

Setting your targets

At Thorpe Woodlands we hope that you will do lots of different things you have never done before.

We want you to set yourself some targets for you to try and hit during your stay. Look at the list of things you could do below. Set yourself a target!

Your targets could be something you could be better at; they could be helping others, about sharing or being brave.

Big group games

Are you quiet? Are you loud? Do you listen to others? What would be a challenge for you?

Dinner Time

Jumping in the river

Climbing up high

Sharing a room with others

Can you think of some other targets you could set yourself?

Healthy Eating

At Thorpe Woodlands you will be very active and busy doing activities and exploring the forest. To make sure you have enough energy you have to eat a healthy balanced diet.

Using the food pyramid below to help, plan a menu to help you last to the end of an adventurous day at Thorpe Woodlands.

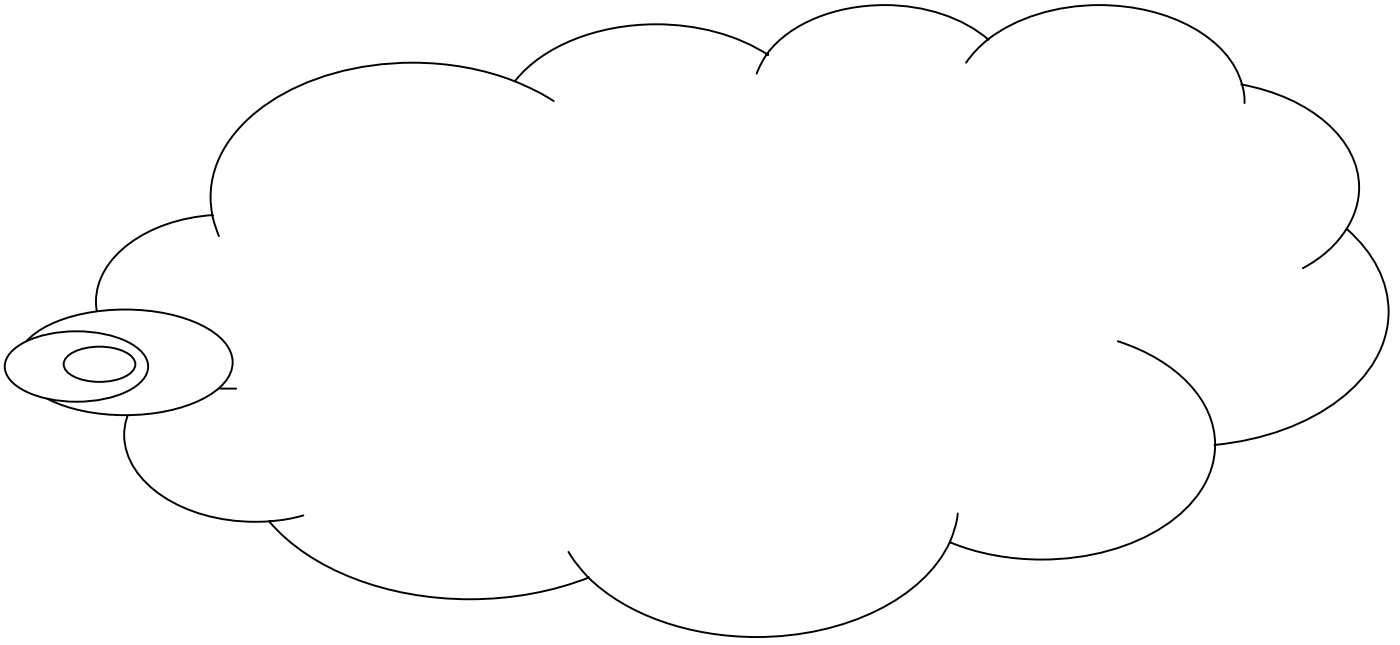


Breakfast	
Lunch	
Dinner	

Push yourself

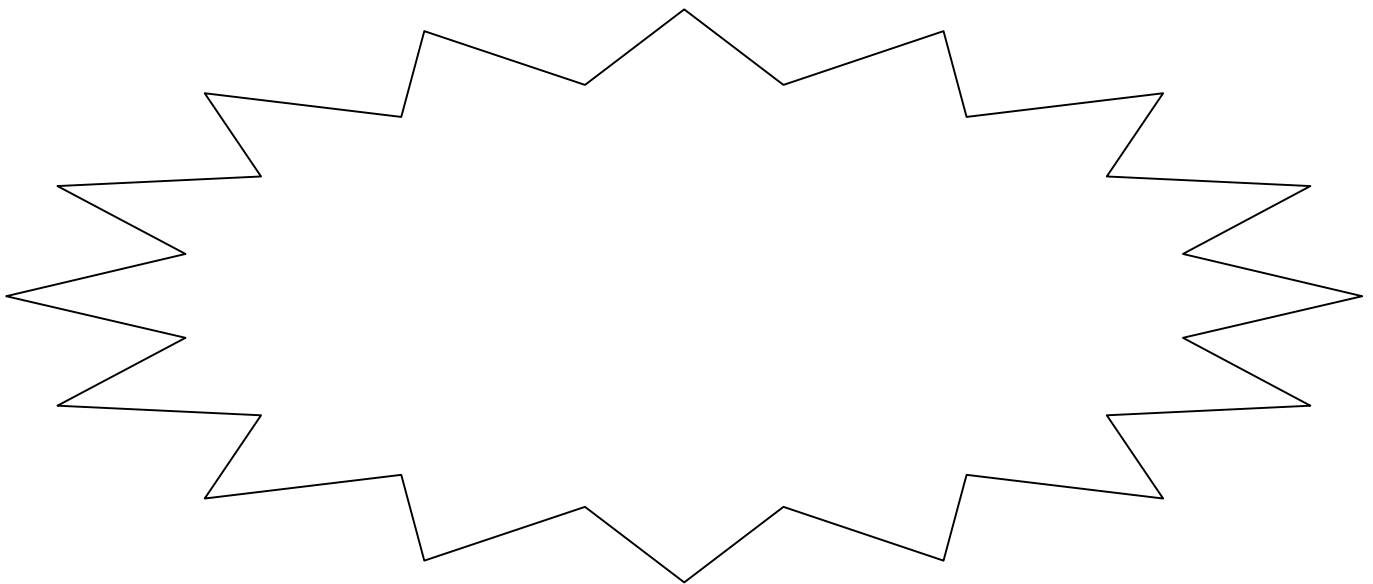
At Thorpe Woodlands you will try things that you wouldn't normally do. We want you to be outside of your 'comfort zone'

In the space below write down as many different feelings you could have.



How do you feel inside your comfort zone?

How do you feel outside of your comfort zone?



Why do we think it is good to push yourself outside of your comfort zone?

Looking after wild places

Conservation: “The protection, preservation, management, and restoration of wildlife and of natural resources, soil, and water.”

Research a wild place that might be in danger.

What is damaging the wild area? Why do we need to protect it?

Make a poster explain how we can conserve this wild place and the wild life that lives there.

Trees and hedges

Rainforest

Ocean

Coral reefs

Moorland

Arctic

Meadows

Rivers

Mudflats

Can you think of other places?



My rules for Thorpe Woodlands

Come up with 10 rules that you and your friends need to follow during their stay at Thorpe Woodlands.

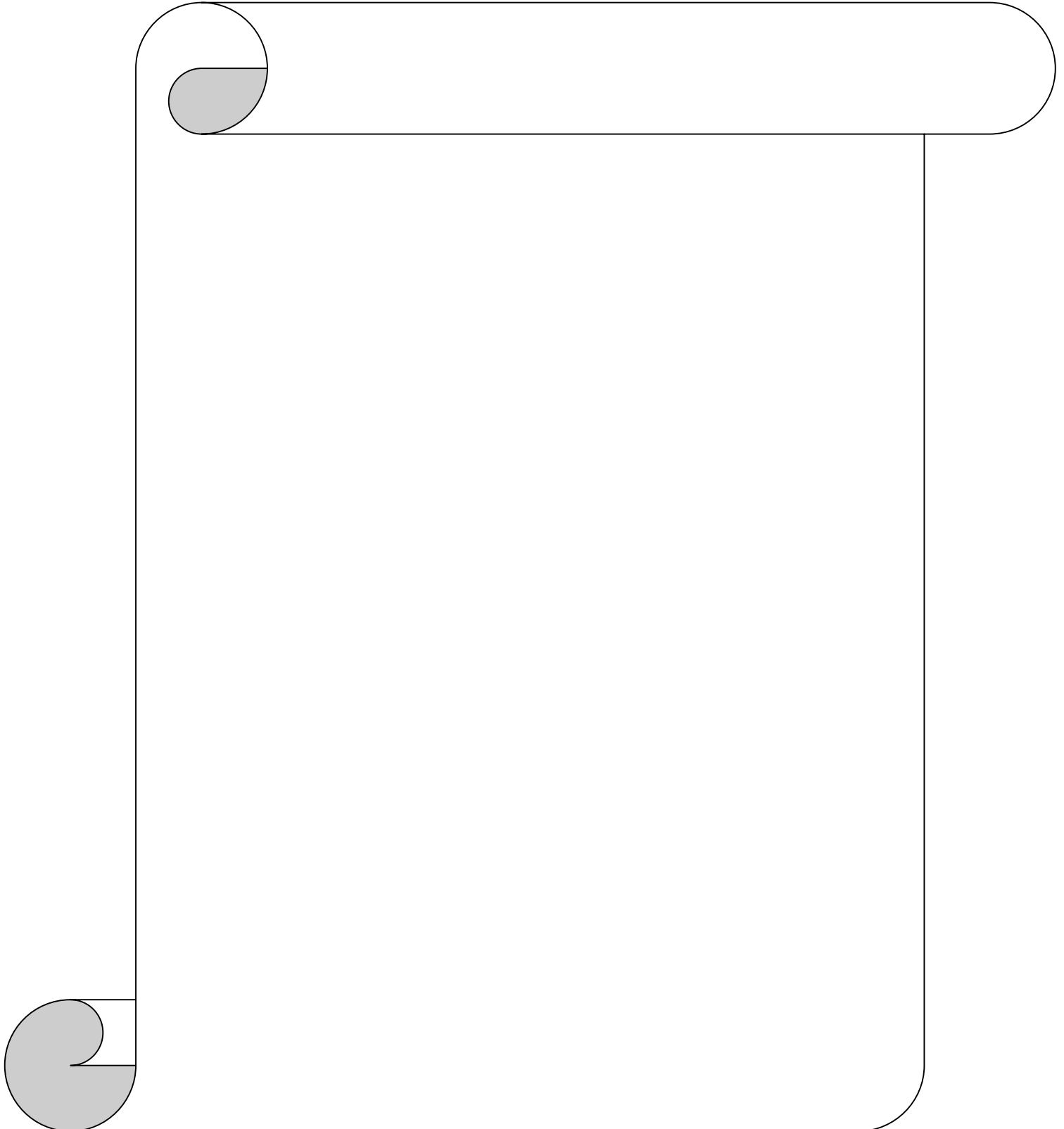
Think about being safe and about helping each other.

A large, empty, rounded rectangular box with a thin black border, intended for writing 10 rules. The box has rounded corners and a small grey shaded area in the top-left corner, suggesting it is a page from a notebook or a scroll.

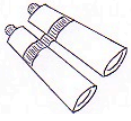
Rules for our room

Come up with 10 rules that you and everyone you share your room with need to follow during their stay at Thorpe Woodlands.

Think about being polite, looking after your space, and each other's things.

A large, empty rounded rectangular box with a thin black border, intended for writing rules. The box has rounded corners and a small grey shaded area in the top-left corner, suggesting it is a page from a notebook or a scroll.

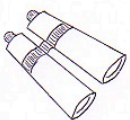
Planning Your Journey



On a map find where you will be going:

Map showing the Centre and my home

Your Journey



How will you get there? What are the types of transport you will need? How long will it take? What places will you pass on the way?



Things I need to remember to take for the journey:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

What Could I Improve?

Personal Challenge

Recognise the things that I am good at and the things that I would like to be better at (read the examples below and tick the box which applies to you).

	ALREADY GOOD AT	WOULD LIKE TO BE 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		

What would you like to achieve?

What would you most like to achieve during your stay?

Circle the 5 things that you most want to achieving during your stay?

build confidence

find out about myself

be a better team player

have fun

learn new skills

make new friends

overcome fears

learn about the environment

get away from home

explore

eat different food

try new things

learn to look after yourself

learn to be louder

learn to trust others

What else would you like to achieve during your stay?

What to bring, what to bin? Things

What items will you need for your stay?

Make a list of things that you will need for your stay, and a list of things you can leave behind. There are some things to help you start.



Sun Cream

Ipod

Hair Straighteners

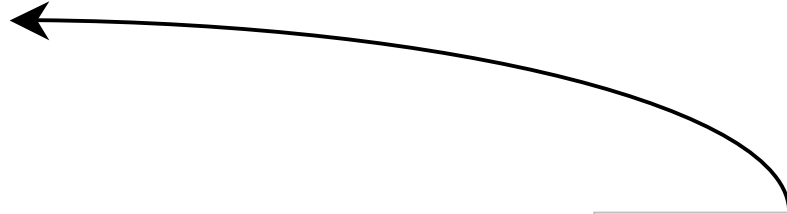
Waterproof
Coat



What to bring, what to bin? Attitudes

What attitude and approach will you need to get the most out of your stay?

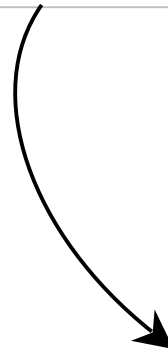
Make a list of things that you will need for your stay, and a list of things you can leave behind. There are some things to help you start.



Helpful

Bossy

Grumpy



Listen





What is your favourite wild place?

Of all the places you have been and visited what is your favourite wild place?

Describe or draw your favourite place. Explain why it is so important and special to you. Use as many describing words as you can.

Draw or describe your favourite wild place.

Why is it so special to you? What do you do there? What wild life is there?

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.

ANIMALS	
1	
2	
3	
4	
5	

PLANTS	
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	



What are you excited about?

Write or draw the things that you excited by the most.

What activities are you most excited about doing? Why are they exciting?

What are you most exciting about seeing at Thorpe Woodlands?

What new skills are you most excited about learning?



What are you Nervous about?

Write or draw the things that you are most nervous about doing.

What activities are you most nervous about doing? Why are you worried?

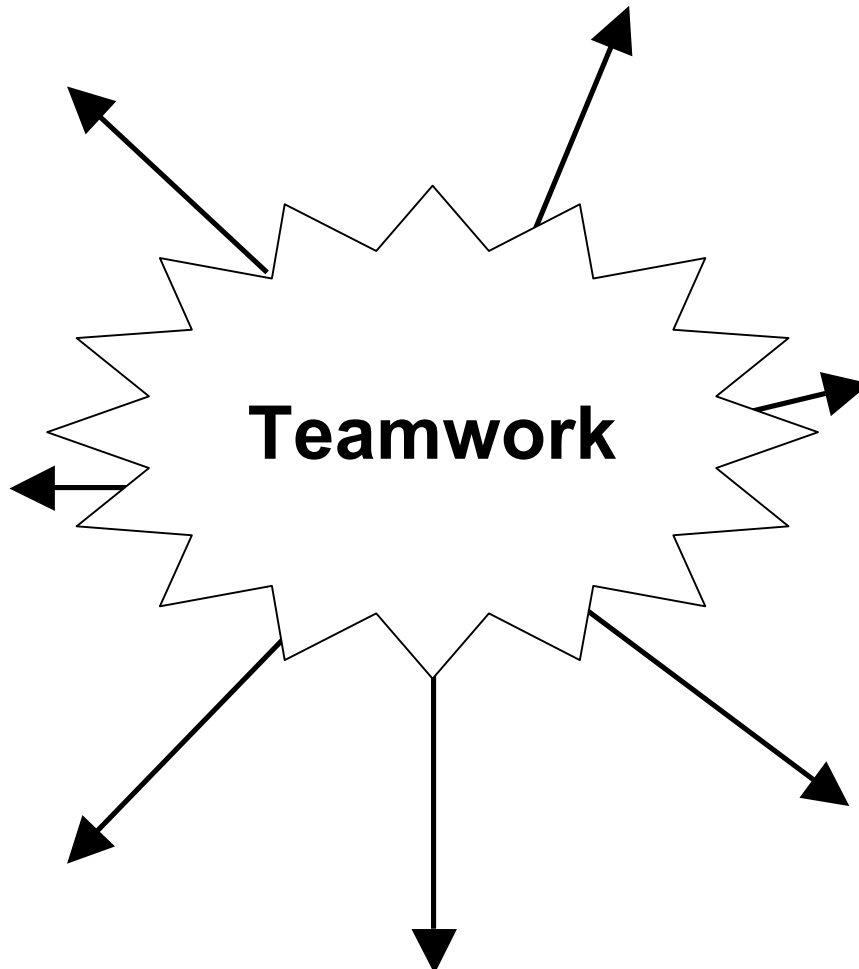
What can other people do to make you feel more confident?

What will you do if someone is worried or nervous about doing something?

What is teamwork?

At Thorpe Woodlands you will have to work as a team for lots of the activities.

What do you need to make a good team? How many things can you think of?



Which part of team work will be the hardest for you?

Why will you find this difficult?

Complete a task

At Thorpe Woodlands you will work with other people to complete different challenges.

With your friends, you have to design and build an egg protector.

Your egg protector must stop an egg breaking if it falls from a height of 2 metres.

Equipment: A roll of sellotape
10 sheets of paper
1 metre of strings

Did your egg protector work?

Why did it work well, or how can you improve your design?

How did you find working in a team?

What was difficult about working in a team?

How do you find working with others?

What things do you have to do to work well as a team?

How do you have to behave?

How do you help each other?