

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.

Debriefing Questions...

1. Did you trust your partner not to let you fall/slide?
2. Did you encounter any difficulties?
3. Did you overcome these?
4. How could you overcome these?

Extension Join with the group beside you and complete task in groups of four...

5. How did your role change as the group numbers increased?
6. How did / could you successfully complete the challenge?

Increase challenge to groups of 8 / full group (depending on ability/group size)...

7. What aspects of your FVC did you use to help you complete your challenge?
8. What aspects of your FVC could you use to help you in your next task?
9. Is there anything we might now add to the FVC to allow us to better achieve?

Full Value Contract

Full Value Contract asks the group to understand and/or create safe and respectful behavioural norms under which it will operate, commit to these norms by everyone in the group, and accept a shared responsibility for the maintenance of these group norms.

Five principles that contribute to the FVC are...


- 1. Be here**
- 2. Be safe**
- 3. Set goals**
- 4. Let go and move on**
- 5. Be honest**

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.

Running the Gauntlet...



 Trust Wave team building game