

Recommended Reading

Yo Yes by Chris Raschka

Say Hello by Jack and Michael Foreman

Pre Visit Activities

- To maximize student success, please consult with your Outdoor Educator before you arrive to determine if the weather and class readiness will allow for the use of the low ropes course elements
- If the ropes course will be used, please familiarize yourself and your students with our OPHEA Guidelines
- If possible, please prepare students to bring a snack that they can bring on course. The Learning Skills Development program works best when we do not stop for lunch until the end of our day together
- familiarize students with cooperative games (e.g., TRIBES, name games, line up games...etc.)
- practice communication activities (e.g., Back-to-Back drawing: students follow each other's drawing instructions without looking and debrief what worked and how to improve)
- participate in a TDSB Character Trait assembly, and talk about how it relates to the classroom and wider community
- begin a Know, Wonder, Learn (KWL) about the TDSB character trait to bring with you to Forest Valley
- Use Google Images to search for "Low Ropes Course" to give students a visual clue to the kind of challenges they will be facing together at Forest Valley (*Depending on weather and readiness)
- brainstorm the types of learning skills that will support success during their day at Forest Valley (e.g., self-awareness, self-monitoring, taking responsibility for personal actions, coping with stress, teamwork, risk-taking, communication etc.)
- have students assess their learning skills before coming (e.g., What are my strengths? What is my next step?)
- have students write a personal goal statement based on their self-assessment to bring with them to Forest Valley
- lead students in some yoga balancing poses such as: tree pose, dancer, eagle pose, warrior etc.

- read books related to character
- engage students in reflective follow up activities after reading using oral, visual, written and/or dramatic communication

Post Visit Activities

- Try one of the cooperative activities you learned at Forest Valley back at school to review the learning skills
- After practicing with your own class, partner with another class to teach them the cooperative activity
- Make a Character Trait or Learning Skill Board and use photos and/or words to capture student examples of the Trait or Skill in action
- With your students, develop a presentation about what they have learned to share at your next Character Trait Assembly
- Have students reflect on their learning at Forest Valley in relation to their goal statement and plan a next step
- Consolidate the learning from the day by collecting strategies or ideas that were learned at Forest Valley and making an anchor chart
- Give students the opportunity to add positive captions to any of the photos taken of their Learning Skills Development and share them in a book, on a bulletin board and/or digitally
- Students reflect on how the concepts learned during the day can be applied to other school, social or family activities
- Continue debriefing shared and guided reading opportunities in terms of character traits and/or learning skills