



My Outdoor Education Diary

My Teacher / Leader is:

My Instructor is:

My name is:

My Dormitory is:

The Date is:



Why Am I Here?

On your residential Outdoor Education course you will have the opportunity to take part in new activities, gain new friends, meet new people and have lots of new experiences whilst taking part in all the exciting activities on offer.

During your stay at Thurston Outdoor Education Centre you will have the opportunity to take part in a wide range of activities and challenges that will require and enable you to use and develop many new skills.

These skills may include:

COMMUNICATION

To speak, listen, respond to and understand others.

CONSIDERATION

To show concern and respect for others in your actions and words, and to show you have patience and are willing to help others.

CO-OPERATION

To work with and get along with other people around you.

DECISION MAKING

To weigh up all the available information and reach a decision.

DETERMINATION

To show that you can complete what you set out to do.

PLANNING

To work out (in advance) how to go about or solve something.

REVIEWING

Look back at what you have done, where it has gone well and how you can improve.

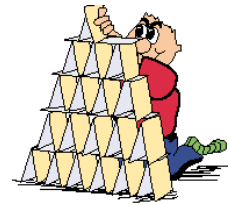
RISK TAKING

Able to identify and manage risks in order to do things that are uncertain.

TEAM WORK

An ability to co-operate with and tolerate other people.

PERSONAL SKILLS



Below is a list of different personal skills. Score yourself (honestly!) as to how well you think you score for each personal skill. 1 is the lowest score (you are very bad at that skill) and 5 is the highest score (you are always excellent at it).

Remember - BE HONEST!!

	(Circle appropriate number)				
	Low				High
					
1. Courtesy	1	2	3	4	5
2. Punctuality / Time Keeping	1	2	3	4	5
3. Enthusiasm	1	2	3	4	5
4. Determination	1	2	3	4	5
5. Self Confidence	1	2	3	4	5
6. Decision Making	1	2	3	4	5
7. Personal Organisation	1	2	3	4	5
8. A Sense of Adventure!	1	2	3	4	5
9. Risk Taking	1	2	3	4	5
10. Reacting Positively to Challenges	1	2	3	4	5



GROUPWORK SKILLS

Below is a list of different group skills. Score yourself (honestly!) as to how well you think you score for each group skill. 1 is the lowest score (you are very bad at that skill) and 5 is the highest score (you are always excellent at it).

Remember - BE HONEST!!

(Circle appropriate number)

Low

High



- | | | | | | |
|----------------------------|---|---|---|---|---|
| 1. Leadership | 1 | 2 | 3 | 4 | 5 |
| 2. Communication | 1 | 2 | 3 | 4 | 5 |
| 3. Listening | 1 | 2 | 3 | 4 | 5 |
| 4. Motivation | 1 | 2 | 3 | 4 | 5 |
| 5. Consideration of Others | 1 | 2 | 3 | 4 | 5 |
| 6. Trust | 1 | 2 | 3 | 4 | 5 |
| 7. Tolerance of Others | 1 | 2 | 3 | 4 | 5 |
| 8. Co-operation | 1 | 2 | 3 | 4 | 5 |
| 9. Teamwork | 1 | 2 | 3 | 4 | 5 |
| 10. Reviewing | 1 | 2 | 3 | 4 | 5 |



THURSTON CENTRE RULES

Thurston Outdoor Education Centre has many different groups that use it throughout the year. This includes primary schools, secondary schools, youth groups, scouts/guides, adult courses, skills courses and management training.

In order to keep the Centre clean, tidy and safe for all of its' guests we ask you to please follow the simple rules below that are designed to make it a pleasant experience for everyone:

- **No going in to the dormitory of any other person** (you can meet friends in the lounge or hall, but the dormitories are private places for those who are sleeping in them.)
- **Place any wet clothes or equipment in the drying room** (if hung up neatly in the drying room wet items will dry and the rest of the centre won't get wet & messy.)
- **No food or drinks in the dormitory** (any accidental spillages or mess from food will ruin the dormitories. Food, sweets & drinks should be stored in the class room.)
- **No cameras or mobile phones in the dormitories** (the dormitories are a private area that are unsuitable for cameras and mobile phones. These should be stored in the class room and mobile phones handed in.)
- **Change into slippers or indoor shoes inside the centre** (we want to keep the centre clean and tidy so that it is pleasant for all who stay in it.)
- **Do not use aerosols in the centre** (they can trigger the smoke detectors, resulting in a very expensive visit by the Fire Brigade)
- **Respect and look after the centre and its' surroundings**
- **Have consideration for other pupils / guests / staff & local residents**
- **Enjoy yourself!!**

Thanks

TARGETS & GOALS

DURING YOUR STAY!



Below is a list of some goals for you to achieve during your stay at Thurston.

Tick the box of each one you think you can do and add any additional goals to the list:

- 1 I will try to be organised, keep my dormitory clean & tidy and put any rubbish in the bins
- 2 I will listen carefully when staff and instructors are speaking
- 3 I will remind myself of all the things I did well each day (before I go to sleep)
- 4 I will try to get to know 3 people who I wouldn't normally talk to
- 5 I will try all the activities and attempt to do my best, even though I may be concerned
- 6 I will take an active part in my group and contribute to the decisions made
- 7 I will express my views or thoughts appropriately and also listen to others in my group
- 8 I will compliment others if they do something well and not be critical if they get things wrong
- 9 I will help others during the activities & in the centre and I will also accept help from others
- 10 I will always try to be on time and organised with my clothing and equipment for the activities
- 11
- 12

DAILY RECORD



		<u>Activity & Where It Took Place</u>	<u>The Weather</u>	<u>Describe the Activity</u>
<u>MONDAY</u>	AFTERNOON			
	EVENING			
<u>TUESDAY</u>	MORNING			
	AFTERNOON			
	EVENING			
<u>WEDNESDAY</u>	MORNING			
	AFTERNOON			
	EVENING			
<u>THURSDAY</u>	MORNING			
	AFTERNOON			
	EVENING			
<u>FRIDAY</u>	MORNING			

WORD BANK



Positive Words



Interested	Determined	Appreciated
Challenged	Happy	Excited
Sympathetic	Energetic	Curious
Proud	Team Work	Achievement
Triumphant	Confident	Safe
Grateful	Eager	Cheerful
Pleased	Exhilarating	Trust
In Control	Contented	Satisfied
Helpful		

Negative or Less Positive Words



Frustrated	Annoyed	Needed Support
Nervous	Isolated	Bored
Disappointed	Confused	Self Conscious
Upset	Tired	Worried
Uncomfortable	Impatient	Under Pressure
Frightened	Uncertain	Sad
Reluctant	Miserable	



Activity Review

Activity: _____

Date: _____

Instructor: _____

Location: _____

My Personal Skills

Choose a word from the **WORD BANK** or use your own to best describe how you felt:

BEFORE the activity _____

DURING the activity _____

AFTER the activity _____

Complete the following sentences:

The things that I enjoyed **MOST** about the activity were _____

The things that I enjoyed **LEAST** about the activity were _____

The activity has **TAUGHT ME** _____



What I will **REMEMBER** most about the activity is _____

Team Skills



After reading each of the following statements, circle the score that best describes how you feel about each statement. Think about how your team really did, and your contribution to the team, before you answer.

Activity: _____

	Low				High
					
1. The group worked well together	1	2	3	4	5
2. Everyone in the group helped to make decisions	1	2	3	4	5
3. We talked and listened to each other	1	2	3	4	5
4. We safely stayed together during the activity	1	2	3	4	5
5. Other group members listened to my ideas	1	2	3	4	5
6. I really felt part of the group	1	2	3	4	5
7. I took charge of the group	1	2	3	4	5
8. We all listened to the safety instructions	1	2	3	4	5
9. I was happy with my role in the group	1	2	3	4	5
10. We supported each other when things got hard	1	2	3	4	5
11. Other people in the group helped me (if needed)	1	2	3	4	5
12. I motivated other people in the group	1	2	3	4	5

Complete the following sentences:

The BEST thing about working in a group is _____

The MOST IMPORTANT thing I have learnt about working in a group is _____

I HELPED someone during the activity when _____

I ACCEPTED HELP during the activity when _____



Activity Review

Activity: _____

Date: _____

Instructor: _____

Location: _____

My Personal Skills

Choose a word from the **WORD BANK** or use your own to best describe how you felt:

BEFORE the activity _____

DURING the activity _____

AFTER the activity _____

Complete the following sentences:

The things that I enjoyed **MOST** about the activity were _____

The things that I enjoyed **LEAST** about the activity were _____

The activity has **TAUGHT ME** _____



What I will **REMEMBER** most about the activity is _____

Team Skills



After reading each of the following statements, circle the score that best describes how you feel about each statement. Think about how your team really did, and your contribution to the team, before you answer.

Activity: _____

	Low				High
					
1. The group worked well together	1	2	3	4	5
2. Everyone in the group helped to make decisions	1	2	3	4	5
3. We talked and listened to each other	1	2	3	4	5
4. We safely stayed together during the activity	1	2	3	4	5
5. Other group members listened to my ideas	1	2	3	4	5
6. I really felt part of the group	1	2	3	4	5
7. I took charge of the group	1	2	3	4	5
8. We all listened to the safety instructions	1	2	3	4	5
9. I was happy with my role in the group	1	2	3	4	5
10. We supported each other when things got hard	1	2	3	4	5
11. Other people in the group helped me (if needed)	1	2	3	4	5
12. I motivated other people in the group	1	2	3	4	5

Complete the following sentences:

The BEST thing about working in a group is _____

The MOST IMPORTANT thing I have learnt about working in a group is _____

I HELPED someone during the activity when _____

I ACCEPTED HELP during the activity when _____

Activity Safety Rules



Write down any of the SAFETY RULES that were given by an instructor during an activity, or any you think should be followed for that activity:

Activity: _____

Safety Rules:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What Should be in Your Rucksack?



Circle the items that you should have with you, in order to stay safe, on your chosen activity:

Activity: _____

- | | | | |
|-----------------|-----------------------------|-----------|----------|
| Waterproof Coat | Waterproof Trousers | Slippers | Camera |
| Walking Boots | Money | Warm Hat | Map |
| Helmet | Swimming Costume | Gloves | DVD |
| Spare Jumper | Water Bottle | Sun Cream | Towel |
| Cuddly Toy | Medication | Whistle | Helmet |
| Buoyancy Aid | Complete Change of Clothing | Compass | Lipstick |
| Old Trainers | Sunglasses | Wetsuit | Ropes |
| Harness | Computer | Paddle | iPod |



New Things



ONE person I would like to thank is:

1. _____

TWO new places I have been are:

1. _____

2. _____

THREE things I have learnt about Coniston or the Lake District are:

1. _____

2. _____

3. _____

FOUR new words I have learnt are:

1. _____

2. _____

3. _____

4. _____

FIVE new things I can do are:

1. _____

2. _____

3. _____

4. _____

5. _____

SIX things I know about working in a team are:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Picture Page



Draw a picture of an activity, a piece of equipment or something interesting you have seen:

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

Outdoor Word Search



L	K	M	E	L	D	D	A	P	C	Y	T
D	A	G	R	I	S	E	D	A	L	E	I
P	Y	K	E	A	L	C	N	D	A	W	N
K	A	S	E	B	I	O	E	V	N	D	S
R	K	N	T	D	E	N	L	E	G	A	T
O	C	I	N	F	I	I	R	N	D	L	R
W	L	A	E	M	A	S	G	T	A	E	U
M	I	T	I	S	E	T	T	U	L	L	C
A	M	N	R	J	C	O	R	R	E	C	T
E	B	U	O	Y	H	N	P	E	I	Y	O
T	G	O	R	G	E	W	A	L	K	C	R
B	S	M	A	E	T	H	E	L	M	E	T

Can you find the following words?

ADVENTURE

CANOE

CLIMB

CONISTON

CYCLE

GORGE WALK

GRISEDAL

HELMET

INSTRUCTOR

KAYAK

LANGDALE

LAKE DISTRICT

MAP

MINE

MOUNTAIN

ORIENTEER

PADDLE

RAIN

SAIL

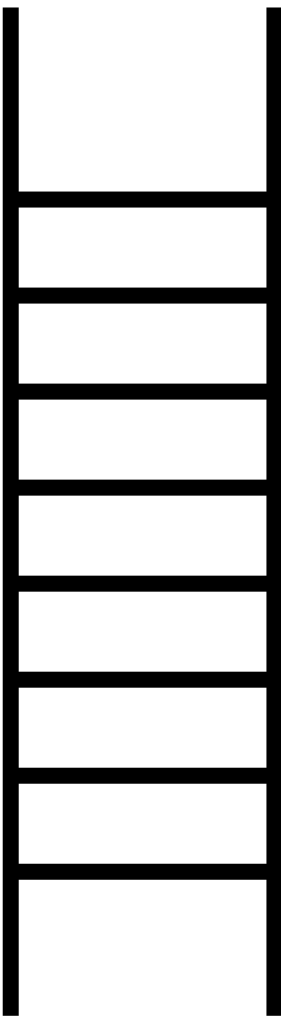
TEAMWORK

YEWDALE

Facing Challenges



Think of all the different things you have done today and write them in the spaces on the ladder. Try and put the most challenging at the top, descending to the least challenging at the bottom.



For each of the challenges you have put on the ladder, use the space by the side to describe how you felt before, during and after each challenge. Use the **WORD BANK** to help if required.

For the most challenging thing you did, what helped you to do it?

Who Were You?



On the following page is a picture of a tree with various people with different characters on or around it.

Carefully read the questions below and then look at the actions of each person.

Pick **three** people from the picture that represent **you during your course**.
Number each jelly person and colour them in.

The people you choose on the tree can represent your emotions, your feelings about the group, your feelings about the activities or different times during the course.

Before you choose your three people, ask yourself the following questions:

Were you happy or unhappy?

Did you achieve any of your targets and goals?

Did you feel part of the group?

Did you help others or were you helped?

How much effort did you put into the activity?

What did you learn about yourself?

Did your feelings change during the course?

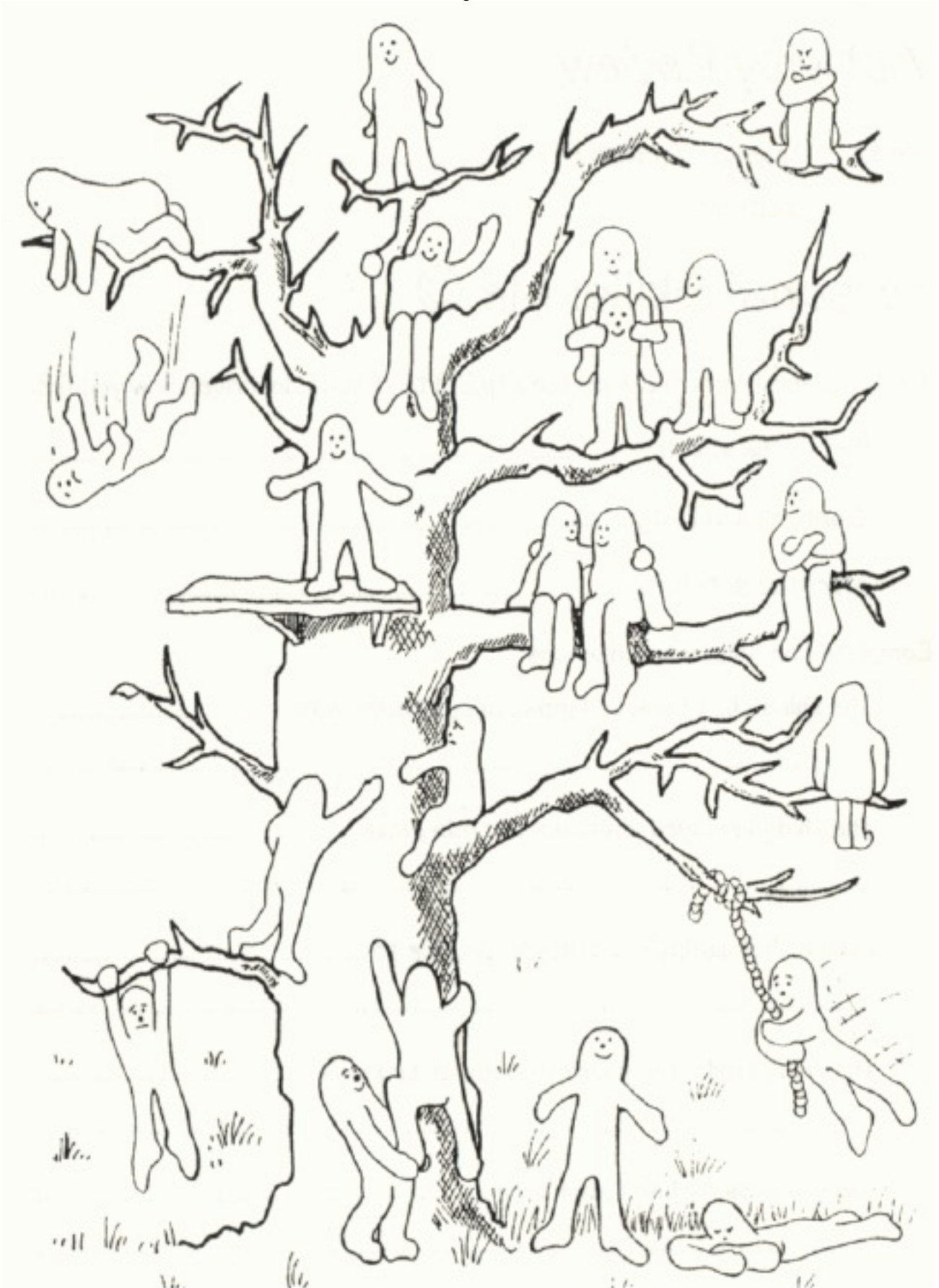
Write one sentence for each of the three people you have chosen, to explain why or how they represent you:

Person 1: _____

Person 2: _____

Person 3: _____

The People Tree





Final Review



How I got on...

Honestly grade yourself by circling the number that represents your overall performance:

	Low 					High 
1. I was confident at completing all the activities	1	2	3	4	5	
2. I was determined to achieve all the activities or tasks given	1	2	3	4	5	
3. I thought and planned out what had to be done before starting	1	2	3	4	5	
4. I communicated effectively and listened to others in the group	1	2	3	4	5	
5. I made sure the group worked together	1	2	3	4	5	
6. I was a helpful and trusting person during the activities	1	2	3	4	5	
7. I happily completed all my duties around the centre	1	2	3	4	5	
8. I was organised and kept my clothes neat and tidy	1	2	3	4	5	
9. I was willing to help any of my group if they needed me	1	2	3	4	5	
10. I always tried to smile and be cheerful to others around me	1	2	3	4	5	

My proudest moments...

Finish the sentences below:

I felt very proud when I _____

Something that I did that I thought I couldn't do was _____

I felt very proud of my friend when _____

I was good at...

List 5 things that you think you did well or were good at during your course:
(They can be activities, centre duties, the way you dealt with a situation or how you behaved with other people)

1. _____

2. _____

3. _____

4. _____

5. _____

My feelings were...

List 4 words that describe your feelings when you did something well or were good at it. You can use the **WORD BANK** to help.

1. _____
2. _____
3. _____
4. _____

I want to improve at...

List 3 skills, actions or types of behaviour that you would like to improve after this course:

1. _____
2. _____
3. _____

