever Questions

Modified from – R.A.I.S.E – Active Group Lessons for Bullying Prevention and Social Skills
Childs & Wilson – Project Adventure

Round 1: Use this to get the students used to the game and to get to know about each other

- Have you ever:
 - Read a book?
 - Played a game?
 - Hiked a trail?
 - Traveled out of the State?
 - Traveled out of the USA?
 - Owned a pet?
 - Tried to hold your breath underwater?
 - Been to a zoo?
 - Been super happy for no reason?
 - Seen a snake?
 - Got mixed up between the “boys” and “girls” bathroom and gone into the wrong one?
 - Eaten something gross?
 - Taught someone a skill?
 - Had a really fun day with a friend?
 - Eaten ice cream in the winter?
 - Laughed so hard you cried?
 - Broken something valuable?

Round 2: Questions on intrapersonal and interpersonal relationships with the goal to help students to understand that they are not alone in their experiences.

- Have you ever:
 - Been embarrassed about how you look?
 - Been afraid that someone will make fun of a new haircut?
 - Been called a name you didn't like?
 - Called someone a name that was mean?

- Said hello to someone new to help him or her feel welcome?
- Ever hurt someone with your words?
- Ever hurt someone with your actions?
- Felt embarrassed in public?
- Felt embarrassed at school?
- Felt embarrassed at home?
- Stood up for someone what was being teased?
- Stood up for someone who was being bullied?
- Felt like you were being excluded from a group?
- Heard or seen someone being teased and NOT done anything about it?
- Felt unsafe around someone else?
- Felt unsafe at school?
- Felt unsafe on the school bus?
- Felt unsafe in physical education?
- Made a decision that your friends didn't like?
- Made a decision that your teacher didn't like?
- Made a decision that your family didn't like?
- Said or done something that you later regretted?
- Been picked on for being different from others?
- Had a friend who stood up for you in a tough situation?
- Met someone and knew right away that you would be friends?
- Heard or used the words "gay" or "retarded" as an insult or joke?
- Spoken up about a comment or joke that you felt was mean?
- Felt pressure from friends, family or society to act more "boyish" or "girlish"?
- Felt appreciated for who you are?
- Made friends with someone who you didn't expect to be friends with a first glance?

ABL Activities

- **Have you Ever?** – appreciate different experiences and strengths, honesty, empathy
 - Equipment – Have you ever cards
 - This an active, fun way to explore and celebrate the rich diversity of experiences that different people bring to any group. Works best with larger groups.
 - Use poly spots to create a large circle using one less poly spot than number in the group
 - Everyone stands on a poly spot
 - To play the game a person will call out different things written on the playing cards that may or may not apply to each person. If the item does apply to you, then you have to move to a new spot but it cannot be the one directly to your left or right.
 - Once someone is on a spot, you cannot force her/him off the spot!
 - The person left without a spot then stands in the middle of the circle and calls out the next card.
 - The first round will be general questions.
 - The second round will be questions focused a little more on bullying prevention

- **Moon Ball** – active listening, mixing, perspective taking, goal setting.
 - Equipment – Beach balls
 - Group goal is to hit the ball 100 times in a row without it touching the ground
 - Each person must hit the ball 4 times and no participant can hit the ball twice in a row
 - If the ball hits the ground the group starts over again
 - Add different challenges as the group progresses – move the ball across the gym, cannot hit ball again until everyone has, use different body parts etc.

- **Asteroids** – honesty & emotional and physical safety
 - Equipment – small foam balls (at least one per person in the group) and dome cones or poly spots for boundaries
 - This active running game can be a very active running game and is a self-elimination game
 - Begin by giving each of the players a fleece ball. Have students spread themselves out within the defined playing area
 - At the signal, players start tossing their balls into the air and allowing them to hit the ground. The play then begins with each player picking up any ball from the floor and throwing it, attempting to hit another player below the waist with an underhand throw
 - Once hit, a player stoops down and is “out”. If a ball is in the player’s hand when he or she is hit, that ball must be rolled away.
 - The round ends when there is only one player left standing
 - For the next round, if a ball rolls by a squatting player who can reach it, that player can take the ball, get back up, and resume playing.
 - Be very clear on the types of permissible throws at other students (underhand, below the waist) and avoiding being hit by the ball (stay on your feet)

- **Star Wars Game** – risk taking, support, emotional trust, trustworthiness, mixing, perspective taking
 - Equipment – small foam balls (enough for one ball for half the group) and dome cones or poly spots for boundaries
 - Create two teams and position them about 3-5 feet from a line between them. Give one team a small foam ball per person. Give each team a poly spot and a boffer.
 - Each team will select a Jedi Knight that you are trying to protect.
 - Position your Jedi in the best possible place to protect him/her
 - WISG the team with the balls throw them at the opposite team. Must be below the shoulders
 - If hit by a ball you take a knee. You can only be set free by the Jedi who touches you with the buffer. If you are holding a ball when you are hit you can release it to a teammate.
 - If not hit then you can retrieve a ball and try to get someone on the other team out by hitting him or her below the shoulders.
 - The Jedi is safe when they are on their spot. They can leave their spot to free a teammate but if they are hit while off the spot the game is over.

- **Fill the Basket** – roles, perspective taking, active listening, goal setting
 - Equipment – bucket, small foam balls, and dome cones or poly spots for boundaries
 - The objective of the game is to get as many balls in the bucket as possible in two minutes
 - It is important to set realistic goals for activities and for yourself. What happens if a goal is too easy? What happens if a goal is too hard?
 - Set a goal before we start
 - Bucket is placed in the center of the playing area
 - Players stand outside of boundaries
 - Two types of players – throwers and retrievers
 - Throwers must remain behind the boundary
 - Retrievers can stand anywhere they want but cannot “help’ the ball into the bucket. Their job is to retrieve the missed shots and roll the ball back to the throwers.
 - Cannot change roles once the game starts.
 - Discuss tactics and repeat rounds.

- **Toss 10** - making mistakes, dealing with frustration, emotional trust
 - Equipment – small foam balls (one per person)
 - Stand in a circle
 - Each person has a foam ball
 - We are going to count to 10 and do something with the ball for each number

- 1- throw and catch
 - 2 – throw in air, clap once, catch
 - 3 – throw in air, clap twice, catch
 - 4 – throw in air, touch ground, catch
 - 5 – throw in air, turn around, catch
 - 6 – pass object to right
 - 7 – pass object to left
 - 8 - pass object to person across circle
 - 9 – throw in air, little jig/dance, catch
 - 10 – throw in air throw arms over head and yell, “Hey ho, way to go!” and catch
 - Practice each number
 - Now one person calls the numbers and we have to complete the movements without mistakes to #10.
- **Helium Stick** – dealing with frustration, active listening, support, emotional trust
 - Equipment – 2 to 3 lightweight tent poles (8-10 feet in length)
 - Line up two rows facing each other
 - Introduce the Helium Stick – a long, thin, light rod
 - Participants to point their index and middle fingers on each hand (palms facing down) and hold their arms out and at chest level.
 - Lay the Helium Stick down on their fingers. Get the group to adjust their finger heights until the Helium Stick is horizontal and everyone’s index and middle fingers are touching the stick.
 - Start the stick at chest height of the shortest person in the group.
 - Explain that the challenge is to lower the Helium Stick to the ground
 - The catch: Each person’s fingers must be in contact with the Helium Stick at all times. Pinching or grabbing the pole is not allowed – it must rest on top of fingers
 - Reiterate to the group that if anyone’s finger is caught not touching the stick, the task will be restarted
- **Car and Driver** – risk taking, emotional and physical trust, empathy, trustworthiness.
 - Equipment – dome cones or poly spots for boundaries, blindfolds, cones for obstacles
 - Divide the group into pairs and have them select a car and a driver for the first round of the activity.
 - Explain that the car will be blindfolded and the driver will direct them around the course.
 - The driver will stand behind the car with their hands on their shoulders.
 - The pair will determine their driving signals, forward, stop, right, left etc.
 - Once they are ready, the drivers will steer their car round the course making sure they avoid the obstacles and other cars.
 - After a set time switch roles.
 - Second round – the driver and car cannot talk during the activity
- **Willow in the Wind** - risk taking, physical/emotional trust, trustworthiness, empathy
 - Equipment - none
 - A game to build genuine trust amongst people (requires a mature group that know each other’s names and have spent time together). While fun, the objective is to look after or care for one another (calm, supportive atmosphere).
 - Have students get into groups of eight to ten and stand in a circle (close to each other)
 - One person is the faller and stands in the middle of the circle - stand with their feet together; Arms are crossed over the chest; Hold body as stiff as a board
 - Other group members are the spotters and stand shoulder to shoulder assuming the spotting position – legs staggered, knees bent, hands up ready to catch

- Using the communication sequence outlined above the faller then tips backwards into the hands of a spotter who then gently passes the faller to another part of the circle
- Spotters primary concern is the head, neck, and shoulders of the faller
- Faller tips backward into the waiting hands of the spotters, who gently push the faller to another part of the circle. This continues until the faller is ready they ask to be stood upright and then swap roles
- There should be at least three hands on the faller, so no single person has to hold the entire weight of the faller alone
- Reminders
 - Make sure the group is tight (shoulder to shoulder, arms outstretched). Hands should almost touch the person standing in the middle – gradually the group can ease back to allow for a more expansive lean. Distribute large and small people evenly, to avoid weak points in the circle.
 - Willow should allow him/herself to be passed around as long as they like – when you’ve had enough simply open eyes and stand up.
- **All Aboard** – cooperation, trust, trustworthiness, perseverance, support
 - Equipment – large tarp
 - Spread out a large tarp and have the group standing beside the tarp
 - Explain to the group that they are stuck in a huge pit and the only way they can get out it to get everyone onto the launch pad and hold it for 5 seconds. Every time the group is successful the pad rises 10 feet out of the pit.
 - Each round the tarp gets smaller but the group still has to get everyone on for 5 seconds to get 10 feet higher.
 - Keep folding the tarp to challenge the group.
- **Turning Over a New Leaf** - cooperation, trust, trustworthiness, perseverance, support
 - Equipment – large tarp, tape, pens
 - Spread out a large tarp and have the group standing beside the tarp
 - On a piece of tape write something that helps contribute to a bullying environment. Place your piece of tape on the tarp. Have volunteers read their piece of tape.
 - Have everyone stand on the tarp.
 - Explain to the group that they are going to get rid of the things that contribute to a bullying environment but turning the tarp over. They must do this without stepping off the tarp or touching the ground around the tarp.
- **Marble Pass** - cooperation, frustration, perseverance, support, leadership
 - Equipment – pvc pipes, marbles, buckets
 - Clearly mark a starting and finishing line. Place a bucket behind the finish line
 - The group has to move a marble from the start line to the bucket.
 - Only the starter can touch the marble
 - Each person has a piece of PVC pipe. Can only hold/touch your piece of pipe. The pipe cannot be held in a vertical plane.
 - The marble can only move through the PVC pipe.
 - When the marble is in the pipe the person cannot move their feet (cannot walk with the marble in the pipe).
 - If the marble touches the ground before the bucket, someone touches the marble once it is in the pipe, or someone moves their feet with the marble in their pipe the group has to start over.
 - Variations – hold the pipe in the middle, one hand on the pipe, time the attempts

Team Building Activities

Geometric Shapes

- **Equipment**
Geometric shapes (circle, triangle, square, rectangle, parallelogram, trapezoid, octagon)
- **Starting Position**
Group members select the order of shapes and place shape on floor.
- **Challenge**
Group members create shapes with their bodies using each member in their group.
- **Rules and Sacrifices**
Each shape will be approved before attempting the next shape. The entire body of each group member must be used.

Construction Zone

- **Equipment**
Work as a group to create a square and triangle with 10 puzzle pieces for each puzzle. Tape to outline square and triangle.
- **Starting Position**
One group member mix up the puzzles.
- **Challenge**
Construction workers assemble the puzzles.
- **Rules and Sacrifices**
10 pieces for each puzzle, 5 different colors with two of each color. No two puzzle pieces of the same color will touch when construction is completed.

Atom Transfer

- **Equipment**
Ring with 10 ropes, 2 posts, 4 different pieces of equipment to transfer (ball, disc, bean bag).
- **Starting Position**
Group members stand around the Atom Transfer ring and post. Each group member holds at least one handle. The ring must be touching the base/ground.
- **Challenge**
The must lift the atom off its base/ground, carry it to the other post and set the atom on that post without the atom falling off the transfer ring.
- **Rules and Sacrifices**
Each group member must hold at least one rope. The ball must not fall off the transfer ring or stand.

The Bridge

- **Equipment**
One mat/poly spot for each group member plus one extra mat/poly spot
- **Starting Position**
The group starts on one side of the floor with a stack of mats/poly spots.
- **Challenge**
The group completes the task by using the mats/poly spots to move from one side to the other.
- **Rules and Sacrifices**
Only one person on a mat/poly spot at a time. If anyone touches the floor with any body part, the group starts over.

Toxic Waste

- **Equipment**
The challenge requires two containers – one with ropes attached and filed with small objects and the other without ropes.
- **Starting Position**
Group members stand around the first container, holding the end of the ropes.
- **Challenge**
The group completes the task by transferring all the materials from the first container into the second container without leaving any material on the floor.
- **Rules and Sacrifices**
The toxic waste container touches the floor, the entire group starts over. The ropes may not touch the floor.

Human Peg

- **Equipment**
Ten bases set in a triangle.
Starting Position
Each group member stands on a base with at least one base being open.
- **Challenge**
Group members may not touch the floor before being eliminated.
- **Rules and Sacrifices**
Group members may go over or around one another to a new base. Only one person may go at a time. Group members can make all moves by jumping over teammates.

Stepping Stones

- **Equipment**
One base for each group member and one extra base.
- **Starting Position**
All group members stand on one base each, leaving an open base at one end of the line. Group members number off so each knows where to begin and end the task.
- **Challenge**
The task is completed when the group is in the exact reverse order from its starting order.
Starting position: 1 2 3 4 5 6 7 8 X Ending position: 8 7 6 5 4 3 2 1 X
- **Rules and Sacrifices**
Only one person may touch a base at a time. A person may move in either direction to a neighboring base. Group members may touch a new base only if it is empty.

Magic Bases

- **Equipment**
One poly spot for each team member.
- **Starting Position**
Group members all join hands before the lead person steps on the entry base.
- **Challenge**
The group must successfully go through the figure-eight path without letting go of hands or touching the floor between the entry base and the exit base.
- **Rules and Sacrifices**
The team must travel the figure-eight pattern holding hands. Hands may not come apart. No more than four feet may be on one poly spot at a time.

Black Hole

- **Equipment**
Different sizes of hula hoops.
- **Starting Position**
All group members stand on one side of the hula hoop. Group members work together starting with the hula hoop touching the ground. (Three levels – low, middle and high.)
- **Challenge**
The group must master the task when all group members passed from one side of the hula hoop without touching the hula hoop.
- **Rules and Sacrifices**
The group members must pass through the hoop. No one may dive through the hula hoop.

The Rock

- **Equipment**
12 flat hula hoops varying in size.
- **Starting Position**
Group members stand on near the flat hula hoops.
- **Challenge**
The group completes the challenge when all group members are standing on the inside of flat hula hoops using a slow count to 5. Flat hula hoops will be removed at the end of each round.
- **Rules and Sacrifices**
All group members must be on the inside the flat hula hoops without touching the outside of the flat hula hoops.

Spider's Web

- **Equipment**
A spider's web.
- **Starting Position**
Group members start on one side of the spider's web.
- **Challenge**
Each group member pass through the spider's web to the other side without touching any part of the web with their bodies.
- **Rules and Sacrifices**
Each group member must pass through a different opening in the web. If a group member points their hand through a hole, it becomes closed.

Alphabet Line

- **Equipment**
No equipment needed.
- **Starting Position**
Group members stand in a line in random order. The group may be assigned the group to arrange themselves in alphabetically by first name, last name, or birthday.
- **Challenge**
The group completes the challenge when all group members are standing in line the assigned alphabetical order.
- **Rules and Sacrifices**
All group members may not talk during the task.

Scrabble

- **Equipment**
Foam 1x1 inch Alphabet letters.
- **Starting Position**
Group members around the letters.
- **Challenge**
The group work together to spell as many words as they can by connect each word scrabble style.
- **Rules and Sacrifices**
All group members communicate during the task.

Knot or No Knot

- **Equipment**
Six handleless jump ropes 16’.
- **Starting Position**
Group members stand surrounding the handleless jump ropes. The group decides if the handleless jump ropes are in a KNOT or NO KNOT.
- **Challenge**
Each group takes hold of the rope with one hand; once the rope is taken hold of, you cannot move your hand. There will be one person holding the end of the rope. The group completes the challenge when all group members are standing in line with no Knots in the rope.
- **Rules and Sacrifices**
No group members may not let go of the rope and there must be a group member at each end of the rope.

Human Trolley

- **Equipment**
Six handleless jump ropes 16’.
- **Starting Position**
Group members stands random around the handleless jump ropes. The group decides if the handleless jump ropes are in a KNOT or NO KNOT.
- **Challenge**
The group completes the challenge when all group members are standing in line the with no Knots in the rope.
- **Rules and Sacrifices**
All group members may not let go of the rope and there must be a group member at each end of the rope.

Magic Carpet

- **Equipment**
A variety sizes of traps.
- **Starting Position**
Group members stand on the trap in random order.
- **Challenge**
The group completes the challenge when all group members are on the other side of the trap.
- **Rules and Sacrifices**
All group members may not touch the floor only the trap.

Teamweb

- **Equipment**
A variety sizes and shapes of balls and Teamweb.
- **Starting Position**
Group members stands around the Teamweb holding the end of the rope with one hand.
- **Challenge**
The group completes the challenge when all group members work together transfer all balls to a hoop.
- **Rules and Sacrifices**
All group members must hold the end of the rope at all times.

7" to 12" Circle Challenge

- **Equipment**
A variety sizes and shapes of balls and Teamweb.
- **Starting Position**
Group members stands around the Teamweb holding the end of the rope with one hand.
- **Challenge**
The group completes the challenge when all group members work together transfer all balls to a hoop.
- **Rules and Sacrifices**
All group members must hold the end of the rope at all times.

Group Juggling

- **Goal:** Group “juggles” as many objects as possible without dropping one. Start: Toss an object to someone in the group until everybody has tossed an object and caught an object one time each (one rotation).
- **Rules:**
 - The group must do this in a circle.
 - Students may not toss/catch an object to/from the person on each side of them.
 - Make an order for tossing and catching and remember it.
 - Start with one object in each rotation and build from there.
- **Challenge:** This activity builds on each try by adding objects and lowering time.
- **Equipment:** Several different sized balls.

Survivor Island

- **Goal:** Students will cross from one island to the other without touching the water (floor)
- **Rules:**
 - All students in the group will move to the other island without touching the water.
 - The wood planks cannot touch the water.
- **Penalty:** When a group member or plank touches the water, all group members go back to the first island.
- **Equipment:** 2 islands, 2 wood planks and 2 mats

Resources:

- Frank, L. S. (2013). Journey Toward the Caring Classroom: Using Adventure to Create Community 2nd Edition. Oklahoma City, OK. Wood ‘N’ Barnes Publishing & Distribution. ISBN: 978-1939019103
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- Midura, Daniel W. and Glover, Donald A. (2005). Essentials of Team Building Principles and Practices. Human Kinetics, P.O. Box, Champaign, IL 61825-5076. 800-747-4457. E-mail: humank@hkusa.com

Session 1	Have You Ever, Toss Ten, Car and Driver, Turning Over A New Leaf, Geometric Shapes, Human Peg, The Rock, Spider's Web, Alphabet Line, Human Trolley, Teamweb,
Session 2	Moon Ball, Fill the Bucket, Helium Stick, Pipe Line, Construction Zone, Atom Transfer, Toxic Waste, Magic Bases, Black Hole, 7" to 12" Circle Challenge, Group Juggle
Session 3	Asteroids, Star Wars, All Aboard, Willow in the Wind, The Bridge, Stepping Stones, Scrabble, Knot or No Knot, Magic Carpet, Survivor Island, Board Game