

Activities that can develop growth mindset and resilience, encourage initiative and raise aspirations

- Understanding how the brain works – **explicit teaching** about **mindset**
- **Shelter building**: problem-solving, team skills
- **Volunteering**: making a contribution particularly in local community, Duke of Edinburgh Award scheme
- **Adventure sports**: rafting, kayaking, sailing, archery
- **Mapping**: orienteering, geocaching
- **Extended projects** of their own choosing, eg constructing pizza oven
- Meeting **local experts (LEPs) on or offsite**: gardeners, farmers, renewable energy providers, foresters, beekeepers, etc
- Nurturing activities: **animal husbandry, horticulture**
- **Residential experiences**: local, national or international
- Opportunities to **set up businesses/enterprises** based on personal interest and experience
- Using **ICT** in the outdoors

- **Practical habitat management** and creation – coppicing, removal of invasive species, digging pond, sowing a meadow, planting trees
- **Ecological surveys / citizen science**
- Visiting nature reserves, wind farms, etc and / or specialists and **experts** visiting school
- Bushcraft activities that illustrate different characteristics and attributes of natural materials, eg. properties of tinder, cordage, foraging for edible plants

Activities that can facilitate discussion and reflection

- Making, cooking and sitting around **campfires**
- **Handling**, making or working with **natural materials** in small groups: whittling, weaving, sculpting, painting, daubing
- **Constructing** something with natural materials with a **chosen partner**: bird box, feeder, table, bench, shelter in woods, saw-horse, tripod to hold kettle over fire, dreamcatcher, bug hotel
- **Planting something** with a partner /small group: wildflowers, vegetables, herbs, fruit trees, hedges, trees.
- **Residential experiences**: local, national or international – camping or activity centre
- **Shelter building** – focus can be on the process (team skills) or product (bushcraft skills)

Environmental (E)
Awareness of & caring attitude towards to environment
Prosumer not consumer

Motivation & Aspiration (M)
Determined to achieve / shows resilience / has growth mindset / seeks and heeds advice / recognises worth of education/training

Enterprise & Initiative (+)
Shows leadership qualities / sense of responsibility / uses initiative / is well organised / asks probing questions



Personal (P)
Has level of self-confidence / self-esteem / self-awareness & reflection / can make decisions

Social (S)
Listens to & expresses ideas & opinions
Encourages others
Respects others ideas

ACTIVITY LINKS

Activities that offer high level of **choice, challenge** and **responsibility**

Activities that allow pupils to learn **individually** and **collaboratively**.

Activities, **spaces** and **atmospheres** that offer opportunities for shared **discussion** and **reflection**.

Raising self-esteem and aspiration through outdoor learning



DISCLAIMER
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