

BLAST FROM THE PAST

ACTIVITY INSTRUCTIONS



Communication



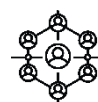
Curiosity



Empathy



Empowerment



Connections

OUTDOORS, WE CAN BUILD AND NAVIGATE LIFE-SKILLS, KNOWLEDGE, VALUES AND ATTITUDES USING OUR HEADS AND HEARTS TO MAKE DECISIONS.

Guidelines for supervisors

General Guidelines

- This is a collection of old-fashioned games that are a great way to introduce healthy competition.
- Most games require two teams, so begin your session by splitting the group in half.
- You may not have time to play all games, so choose the ones best suited for your group.
- If you are in the Dining Room, feel free to use the sound system for music.

Equipment Provided

- Chairs (from Dining Room if required)
- 4x Sacks
- 4x Spoons
- 2x Golf balls
- 6x Leg ties
- 12x Rolled newspaper
- 4x Cones
- 4x Tennis balls
- 6x Wooden blocks
- Straws
- Balloons
- Tug of War rope
- CD + CD Player

Games

3-Legged Race

- In pairs, participants will have one leg bound together. They must then race from start to finish.
- The fastest pairs can go on to a final to find the fastest pair in the group.

Sack Races

- The two teams will race against each other, with one participant going at a time.
- Each participant must put both legs into a sack and hop to the end of the room and back to tag the next person.

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Egg and Spoon

- Each team is given a golf ball ("egg") and spoons. One participant at a time, they must race to the finish without dropping their egg. If they drop it, they must start from the beginning.
- Variations:** Try going backward or holding the spoon in their mouth (please wash spoons after use).

Balloon Soccer

- Participants are split into two teams with goals at each end.
- They must use straws to blow a balloon into the opposing team's goal (please throw out straws after use).

Musical Chairs

- Set up a circle of chairs with one fewer seat than the number of participants.
- While the music plays, participants dance around the chairs. When the music stops, everyone scrambles to get a seat. This continues until there is one person left.



Ball Hockey

- Split participants into two teams and set up two goals with cones.
- When you call out their number, participants use rolled-up newspapers as hockey sticks and try to hit a tennis ball between the cones.

Chair Circle Game

- Arrange chairs in a circle for all but one participant. The leftover person stands in the middle.
- Participants must be looking at others sitting on chairs. When they make eye contact with someone across the circle, they then swap chairs.
- The person in the middle tries to get a chair. The goal is to keep swapping chairs so the person in the middle never gets one.



Tug of War

- Split the group into two teams and set up two lines on the ground with cones or rolled-up magazines.
- Both teams pull their end of the rope, trying to pull the other team over their line.



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EOTC: Real-World Learning

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Think confidence on the rock wall, curiosity exploring nature, communication through teamwork, and resilience facing challenges.



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CATAPULTS

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Communication



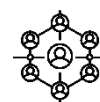
Leadership



Collaboration



Critical Thinking



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Guidelines for supervisors

Equipment

- Assorted sticks (approximately 15 of each color, e.g., blue, red, green)
- Rubber bands
- Tape
- Cups
- Table Tennis Ball

Session Instructions

1. Divide the group into teams.
2. Provide each team with a pile of sticks, about 10 rubber bands, some tape, and a cup.
3. Give the participants approximately **30 minutes** to build a catapult that can fire a table tennis ball.
4. After the catapults are built, run a few competitions to test their designs.
5. Allow about **10 minutes** at the end for participants to pull apart their catapults. Please encourage them to reuse the rubber bands and cups if possible, and to peel all the tape off the sticks.

Competition Ideas

- **Longest Distance:** See which catapult can launch the ball the farthest.
- **Highest Arc:** Find out which catapult can launch the ball the highest.
- **Closest to Target:** Mark a target on the ground and see which team can land their ball closest to it.
- **Bucket Challenge:** Place a bucket or container at a distance and see which team can land their ball inside.

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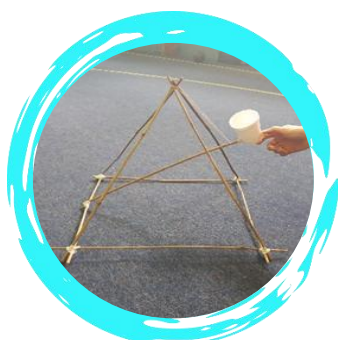


Critical Thinking



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GIANT GAMES

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Communication



Innovation



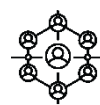
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Guidelines for supervisors

General Guidelines

- The available games are Jenga, Pick Up Sticks, and Yahtzee.
- You can choose which games to play based on the size and preference of your group.

Games

Jenga

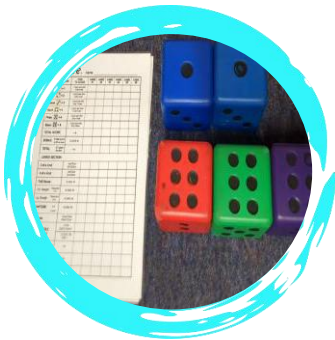
- Set Up:
 1. Place three blocks side-by-side.
 2. Place another three blocks on top, facing the opposite direction.
 3. Continue building the tower with alternating rows until all blocks are used.
 4. Straighten the tower so all sides are even.
- How to Play:
 - When it's not their turn, all players must stand at least **half a meter** away from the tower to avoid being hit by falling blocks.
 - Players take turns removing a single block from any level below the top three levels of the tower.
 - To remove a block, players can either tap the short end of it to push it out or pull it out.
 - Once a block is removed, the player must place it on the top of the tower to create a new row.
 - The game ends when the tower falls.

Jenga Variations

- To make the game more challenging, players can be required to use only their **non-dominant hand**.

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Pick Up Sticks

- **Aim:** To get the most points by picking up sticks.
- **How to Play:**
 - Players take turns trying to pick up a single stick without moving any other sticks.
 - If a player successfully picks up a stick, they can continue their turn and try to pick up another.
 - If a player moves any other sticks, their turn ends immediately, and they must stop picking up the stick.
 - If a player manages to pick up the **black stick**, they can use it to help move other sticks. This is the only stick that can be used for this purpose.
- **Scoring:**
 - Black = 25 points
 - Red = 10 points
 - Blue = 5 points
 - Green = 2 points
 - Yellow = 1 point

Yahtzee

- **Aim:** Roll 5 dice to create specific combinations to score points.
- **How to Play:**
 - The game consists of **13 rounds**.
 - Each round, a player has up to **3 rolls** to make one of the available combinations.
 - A score must be written down for each round. If a player cannot score in any category, they must place a zero in one of the categories and forfeit the ability to gain points in that category for the rest of the game.

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- Scoring Categories:
 - **Upper Section:** Score the total of all dice of a specific face (e.g., all 3s). A bonus of **35 points** is awarded if a player scores at least **63 points** in this section.
 - **Three-of-a-kind:** Three dice have the same face. The score is the sum of all five dice.
 - **Four-of-a-kind:** Four dice have the same face. The score is the sum of all five dice.
 - **Full House:** A combination of a Three-of-a-kind and a pair. This scores **25 points**.
 - **Small Straight:** A sequence of four consecutive dice (e.g., 1-2-3-4). This scores **30 points**.
 - **Large Straight:** A sequence of five consecutive dice (e.g., 1-2-3-4-5). This scores **40 points**.
 - **YAHTZEE:** All five dice have the same face. This scores **50 points**.
 - **Chance:** This is a catch-all category. The score is the sum of all five dice, regardless of what is rolled.

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INDOOR BUSH SKILLS

ACTIVITY INSTRUCTIONS



Innovation



Empowerment



Critical Thinking



Resilience



Curiosity

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Guidelines for supervisors

General Guidelines

- The aim of this session is to teach participants basic skills for surviving in the bush in the event of an emergency.

Activities

1. Packing a Bag (10 minutes)

- Aim:** To teach participants what items are essential for a day trip in the bush.
- How to Play:**
 - Split participants into **three teams**. Give each team a bag filled with assorted items, both essential and not. These bags also serve as team markers.
 - Give the teams **5 minutes** to work together and decide on the **11 essential items** to take.
 - After the time is up, have a group discussion to review their choices and discuss any items they may have missed.
- Discussion Points:**
 - Essential Items:** Pocket knife, First Aid Kit, water bottle, torch, lighter, food, communication device (walkie-talkie or cell phone), navigation (map and compass), warm clothing, tarpaulin/emergency shelter, sun protection.
 - Non-Essential Items (for survival):** Carabiner, scissors, mug, insect repellent, togs, candle, ropes, towel.

2. Knot Tying (15 minutes)

- Aim:** To teach basic knots that are useful in an emergency
- Materials:** Ropes
- Instructions:**
 - Have participants practice three simple knots: **reef knot**, **bowline**, and **clove hitch**.
 - Explain that these knots are especially helpful for making shelters.

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3. Bivvi/Temporary Shelter Making (20-30 minutes)

- **Aim:** To teach the basics of making a bush shelter.
- **Materials:** Tarpaulins and ropes
- **Instructions:**
 1. Give each group a clipboard with various tarp designs and have them choose a design to make.
 2. Give them about **10 minutes** to build their shelter.
 3. Once completed, have each group discuss the pros and cons of their shelter (e.g., for rain, wind, insulation, space) and how it could be improved.
 4. Repeat the exercise one or two more times using different shelter designs.

4. Building a Fire

- **Aim:** To teach the basics of building a campfire.
- **Instructions:**
 - If there is time left at the end of the session, you can talk through the basics of building a campfire. An information sheet is provided on the clipboards to help you out.



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INDOOR ORIENTEERING ACTIVITY INSTRUCTIONS



Communication



Collaboration



Confidence



Empowerment



Resilience

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Guidelines for supervisors

General Guidelines

- The aim of this session is for teams to locate a series of stations and solve a "Quizze" at each one. If you have multiple adult supervisors, this can be run as a race between teams.

Before You Begin

- Before starting, teach your group how to read the map co-ordinates and grid references.
- If there is only one adult supervisor, the group will be one team.
- If you have two teams, assign one team to start at **Station 1** and work their way to Station 15, and the other team to start at **Station 15** and work their way back to Station 1.
- Give each team their own map and the grid reference for their first Quizze.

How to Play

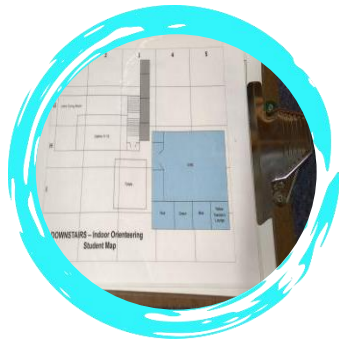
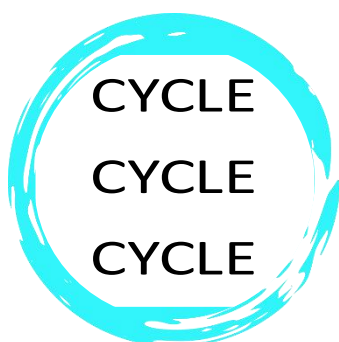
- There are **15 stations** to visit in total.
- The map is **not to scale**, and the clue plaques could be located anywhere within a **5-meter radius** of the point marked on the map.
- Once a team solves their Quizze, they must give you the answer. If they are correct, give them the grid co-ordinate for their next station.
- If a team's answer is incorrect, remind them to keep trying and offer suggestions to help them find the solution.
- The first team to return to the base with all 15 Quizzes completed will be the winners.

Helpful Hints

- If participants are struggling to work out the Quizzes, you may offer the following hints:
 - Consider the position of the words on the page: are they up, down, left, right, on the top, or on the bottom?
 - How are the words positioned in relation to other words? Are they in the middle, below, above, over, or under?

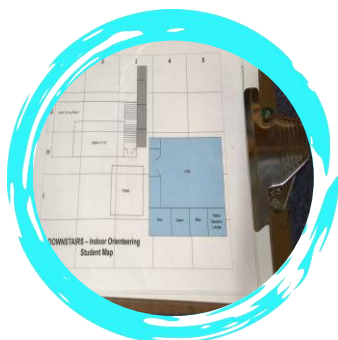
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CYCLE
CYCLE
CYCLE



Answer Keys

Use the tables below to verify answers and provide the next grid reference.

Station	Answer (Black Set)	Grid Ref	Station	Answer (Blue Set)	Grid Ref
1	Tricycle	A,2	1	Jack in the box	J,5
2	Forecast	A,2	2	Top secret	J,4
3	Head over heels	B,5	3	I see you are too wise for me	H,5
4	Travel over seas	C,1	4	Left out	I,3
5	Broken Promises	D,3	5	Lost for words	H,3
6	For instance	E,4	6	Drink up	H,2
7	Five times tables	D,1	7	Last straw	B,3
8	Your time is up	H,1	8	Middle East	H,1
9	Back door	B,3	9	Search high and low	D,2
10	Middle aged	H,2	10	Too good to be true	E,3
11	Cross roads	H,3	11	Pay up	C,4
12	Half hearted	H,3	12	Cross country	C,1
13	I understand	H,3	13	Last but not least	B,5
14	Man over board	J,4	14	Scrambled eggs	A,3
15	For better or worse	J,5	15	Double jointed	B,2

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MINE FIELD MAZE

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Communication



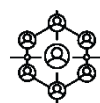
Innovation



Collaboration



Critical Thinking



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Guidelines for supervisors

General Guidelines

- The aim of this team-building game is to get every participant from one side of the maze to the other without stepping on a 'mine'.
- Participants must use their memory to remember the safe and unsafe squares.

Equipment

- Large floor mat with squares
- Laminated minefield map sheets
- Whiteboard markers

How to Play

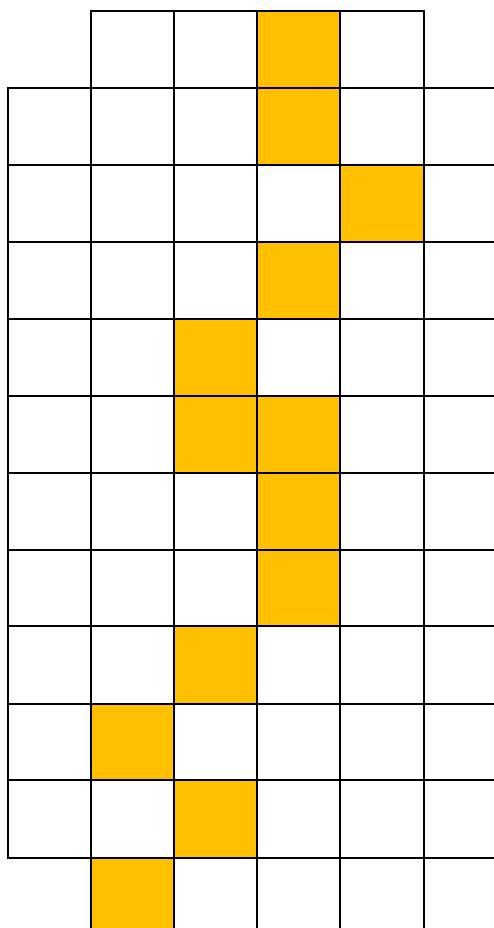
1. You will be responsible for holding the **minefield map**. Be sure to keep it hidden from the participants.
2. Form one line of participants at either end of the mat.
3. Players must move by stepping on one square at a time. They can move forwards, sideways, or diagonally, but **not backwards**.
4. To begin, the first participant steps onto a square in the first row. Using your map, you will say "**yes**" if the square is safe or "**no**" if it is a mine.
5. If the participant steps on a mine, they "die" and must go to the back of the line. The next participant then takes their turn.
6. If the participant is correct, they continue moving forward one square at a time until they guess a wrong square.
7. Participants must work together and memorize the safe and unsafe squares as the game progresses.
8. The game is complete once every participant makes it to the other side of the maze safely.

Challenges

- **Reverse the Maze:** If you have time, turn the mat around and have the participants complete the maze in the opposite direction.
- **Silent Challenge:** Try to have the group complete the maze without talking to each other.

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PIPELINE CHALLENGE

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Guidelines for supervisors

General Guidelines

- The aim of this exercise is to improve group problem-solving and communication. The goal is to move a ball from a start point to a finish point using only the provided half-pipes or gutters.
- You can run this activity either indoors or outdoors.
- As the facilitator, you have control over the difficulty of the task. Feel free to add obstacles or challenges to make it harder or easier for the group.

Equipment

- Assorted balls (e.g., tennis ball, table tennis ball, golf ball)
- Half-pipes/gutters
- Bucket

Instructions

1. Give each person **one pipe** and provide the group with a ball. The group must work together to connect their pipes to move the ball.
2. Allow the team **5 minutes** of planning time to strategize on how they will move the ball.
3. Designate a **start point** and a **finish point**. A **bucket** will be provided for the finish line.
4. The team must get the ball from the start point to the finish point using only the pipes. The next person in line must have their half-pipe positioned directly **underneath** the one in front to receive the ball.
5. Every person must carry the ball with a pipe at least once during the exercise.
6. Allow the group several attempts if you have the time and if they are motivated to improve.

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Variations

- **Obstacle Course:** Make the course more challenging by going over obstacles, downstairs, or around trees.
- **Timed Challenge:** Challenge the team to see how fast they can complete the course.
- **Specific Order:** Have participants take turns in a specific order to control the ball.
- **Silence Challenge:** Require the team to complete the task in silence.
- **One-Foot Challenge:** Have participants attempt the task while standing on one foot.
- **Keep it Moving:** The ball must not stop moving at any point. It can be slowed down, but it must be kept in constant motion.

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RADIATION SPILL

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Guidelines for supervisors

General Guidelines

- The aim of this exercise is to challenge a team's problem-solving and communication skills. The goal is to safely remove a bucket of "radioactive fluid" from a contaminated area without any team members being "contaminated" themselves.
- To make the activity more engaging, you can start with a story to set the scene. For example: "There has been a chemical spill in Henderson Valley. You and your team are the only ones who can diffuse the situation before innocent civilians are harmed..."

Equipment

- Bucket or cup of "radioactive fluid"
- Rope to mark the contaminated area
- A safe place to deposit the fluid (e.g., a hula hoop)
- A set of ropes attached to a central hook

How to Play

- Setup:
 1. Mark out a circular **danger zone** (approximately 4-5 meters in diameter) using rope or a similar marker.
 2. Place the bucket of **radioactive fluid** in the center of the danger zone.
- Rules:
 1. Tell the group they must move the bucket to a safe place (a hula hoop placed a short distance away) using only the provided ropes and hook.
 2. No one is allowed to enter the danger zone. Anyone who steps inside the rope will immediately "dissolve" and be removed from the game for a set time. Alternatively, if any body part crosses the rope, that person will lose the use of that limb for the rest of the activity.
 3. Half of the group must be blindfolded. These participants are allowed to hold the ropes attached to the hook.

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4. The non-blindfolded participants are not allowed to touch the ropes or the blindfolded individuals. Their job is to verbally guide the blindfolded participants.
5. The team must first use the ropes to get the hook to the handle of the bucket without entering the danger zone. Once the hook is attached, they must lift the bucket and carry it to the hula hoop without spilling any 'fluid'.

- **Win Condition:**
 - The task is complete once the bucket is safely inside the hula hoop. You have saved the day!

Supervisor Notes

- **Don't jump in and help too soon.** Give the participants a chance to figure it out for themselves. See if a natural leader emerges.
- **Control the difficulty.** You can make the task harder or easier depending on the group's age and ability. For example, you could say the area 2 meters around the danger zone is also contaminated, and they can only be in that area for **30 seconds**.
- **Make it fun!** After the exercise, run a debriefing session. Ask the group questions like:
 - How well do you think you did?
 - What strategies worked well?
 - What didn't work so well?
 - How could you have improved your communication?

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SHARK INFESTED WATERS

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Critical Thinking



Connections

OUTDOORS, WE CAN BUILD AND NAVIGATE LIFE-SKILLS, KNOWLEDGE, VALUES AND ATTITUDES USING OUR HEADS AND HEARTS TO MAKE DECISIONS.

Guidelines for supervisors

General Guidelines

- The aim of this team-building game is to get the entire team and three planks from one platform to another without anyone touching the ground.
- To make the activity more engaging, you can start with a story to set the scene. For example, tell a story about being stranded on a desert island and having to cross shark-infested waters to reach a rescue radio.

Equipment

- Two platforms (islands)
- Three planks
- Seven blocks (stones)

How to Play

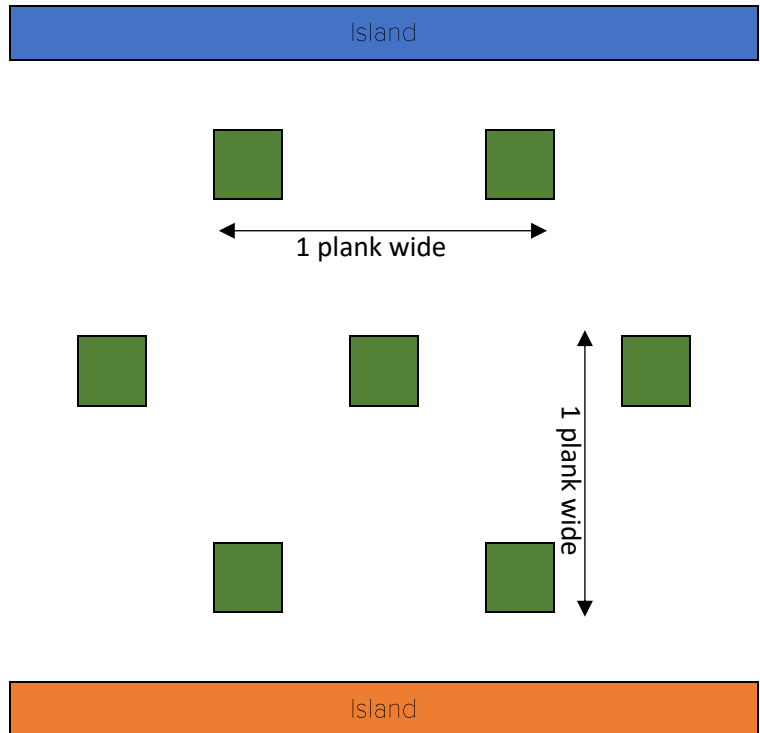
- Setup:
 1. Set up the course according to the provided diagram.
 2. Place the two platforms (islands) with the seven blocks (stones) positioned between them.
- Rules:
 1. The entire team must move from one island to the other without anyone touching the ground, which is considered "shark-infested water."
 2. The three planks are the only way to cross the water. They can only be placed on an island or a stone. If a plank touches the ground at any point, it "sinks."
 3. Planks can only be placed horizontally or vertically, **not diagonally**.
 4. If anyone on the team touches the water, the entire group must return to the starting island and begin the challenge again.
- Win Condition:
 - The challenge is finished only when all team members and all three planks are safely on the other island.

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Supervisor Notes

- Don't jump in and help too soon. Give the participants a chance to figure it out for themselves. See if a natural leader emerges.
- Make it fun! After the exercise, run a debriefing session. Ask the group questions like:
 - How well do you think you did?
 - What strategies worked well?
 - What didn't work so well?
 - How could you have improved your communication?



EOTC: Real-World Learning

Education Outside The Classroom (EOTC) makes learning tangible. Our motto: *"Outdoors, we can build and navigate life-skills, knowledge, values and attitudes using our heads and hearts to make decisions."* We highlight specific EOTC outcomes during activities. Think confidence on the rock wall, curiosity exploring nature, communication through teamwork, and resilience facing challenges.



Communication



Innovation



Collaboration



Critical Thinking



Connections

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SKI BOG CROSS

ACTIVITY INSTRUCTIONS



Communication



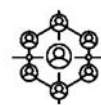
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Guidelines for supervisors

General Guidelines

- The aim of this exercise is for the entire team to get from one side of a "bog" to the other without anyone touching the ground.
- To make the activity more engaging, you can start with a story to set the scene. For example, tell a story about being in a swamp and needing to cross it with only two strange logs.

Equipment

- Wooden skis
- Obstacles (e.g., a stick or other low item)

How to Play

- Setup:
 1. Create a course for the team to navigate using the wooden skis.
 2. The course should not be too long or tricky. Include a couple of corners and one low obstacle to go over.
- Rules:
 1. The entire team must cross the course together on the wooden skis without anyone touching the ground (the "bog").
 2. You can have up to **6 people** on a single pair of skis.
 3. The team must work together to figure out how to use the skis.

Supervisor Notes

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- Hints:
 - If the participants are struggling to get over an obstacle, you can give them a hint by asking, "Did you figure out that it's easier to go over something if you first pull the skis up alongside it and then step over?"
 - To help everyone move in time, suggest that they come up with a **tune or chant** to keep their rhythm.
- **Make it fun!** After the exercise, run a debriefing session. Ask the group questions like:
 - How well do you think you did?
 - What strategies worked well?
 - What didn't work so well?
 - How could you have improved your communication?



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ROYAL DRAMA

ACTIVITY INSTRUCTIONS



Collaboration



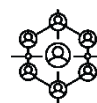
Innovation



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Inclusivity



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Guidelines for supervisors

General Guidelines

- The aim of this session is for teams to have a fun competition using their acting and drawing skills.
- The session is divided into two 30-minute halves. The first half is **Charades**, and the second half is **Pictionary**.
- Divide the group into two competing teams and have them sit on opposite sides of the room.

Gameplay & Rules

- You hold a list of words for the teams to act or draw.
- A team sends one person to you to get the word. That person must then return to their team and begin acting or drawing without saying a word.
- The rest of the team must guess the word.
- Once the team guesses correctly, the next person from that team runs to you to get the next word. This continues until they have completed all the words on the list.
- If a team is struggling to guess a word, you may give them a clue by revealing the category of the word.

Specific Game Rules

- **Charades:** The words to be acted out are from the categories of People, Movies, or Actions.
- **Pictionary:** The words to be drawn are from the categories of Characters, Movies, Books, Animals, or Things.

Scoring & Cheating

- **Scoring:** Give each team **1 point** for every word they guess correctly.
- **Cheating:** If you see a team cheating, a **1 point penalty** will be applied.

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Charades Clues



People / Characters	Movies	Actions
The Queen	Cats and Dogs	Riding a bike
A Pirate	The Hunger Games	Getting a tooth pulled
A Photographer	Minions	Flying a Kite
A Model	Tangled	Changing a nappy
A Policeman	Cars	Shaving
Cinderella	Monsters Inc.	Ice Skating
Bodyguard	Spy Kids	Lighting a fire
Superman	Pirates of the Caribbean	The Haka
Spiderman	Chicken Run	Surfing
Mary Poppins	Thor	Brushing you teeth
Beyoncé	Up	Putting on a tie
Cowboy	Harry Potter	Playing Tennis
Michael Jackson	Frozen	Mowing the Lawn
Tarzan	Big Hero 6	Giving CPR
Santa Claus	Kung Fu Panda	Getting Married
A Soldier	Beauty and the Beast	Listening to music
The Hulk	Happy Feet	Taking a Shower
A Doctor	High School Musical	Rowing a boat
Katniss Everdeen	Over the Hedge	Skiping
Bugs Bunny	Inside Out	Playing guitar

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Pictionary Clues



Characters	Movies	Books
Luke Skywalker	Shrek	Oliver Twist
Captain Hook	Batman	Alice in Wonderland
Darth Vader	Star Wars	Where's Wally
Scooby Doo	The Little Mermaid	Humpty Dumpty
Simba	Peter Pan	The 3 Little Pigs
Spongebob	Finding Nemo	The Grinch
Santa Claus	The Lego Movie	Winnie the Pooh
Mickey Mouse	Despicable Me	Dr. Seuss' Green Eggs and Ham
Spiderman	The Lion King	Charlotte's Web
Rapunzel	Robin Hood	The Lion, the Witch and the Wardrobe
Batman	Turtle	Ice Cream
Michael Jordan	Pig	Pencil
Wall-E	Chicken	Moon
Bart Simpson	Giraffe	Bike
Captain America	Monkey	iPad
Flash	Crab	Treasure
Ironman	Snail	Gingerbread Man
Minion	Dog	Salt and Pepper
Ninja Turtles	Jellyfish	Backbone
Olaf	Kiwi	Mattress

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