

OP 110 - Opening Icebreaker.docx



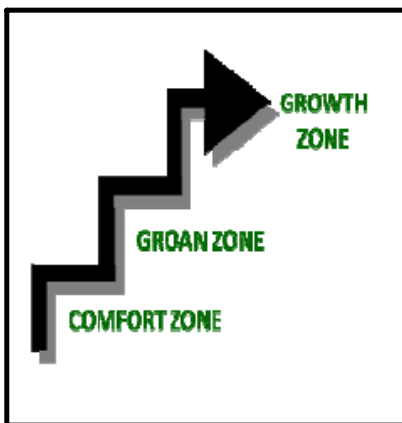
OUTDOOR PURSUITS 110... Getting to Know Everyone

INSTRUCTIONS

NAME: _____

Get to know your classmates and Mr. Hallihan by finding signatures that confirm each experience. The person that signs off must provide some more details on the experience.

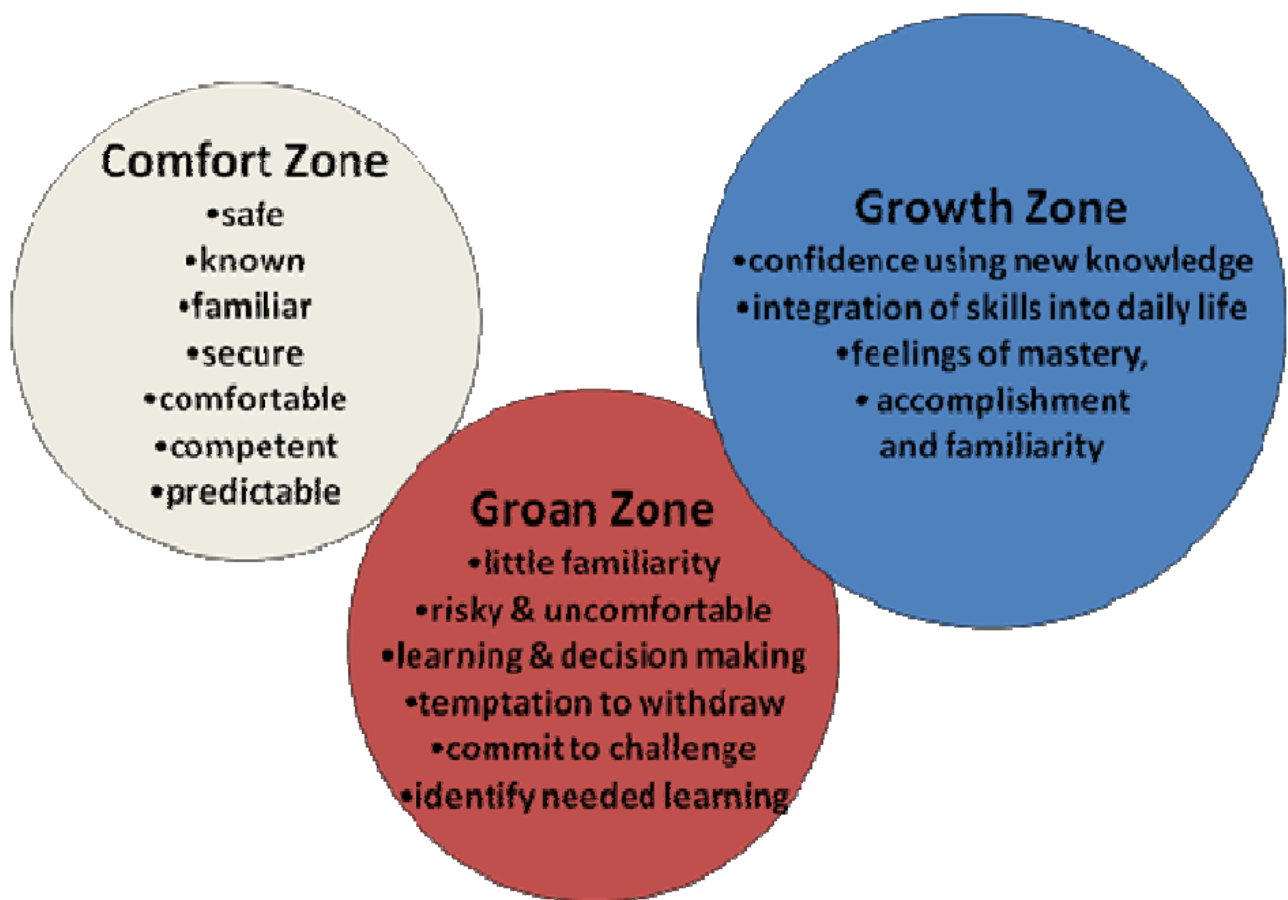
Experience	Signatures
I have tubed on the <u>Miramichi</u> River.	
I have a dog.	



Challenge with Choice might be viewed as...

- moving from our “comfort zone” where we feel safe
- into our “groan zone” where the challenge is viewed as a threat on some level
- and finally into our “growth zone” where we are able to achieve success by integrating new knowledge and skills with what we already know how to do.

Your “growth zone” will become your “comfort zone” as we develop new skills and confidence with them.



Building Trust

Physically and emotionally trusting one another is a prerequisite for many adventure activities. Without an operating level of trust within a group there is little chance of achieving group goals. The following activities are presented in a particular order as we feel it is essential to progressively develop trust just as we would any other type of skill.

Attachments

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