



# ADVENTURE BASED LEARNING

## SELF-LED LESSON OUTLINE

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### WHAT IS ABL?

This is a series of games and challenges for the team, emphasizing cooperation, communication, trust and planning.

In this session you will be participating in a selection of activities that will include trust building, team building, communication, problem solving, etc. Once completing each activity, you will debrief how your groups performance was during the activity.

### ORGANISATION

- > School will choose activity focus such as Trust Building, Communication, Team Building and for older groups Leadership.
- > YMCA staff will select activities based on client needs
- > YMCA staff will talk lead adults through each activity prior to the starting (you will be given a detailed session with the activities chosen to meet your needs).

### LEAD ADULT EQUIPMENT

- > Equipment needed for activities (sorted by instructor)
- > Appropriate clothing for activities and weather (Lead by example)

### STUDENT EQUIPMENT

- > Appropriate clothing for conditions
- > Suitable closed toe shoes
- > Hat/sun screen/water bottles

### SESSION EXAMPLE

- > The session is run for 1.5hr
- > **Brief** – introduce yourself, learn participants names and go over what the session will look like including what is ABL
- > **Name game** – eg. my name is ... and I like to ...
- > **Energizer** – eg. giants, wizards and trolls
- > **Main activities** "Team Building":
  - 1- Communication - Chinese whispers
  - 2- Trust - Buddy walk
  - 3- Lilly pads
  - 4- Human knot
  - 5- Perfect square
  - 6- Final debrief

## DEBRIEFING

There should be regular debriefs throughout the session – asking the team after an exercise about their teamwork. They can then choose what they will improve / focus on for the next exercise.

Final debrief ideas:

- > What was your highlight?
- > What did you take from this session?
- > What have you learnt from doing these activities with your group?

### Rock, Stick and Leaf

- Rock = Something that was awesome
- Stick = Something that will stay with you after this session
- Leaf = Something you want to leave behind in this session

**Thumbo-meter** – Get the participants to use their thumbs to say how they enjoyed or disliked the activity. Use yes or no questions and have thumbs up as yes and thumbs down as no.

Did you achieve your goal?