



## Letter to Thorpe Woodlands Staff

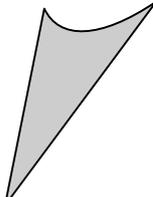
Write a letter to the Thorpe Woodlands instructors that worked with you.

Use the template below to help you.

To My Instructor,

My Name  
My Home  
My Street  
My town  
My County  
My Postcode

What did you enjoy most during your stay?  
What did you find most difficult?



## What Did I Improve?

### Personal Challenge

Look at the sheet “What could I Improve?”. Think about all the activities you did at Thorpe Woodlands and decide if you improved in any of the areas below. There is space for your own ideas.

	ALREADY GOOD AT	WOULD LIKE TO BE BETTER AT	I DID GET BETTER AT
Listening to instructions			
Working as part of a team			
Helping others			
Trying new things			
Supporting people			
Leadership			
Being confident			
Motivating myself			
Eating healthily			
Listening to my friends			
Having fun			
Being active			
Trusting others			
Behaving appropriately			
Being positive			



## Helping Others At Home and School

### **Personal Challenge**

Help somebody who is less able than me. During your time on Forest Challenge you will have lots of opportunities to offer others your help and support. How have you helped someone at Home of in School?

**Who did you help?**

**What did you help them to do?**

**How did they react?**

## Discover your Garden

Explore your garden. Make a list of 5 animals, insects or birds that you can find in your garden. Then find out the names of 5 plants that you have in your garden, these could be flowers, bushes or trees.

<b>ANIMALS</b>	
1	
2	
3	
4	
5	

<b>PLANTS</b>	
1	
2	
3	
4	
5	



## Discover your School

Explore your School Grounds. Make a list of 5 animals, insects or birds that you can find in your garden. Then find out the names of 5 plants that you have at your school, these could be flowers, bushes or trees.

ANIMALS	
1	
2	
3	
4	
5	

PLANTS	
1	
2	
3	
4	
5	



## Advice for others

What advice would you give the next group of young people that come to Thorpe Woodlands?

**What things should they take?**

**What would you tell them if they were worried about doing something?**

**What will they learn about themselves?**



## **Attitudes**

Having completed your stay at Thorpe Woodlands think back about how you felt before you arrived, how have your ideas changed?

**What were you most worried about doing before you went to Thorpe Woodlands?**

**How did you find doing the thing that worried you the most?**

**What have you learnt about yourself after doing something that worried you?**

**How can you use this experience to help you later in life?**



## What I would do differently

Having completed your stay at Thorpe Woodlands think back about all the different thing you did and activities you took part in.

**Are there any activities you didn't take part in?  
Do you think you could do it now?  
How would you encourage someone else to take part?**

**How did you feel you worked with other people in your group?  
Is there anything you could have done to be a better team member?**

**What thing did you find the hardest to do?  
What things could you do next time to make it easier?**



## **Building a tower**

Get a team together. Your challenge is to build the tallest tower you can.

You are allowed:                      5 pages from a news paper  
   1 meter of celotape

**What parts of working as a team will be most important for this challenge?**

**How will you make sure that everyone in your team gets to share their ideas?**

**Did your team work as well as they could have? What could you do better next time?**

## Working as a team at home

You have to use teamwork all the time. You might not realise that the people you live with are part of your team.

**What things do you do in your family as a team?**

Do you help each other in the garden, or do you help with the cleaning, or washing the dishes?

**What parts of good teamwork should you use with your family?**

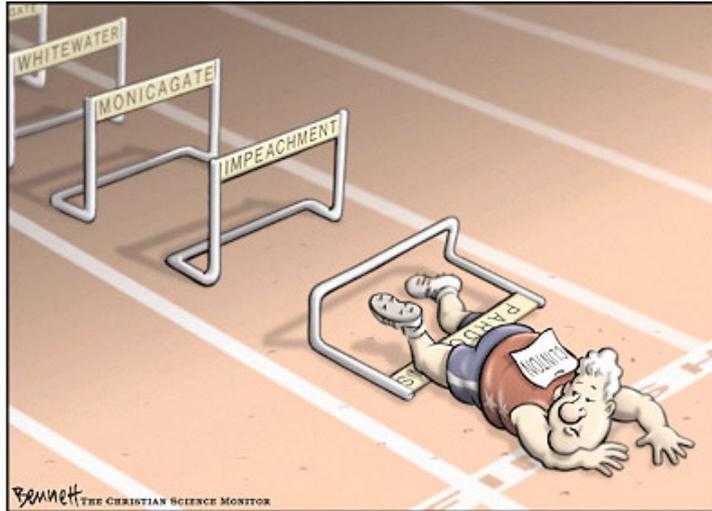
**What parts of good teamwork should you use with your friends and in school?**

## Life Hurdles

### Personal Challenge

Life Hurdles. As we go through life we are all faced with different problems and challenges which have to be overcome in order to move on.

For this challenge try to identify the main hurdle in your life at the moment and say how you intend to get over it.



**Problem:**

**Solution:**