

This Book Belongs to Me

This log book belongs to

My picture or photograph to remind me of my stay:



Dates of visit: _____



THE FOREST CHALLENGE AWARD

Introduction

As a Forest Challenge participant you will have the opportunity to take part in lots of exciting activities and challenges. Hopefully, by taking part in these activities you will develop a range of new skills and learn some things about yourself, like what your strengths are and how good you are at working as part of a team.

As recognition for all of the learning and personal growth that you will undertake through the Forest Challenge Programme, you will receive an award (bronze, silver or gold) that reflects the effort you have put into completing the challenges within this log book.

Please read through the following pages and select as many challenges as you feel able to complete during your time on the Forest Challenge Programme. Try to make sure that you select a number of challenges from each challenge area.

Challenge Areas

In order to receive the Forest Challenge Award you must complete at least one challenge from each of the challenge areas, which are:

Environment and Conservation

Challenges related to your understanding, appreciation and enjoyment of the outdoors such as identifying wildlife, learning to use natural resources and being a friend to the environment.

Personal Growth and Health

Challenges related to getting to know yourself and how healthy you are. These challenges should help you to identify the things you are good at and the things that you would like to be better at, like making friends, eating healthily, trying new activities, building confidence, trusting others, controlling anger, communicating effectively, staying safe, being active etc.

Technical Skill and Ability

Challenges related to participation in outdoor activities and the skills required for navigation, cycling, walking, canoeing, raft building, shelter building, fire lighting, cooking, climbing, problem solving etc.

GOOD LUCK!

Working As A Team



Use a traffic light system to help you with your teamwork.

To help me work better as part of a team, next time I am going to:

STOP...

CARRY ON...

START...

Risk and Safety...

My adventure activity was:

Activity 1

Activity 2

Activity 3



Things that could have been dangerous:

RISKS

RISKS

RISKS



Actions I took to keep safe:

GOING

Actions I took to keep safe:

GOING

Actions I took to keep safe:

GOING

Good Leading Is...



Think about your experience on activities and living together in the Centre? What do you think are the qualities of a good leader? Here are some ideas.

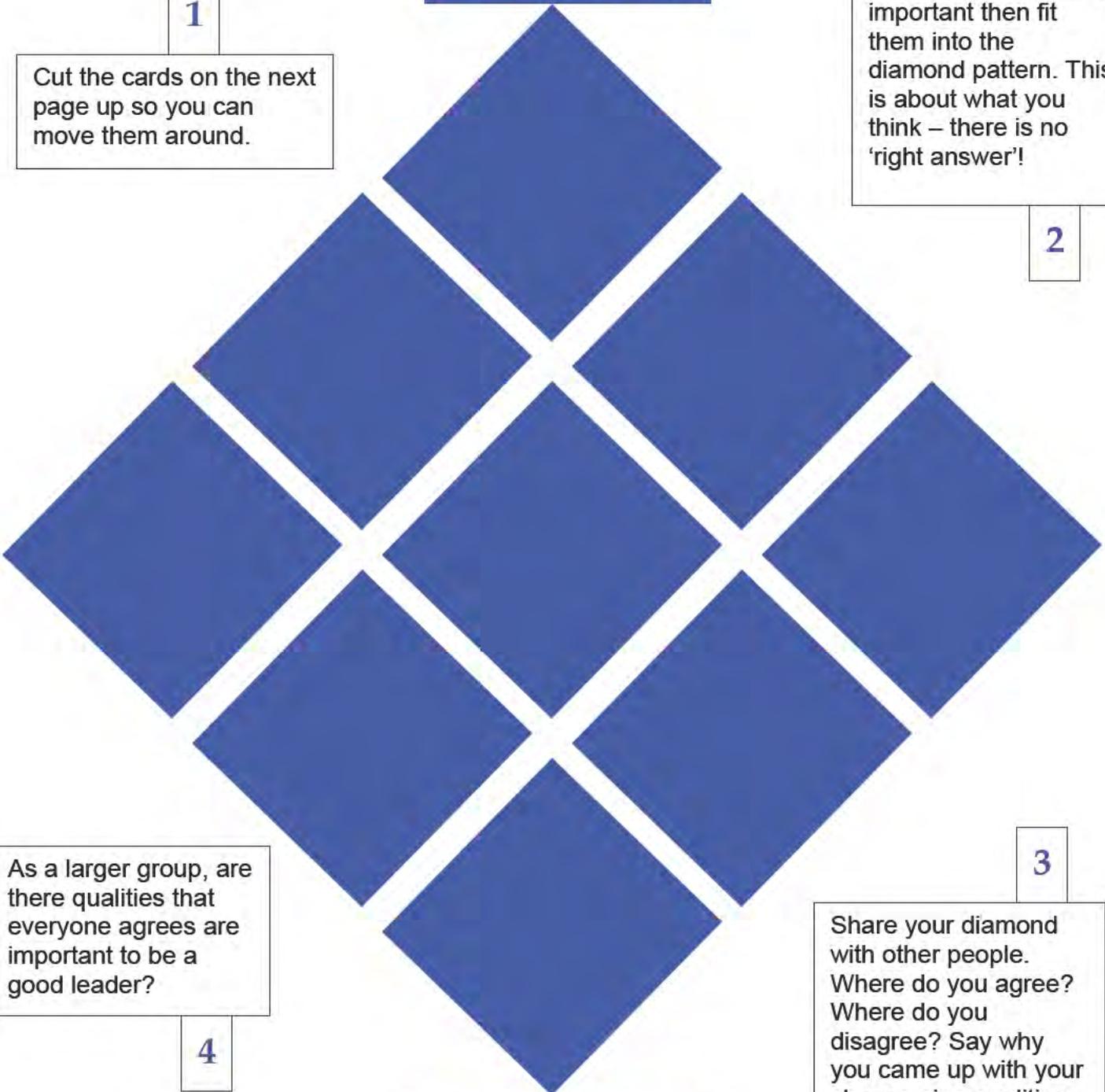
1

Cut the cards on the next page up so you can move them around.

MOST IMPORTANT

Choose the nine most important then fit them into the diamond pattern. This is about what you think – there is no 'right answer'!

2



As a larger group, are there qualities that everyone agrees are important to be a good leader?

4

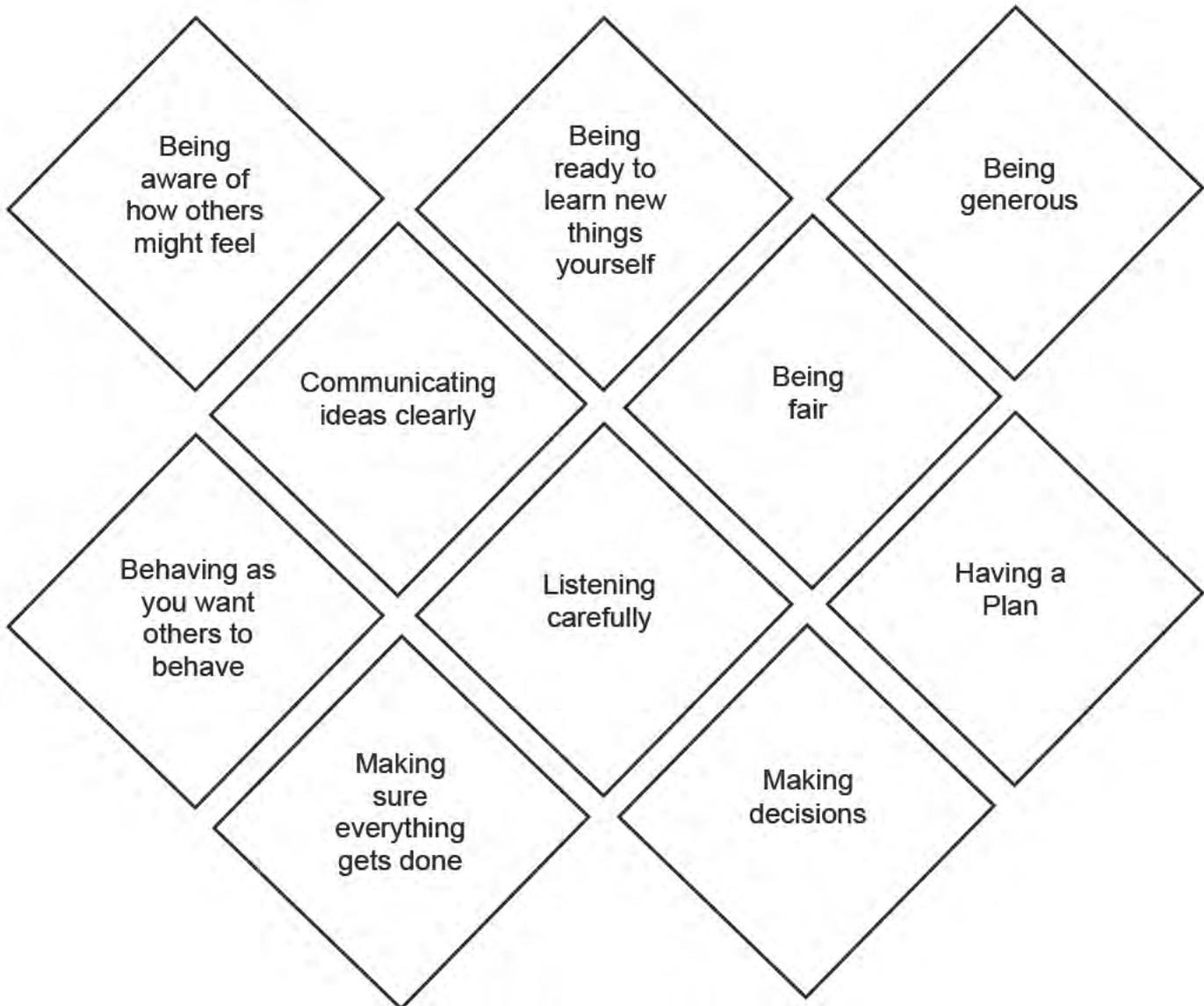
3

Share your diamond with other people. Where do you agree? Where do you disagree? Say why you came up with your chosen nine qualities and your order.

LEAST IMPORTANT

Good Leading is...

Cut out the diamonds



Good Leading is...

Cut out the diamonds



Valuing
other
people's
opinions

Leading
by
example

Trying
your best

Not
giving up

Knowing
when to
step in

Being
part of a
team

Showing
others
respect

Not
putting
people
down

Speaking
with
confidence

Supporting
other's
ideas

Working With Others In Teams



My teamwork activity was.....

What I **did** that helped the group

What I **did** that was **unhelpful** for the group

What **other people did** that helped

What **other people did** that was **unhelpful** for the group



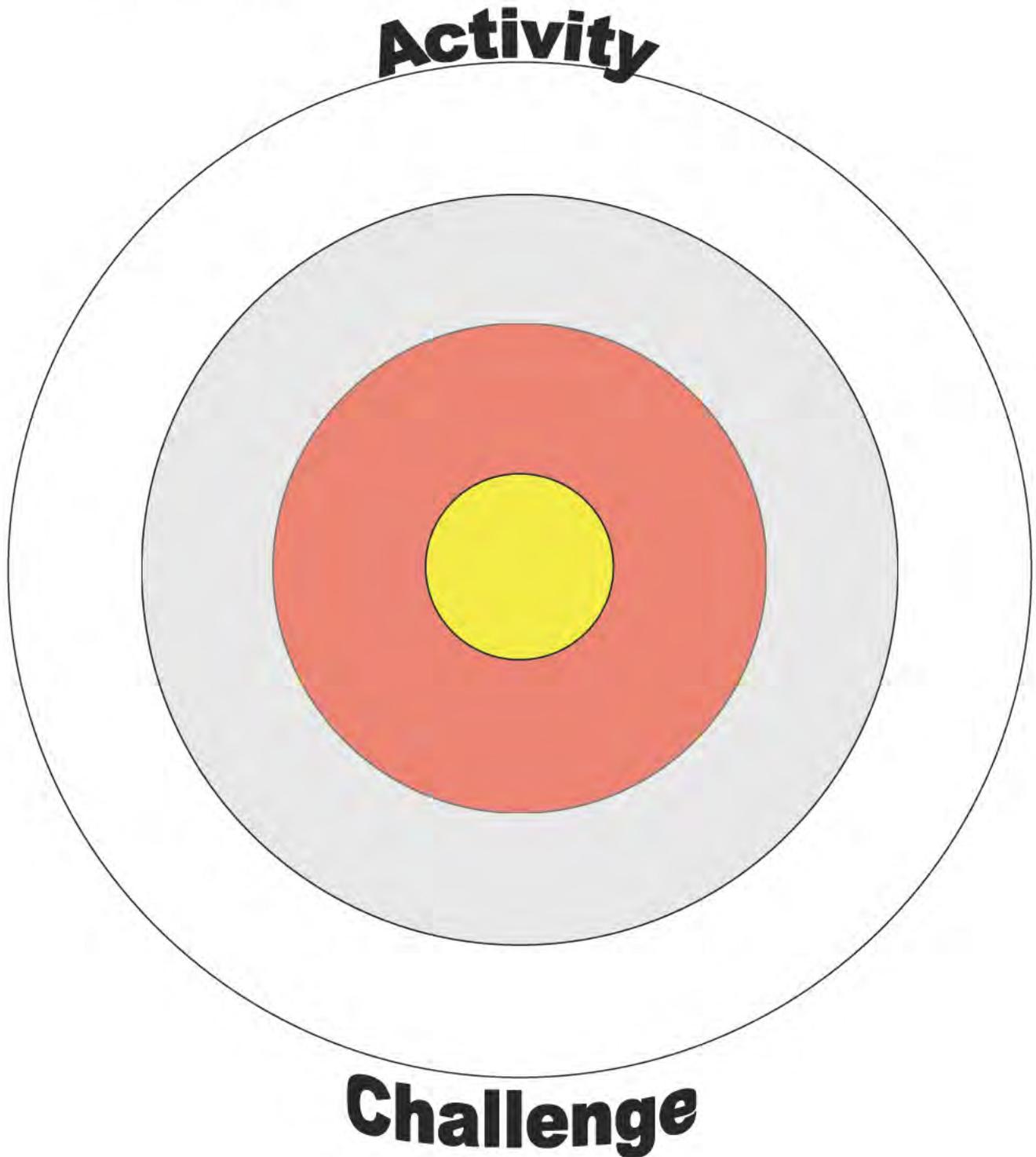
Work in pairs. Choose 3 things that in your experience are important for working together in a team. Share your ideas in your group.

I have learned that...



Challenge Target

On the target below write down an activity you did at the top, and how it challenged you at the bottom.



Postcard Home



Write a postcard home to yourself to remind you of your experiences.

Dear Me,

I am writing this postcard to myself about my stay at the Outdoor Education Centre

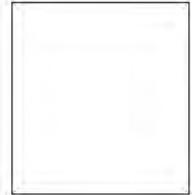
What do I want to remember in 6 weeks time?

What were the activities I took part in? The highlights? The scary bits? The hard bits? The exciting bits?

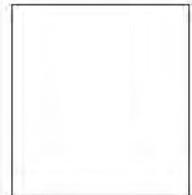
Who were the new friends I made? Who did I have a laugh with? Who surprised me? Who helped me? Who impressed me?

What were my team's greatest moments? Who did I do duties with?

What were my greatest achievements? What did I learn that is important? How do I feel about myself as I go home? What's next for me?



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





Thorpe Woodlands Adventure Centre

Name: _____

Course Dates: _____

Activities I took part in:

My greatest achievement was:

The most important thing I learnt was:

Signed: _____ (Course Participant)

Signed: _____ (Course Tutor)



Congratulations on your achievements!



Wild Life

Personal Challenge

Wild-Life. To complete this challenge write down the names of 10 different animals that you have seen whilst on Forest Challenge. These can be birds, insects, mammals, fish etc.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



Plant Life

Personal Challenge

Plant-Life. To complete this challenge write down the names of 10 different plants that you have seen whilst on Forest Challenge. These can be trees, grasses, flowers, fungi etc.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



Shelter Building

Personal Challenge

Shelter Building. To complete this challenge you must build a shelter in the forest which will keep you warm and dry. Describe your shelter and draw a picture of it below. How does your shelter protect you from the wind, the rain and the animals?

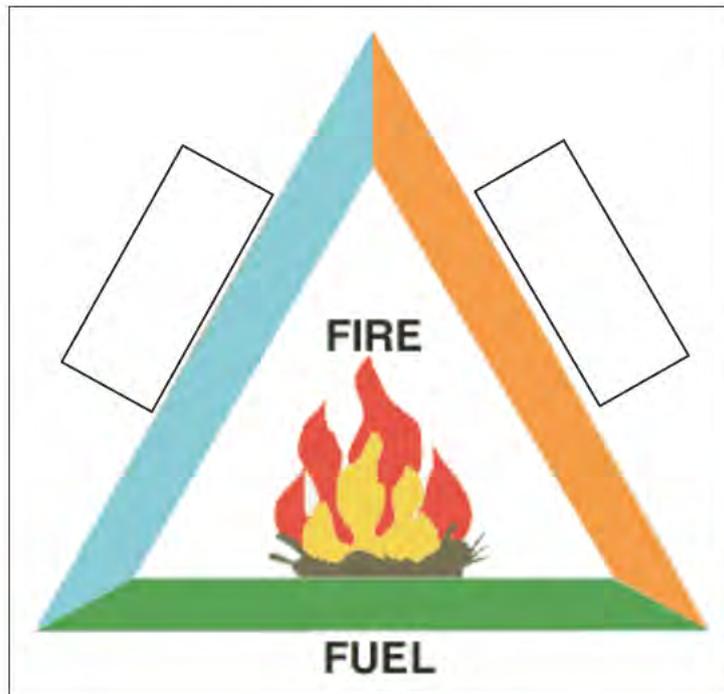
A large, empty rectangular box with a thin black border, intended for the student to draw a picture of their shelter and describe it.

Fire Lighting

Personal Challenge

Fire Lighting. During Forest Challenge you will have the opportunity to learn how to make a good campfire.

What 3 things do we need to make a fire?



Describe or draw how to build a good fire in the box below.



Night Walk

Personal Challenge

Night Walk. During your time on Forest Challenge you will have the opportunity to experience a walk in the forest at night. To complete this challenge describe 10 things that you experienced (heard, smelled, saw, felt etc).

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



Amazing

Personal Challenge

Amazing. All you have to do to complete this challenge is to draw a picture of the most amazing thing that you saw during Forest Challenge.

A large, empty rectangular box with a thin black border, intended for the student to draw a picture of the most amazing thing they saw during the Forest Challenge.



Doing My Bit

Personal Challenge

We all need to do our bit to help protect the environment. To complete this challenge try to think of 3 ways that you could reduce waste, protect the natural habitat from pollution or encourage wildlife.

1

2

3



Something New

Personal Challenge

Something new. To complete this challenge you must take part in an activity that you haven't done before and get somebody else to be a witness.

Which activity did you try?

What skills did you need for this activity?

What were the best and worst parts of this activity?



Safety First

Personal Challenge

Safety First. For some of the activities you will need to use harnesses, ropes and other safety equipment. List below the different types of safety equipment you have used during Forest Challenge.

SAFETY EQUIPMENT USED	ACTIVITY

Jacob's Ladder

Personal Challenge

High Ropes - Jacob's Ladder

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Cows Tails Course

Personal Challenge

High Ropes - Cow's Tails

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
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Zip Wire

Personal Challenge

High Ropes - Zip Wire

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
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Trapeze

Personal Challenge

High Ropes - Trapeze

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Big Swing

Personal Challenge

High Ropes – Big Swing

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Climbing/Abseiling

Personal Challenge

Climbing/Abseiling

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Fan Descender

Personal Challenge

Fan Descender

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
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INTELLIGENCE	FITNESS	SUPPORT	COURAGE
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Caving

Personal Challenge

Caving

To complete this challenge you must take part in at least one of the above activities and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).			
On a scale of 1-10 how difficult did you find this activity?			
Would you like to try this activity again?			
Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
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Raft Building

Personal Challenge

Raft Building

To complete this challenge you must take part in the above activity and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
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INTELLIGENCE	FITNESS	SUPPORT	COURAGE
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Archery

Personal Challenge

Archery.

To complete this challenge you must take part in the above activity and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
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INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Team Challenges

Personal Challenge

Initiative challenges and problem solving activities.

To complete this challenge you must take part in the above activity and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Mountain Biking

Personal Challenge

Mountain Biking.

To complete this challenge you must take part in the above activity and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Canoeing/Kayaking

Personal Challenge

Canoeing/Kayaking.

To complete this challenge you must take part in the above activity and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
INTELLIGENCE	FITNESS	SUPPORT	COURAGE
LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION

Orienteering

Personal Challenge

Orienteering.

To complete this challenge you must take part in the above activity and complete the evaluation below.

On a scale of 1-10 how much did you enjoy this activity? (1=low, 10=high).	
On a scale of 1-10 how difficult did you find this activity?	
Would you like to try this activity again?	

Please tick the skills and abilities that you think are needed to be good at this activity.			
TEAMWORK	COMMUNICATION	TRUST	CONFIDENCE
BALANCE	DETERMINATION	STRENGTH	FLEXIBILITY
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LEADERSHIP	CONCENTRATION	RELAXATION	COOPERATION



New Skills

Personal Challenge

New Skills. For each of the Forest Challenge activities you take part in you will need to learn new skills. To complete this challenge write in the box below which skills you feel you have gained or improved. You can draw a picture to show you using your new skill.

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:

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		



Helping Others

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. To achieve this challenge please complete the questions below.

Who did you help?

What did you help them to do?

How did they react?



Trust

Personal Challenge

Place trust in another person. Trusting others, especially people we don't know, is not an easy thing to do but it is an important aspect of teamwork. To complete this challenge give an example of when you have had to trust somebody on Forest Challenge.

I had to place trust in another person because...



Face my fear

Personal Challenge

Face a fear. We are all afraid of something (heights, water, darkness, talking in groups, enclosed spaces, insects etc). To complete this challenge give an example of when you have had to face one of your fears during Forest Challenge.

I faced my fear of...

When...



Let's be positive

Personal Challenge

Are you a positive person? How about trying to be more optimistic and open minded about things. Instead of complaining or focusing on negative ideas – look for a solution, think about what's good about your situation and try not to worry. Remember that your behaviour can affect the thoughts, feelings and moods of those around you.

Circle a number on the scale below to show how positive a person you think you are. Be honest.

1 2 3 4 5 6 7 8 9 10
Really negative Quite positive Really Positive

To complete this challenge please give an example of when you have made an effort to be more positive. Try to describe how you felt at the time and what affect it had on your mood.

Be positive today?



Which Activity...? Part 1

Which activity...

Answer each question, thinking about every activity you have taken part in.

Which activity did I enjoy the most?

Why?

Which activity was I most worried about?

Why?

Which activity did I help someone out?

Why?



Which Activity...? Part 2

Which activity...

Answer each question, thinking about every activity you have taken part in.

Which activity did I find the most physical?

Which activity had you never done before?

Which activity would you like to do again?

Which activity did you feel best at?

What would you like to improve on?

What is most important to you?

What things are most important to you on this trip?

Look at the list below. Which outcomes are most important to you. What would you like to improve on or develop further?

1 being the most important and 10 being the least.

	Enjoyment on a personal level and through sharing experiences with others.
	Confidence through taking on challenges in a supportive environment.
	Social awareness including the appreciation of and respect for the contributions and achievements of themselves and of others
	Environmental awareness and understanding including connection with the natural world and an understanding of sustainability
	Activity Skills related to the activity undertaken including physical movement, use of specialist equipment and clothing, and challenging environments.
	Personal qualities of increased initiative, self-reliance, responsibility, perseverance and commitment.
	Personal Skills of communication, problem solving, leadership and teamwork
	Health and fitness through physical activity, contact with the natural world and healthy eating.
	Increased motivation and appetite for learning through a contrasting and novel learning environment, firsthand experience, through challenge and shared encounters.
	Broadened horizons through encountering other people, places, activities and skills and becoming open to a wider range of life choices.



Discover a wild place

Find and explore a wild area

Find a wild place. Explore it, look, listen, smell. What animals might live there, what trees or plants live there?

Describe your wild place. Use as many words to describe it as you can. What do the different bits of it look like, feel like, smell like?

Name some animals you might find in your wild place.

Name some trees or plants that you found in your wild place.



Explore a wild place

Collect 4 leaves from your Wild place. Can you name of the tree they came from?

Draw them or glue them to this sheet. Can you find out what tree they came from?



Conserve a wild place

How can you look after your wild place?

What can you do to look after a wild place? Talk to your teachers and instructors about what you could do to keep your wild place for the future, or how you could improve it for the plants and animals that live there.

Write down or draw you ideas below of the things you could do to look after a wild place.

Share your wild place

How can you share your wild place with others?

Write a list of words you can use to describe your wild place to others. How does it make you feel, what animals can be found there, what plants can you see?

List all the words to do with your Wild Place....

Now share your wild place with others. Try and include all of the things you have mentioned above. Make it as bright and exciting as you possibly can to encourage everyone to visit and look after your wild place!

Draw a picture

Write a story

Write a poem

Make a poster



Conserve a wild place

How can you look after the world around us?

Give 5 different things we can all do to look after the natural environment.



Bug Hunt!

Find and identify as many bugs, insects and mini beasts as you can.

Draw each bug you find and try to find out what is called and where it likes to live.

	<p>Name:</p> <p>Information about your bug:</p>



Animal, Threat, Protect!

What native animals are under threat in the United Kingdom?

Think of an animal native to the UK. What is threatening it and how can we help to protect it?

What animal is under threat? Where does it live? What does it eat?

Why is this animal under threat?

What can we do to protect it?



What is your favourite wild place?

What is your favourite wild place at Thorpe Woodlands?

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?



Now that is unusual!?

When you have been out on the river or exploring in the forest what is the strangest thing you have seen, or heard or found?

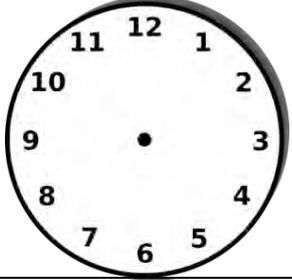
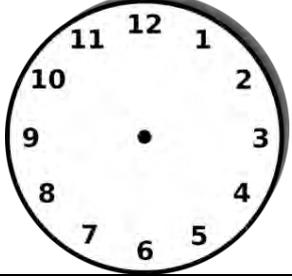
Draw and describe the unusual thing you discovered. What do you know about it?

Draw your unusual thing.

Why is it so unusual? What is it? What do you know about it?

My food diary

For one day keep a track of all the different things you eat and drink. .

	At Breakfast....
	At lunchtime...
	In the evening...
	At other times...

What food was new or different from your normal day?

What food was healthy?

What food was unhealthy?



FOREST CHALLENGE

PERSONAL LOG BOOK



Together **E**veryone **A**chieves **M**ore

Helpful Words

Team Words

Teamwork
Communication
Trust
Confidence
Support
Encouragement
Cooperation
Patience
Share

Support Words

Help
Encourage
Hold
Wait
Listen
Understand
Respect
Congratulate
Commit
Appreciate
Watch
Safety
Protect
Give

Wild Place Words

Beautiful
Still
Cold
Warm
Peaceful

Challenge Words

Explain
Climb
Run
Swim
Help
Swing
Crawl
Discover
Explore
Reach
Discuss
Jump
Perseverance

Achieve Words

Complete
Smile
Enjoy
Fulfil
Finish
Succeed
Conquer
Celebrate
Arrive
Overcome

Describing Words

Amazing
Brilliant
Unpleasant
Awful
Fantastic

Personal Words

Determination
Strength
Fitness
Flexibility
Fear
Intelligence
Courage
Balance
Relaxation
Scared
Brave
Lost

Activity Words

Big Swing
Zip Wire
High Ropes
Cowstails
Jacobs Ladder
Trapeze
Climbing
Canoeing
Archery
Orienteering
Cycling
Fan Descender
Abseiling

Feeling Words

Happy
Excited
Worried