

WELCOME TO OUR 'ALTERNATIVE VENTURE CENTRE WEEK'

To our darling Daffodils and fantastic Fuchsias,

This week we were supposed to be going to the Venture Centre for a week of outdoor fun and activities. We were so looking forward to spending the week with you up at Maughold and know how disappointed you must be feeling.

So this week, instead of maths, literacy and Spelling Shed we thought we would have our own 'Alternative Venture Centre Week' (AVCW)!

The activities will include some of the things you would have experienced there, including shelter building ... and maybe even a midnight feast!

As always you don't have to do all of the activities, you can pick and choose which ones suit you or your parents can decide which ones they think are best for your surroundings. Some aspects of the AVCW activities carry an element of risk, and it is important that you have adult supervision at all times.

Attached is a list of activities for you to do over the week however if there are any other outdoor activities which you would like to include such as swimming, stone art or swinging on a rope swing these all count as AVCW activities!

One of our favourite things about the Venture Centre week is being able to look back at our time on the Venture Centre video. As we are not going to be all together it would be lovely for you to send us some photos and videos so we can put together a AVCW video! So when you have completed any of the activities please send these to us (if you and your parents are happy to be included in the video)! If possible please make sure all photos and videos are taken in landscape format.

We will also have our very own AVCW section on ItsLearning where we can share all our exciting adventures. On there Mrs Cadamy will put a 'how to' video for if you would like to do a video diary entry telling us about your day (there is a 'Record Video' option on ItsLearning for this' when editing a content block)!

We can not wait to find out what you get up to this week - as always, please keep in touch and stay safe!

Have a great week!

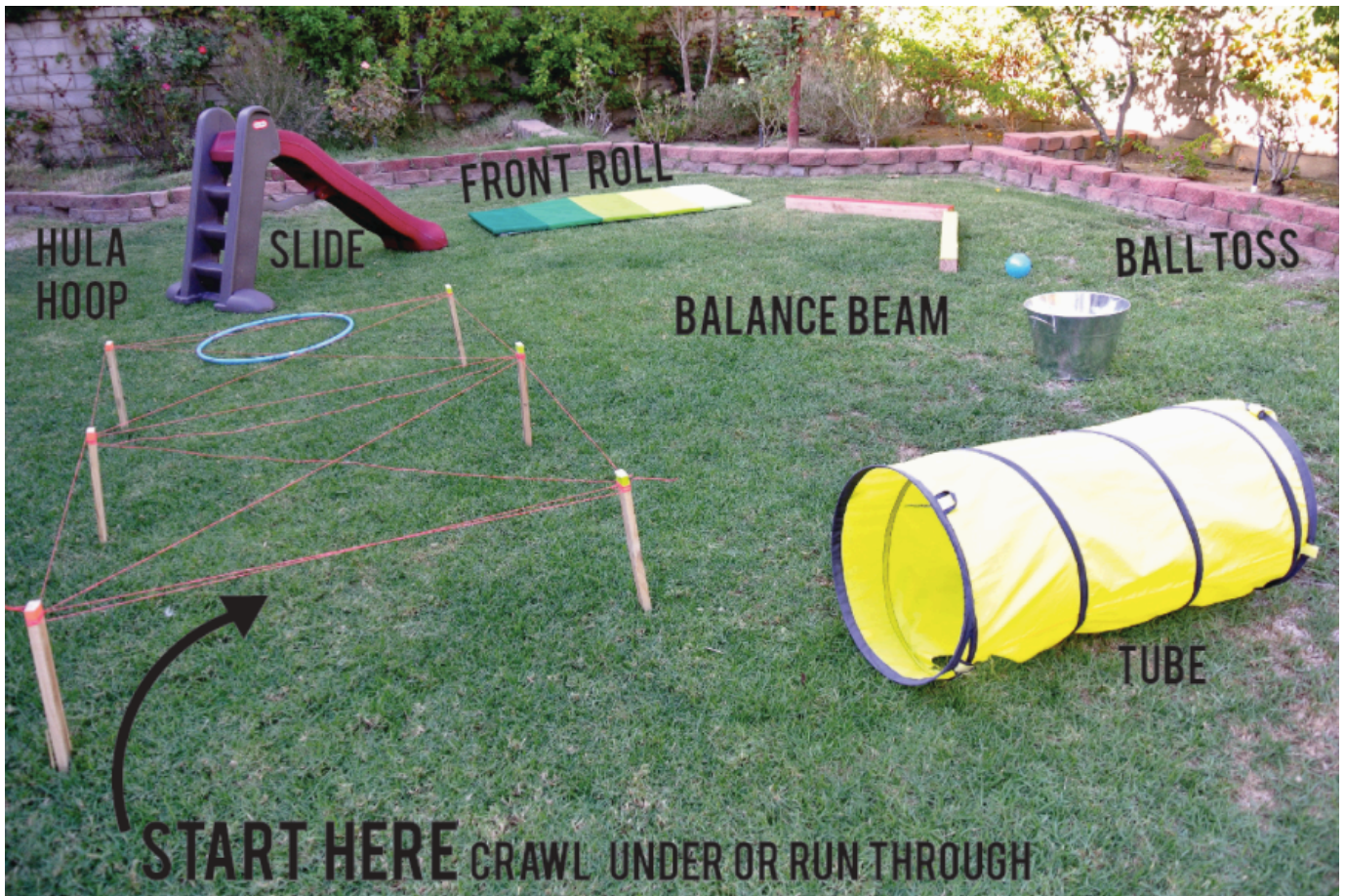
Mr Lythgoe, Mrs Cadamy and Mrs D :-)

LEAF BASKET



Collect together a number of leaves (dry ones are the best). Take a plastic bowl, turn it upside down and cover it with a thin layer of Vaseline. Make a layer of leaves and cover with glue (as you would with papier-mâché). Add a number of layers. 'Leave' (see what I did there?) to dry. When the leaves are completely dry, remove the bowl.

OBSTACLE COURSE



Create your own obstacle course. It can be inside, outside or both!

Time yourself, and your family members to see how long it takes to complete. You could compete against each other or try and beat your own personal best.

NATURE ART



Create a 'natural artwork' using whatever you can find (within reason) - sticks, twigs, stones, leaves, flowers etc. Make it as detailed as you like.

BEACH ART



Get yourself down to Glen Wyllin Beach and create an artwork in the sand. You could arrange to meet a partner and create a joint massive socially-distanced master piece!

TOWER BUILDING



Create the tallest tower you can using just sticks and stones. Measure its height and share your results with us. We'll add up the heights of all the towers and see which class build the tallest!

ORIENTEERING



Go to the following website for a variety of orienteering activities you can do at home. There are several choices including...

Word Searches
Compass Activities
Mapping

https://www.britishorienteering.org.uk/Home_Resources

As the weather improves you may want to have a go yourself. There are plenty of places to choose from on the Isle of Man.

Check out

<https://www.orienteering.im>

for local maps.

Ardwhallan: Bushcraft

Name:

Age:

School/Group:



Bushcraft

Bushcraft is about thriving in the natural environment. From the beginning of human life, up until the invention of modern building, manufacturing and food processing techniques, bushcraft skills were a necessity for survival. Each week you will learn techniques such as firecraft, shelter-building and food gathering and preparation.

Many aspects of Bushcraft carry an element of risk, and it is important that you have Adult Supervision, this could be a teacher, parent or guardian.

Throughout this course you will cover the following topics:

- Introduction to Bushcraft
- Shelter Building & Survival Mindset
- Fire safety & Teepee fires
- Foraging, collecting Water & Cooking on Open Fires
- Navigation
- Building a Camp

In our exploration of these topics we will have an opportunity to do some:

- Fire lighting
- Shelter building
- Cooking & Tasting
- Camp building

We hope that by the end of the course you will have increased your knowledge of:

- Equipment and its proper use and care
- Risk assessment and management
- Bushcraft & survival techniques

Most importantly we hope you will have learnt something and have had some fun!

If you require any assistance with this programme please contact jenny.lantry@sch.im or 07624 375213 during daytime office hours.

Session One

Introduction to Bushcraft

Location: Garden or Beach, Glen or Plantation

What you need:

- Adult Supervision – ask them to join in too!
- Print the booklet OR use some scrap paper to draw and copy things.
- Camera or colouring pencils/pens/crayons

Aims:

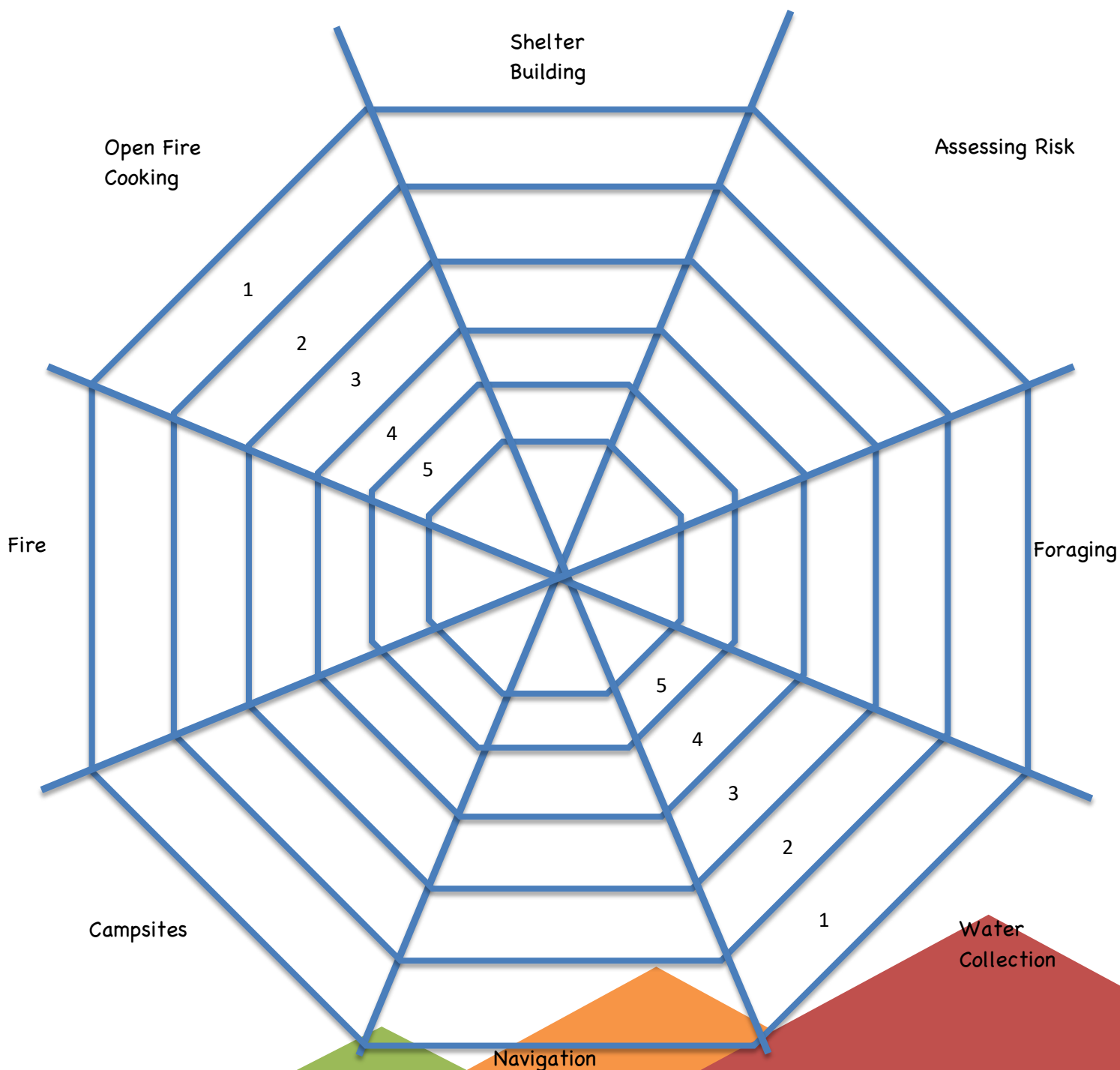
- Understand what the Bushcraft program is
- Identify some elements of bushcraft
- Think about a suitable bushcraft area
- Be aware of basic equipment you might need

Bushcraft Work:

- Spider's web
- Survival Wishlist
- Mini Camp creation
- Choosing a Location

Spider's Web

Colour in the web to show how much you know about each topic. Colour closer to the middle the more you know, don't worry if you don't know much at the moment! Hopefully we'll get closer to the middle by the end of the course.



Survival Wishlist

If you were dropped into a wild environment, try to think of the things you would need to survive. These will be different for different environments so try to stick to one, for example either a beach or a glen. When you have decided where you've been dropped, talk to whoever is with you (a parent, teacher, sibling or friend) and try to fill in the table below with what you would need for the different time frames.

1 week	3 Months	1 Year



Here are some things you may have included:



Shelters

This is an example of a shelter that you may have seen before. Building a shelter depends on the type of environment you are in. If you were somewhere hot and dry your shelter needs to be shadey with lots of air flowing through, but if you are in a wet environment then you would need to make sure your shelter has a waterproof canopy.

Cooking

Something to cook on, this could be an open fire or a stove and which one you choose will depend on where you are and the fuel available to you. Open fires can be very dangerous in forests and are better suited to beaches, where you can find driftwood or collect wood from a nearby glen. You would need to use a stove in an area where there is very little wood supply, such as high up in the mountains or snowy environment or in places where the chance of fire spreading is high.





A Water source

You will need a supply of fresh water for cooking and cleaning your equipment. This could be a river or stream or you might have to fill a bottle and carry your water to your campsite.

Food

There are lots of food sources that you can forage in the wild. These might be berries, mushrooms, nuts, plants, shellfish or fish. Whether you carry food to your camp or collect it when you are there, you will need somewhere to store it so it is safe from vermin and insects and stays fresh. This could be an airtight container that you can tie up in a tree or keep cool in a stream.



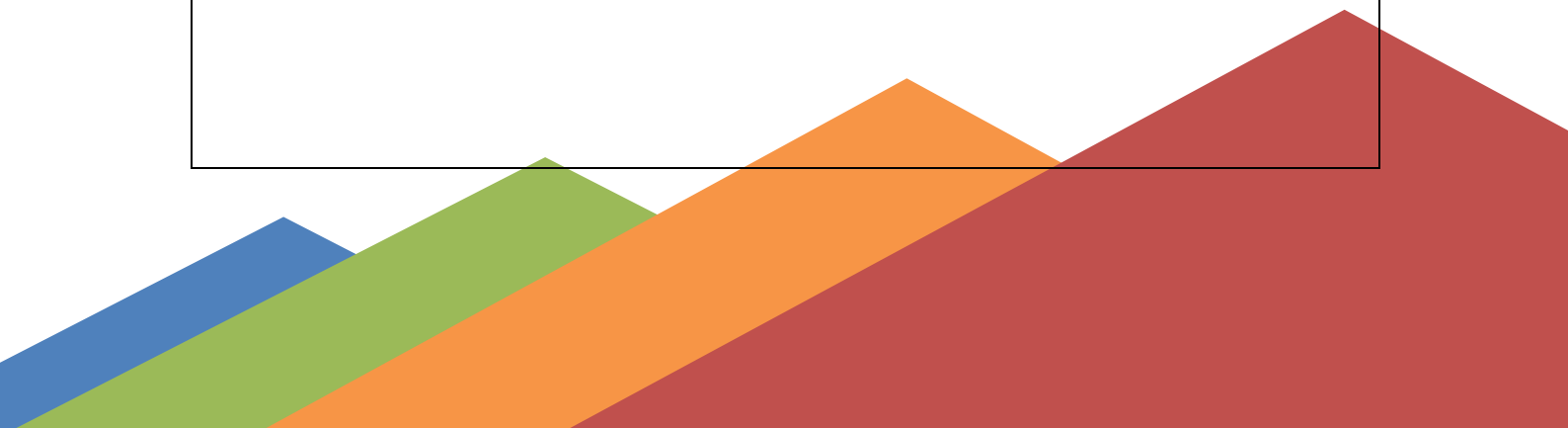
A Positive Mindset!

Bushcraft can be really challenging at times so it is really important that you have a positive approach to it. Making a fire can be difficult and might not always work out the first, second, or even the third time you try. Building a shelter can be frustrating if its windy or wet and you are cold and tired, or things aren't working out as you expect. Foraging for and cooking food can take time, which you might not be in the mood to spend if you are hungry. But all of these things will be much easier and more enjoyable if you approach them with a positive mindset.



Making a mini Camp

Now let's see what your camp might look like. To do this, find an outside space (around 1 meter x 1 meter) and start building a miniature campsite using twigs, pebbles, leaves, grass, feathers, and anything else you can find in nature. If you can, take a photo of your mini campsite and attach it here, or perhaps you might prefer to do a drawing and label it.



Choosing a Location



We have thought about what we might need for Bushcraft, now you need to think about where you are going to set up your camp. Here are some examples of Campsites we have built:



You don't have to use the same place for your camp each week, but if you are going to build a camp in a public place it is important that you dismantal it each time, and do not leave any sign that you have been there. "Take nothing but pictures, leave nothing but footprints!"

Over the coming week try to visit places you think might make good campsites for longer term use. Think about all the things that you have highlighted as important for your camp, and concentrate on places that have these things. Put a pin on the map (or draw your own map on some scrap paper) for each place that you find, and put some notes for why you liked it.



Next week we'll be learning more about:
Shelter Building & Survival Mindset

Session Two

Last session we looked at what sort of things you would need to survive in the wild, what you might need to build a camp and where you might choose to build it. This week we are going to look in more depth at:

Survival Mindset & Shelter Building

Location: Garden or Beach, Glen or Plantation.

If you can't get outside don't worry you can have a go at shelterbuilding indoors too!

What you need:

- Adult Supervision – ask them to join in too!
- Print the booklet OR use some scrap paper to draw and copy things.
- Camera or colouring pencils/pens/crayons
- Shelter building materials

Aims:

- Learn about your own mindset
- Learn about materials for shelter building
- Be aware of different types of shelters
- Design and build a shelter

Bushcraft Work:

- Mindset Questionnaires
- Plan and design
- Build a shelter
- Review you design

Survival Mindset

Being Bothered, it Really Matters!!!!

What does it take to survive in the Wild? The biggest battle you will have in a bushcraft situation will be in your head.

An outdoor environment is very dynamic, as are the materials you will find to use. Changeable and varied environments mean you will need to develop a soft skill-set, alongside the hard skills we are learning, to cope with the challenges ahead.

Hard skills - these are practical skills you will need, which you can develop. They include things like knots, lighting fires, navigation, and building shelters, or some that might be more familiar to you are reading and writing.

Soft skills - these are emotional and social skills that we develop over time, such as Patience, Communication, Empathy, Flexibility, and Problem Solving.

If we recognise how we act in different situations this can really help us, not just in bushcraft but as part of our 'bag of tricks' for life. Adapting the way we work to best suit a situation that is put in front of us is a very powerful tool. Some would call this Mindset.

What is your mindset?

Do you believe	Yes	No
I am born with this amount of intelligence and I can't change that		
My intelligence changes depending on how much I challenge my brain		
I can learn new things but I will always have a set amount of intelligence		
I can learn new things and this will help increase my intelligence		
Talent is something you are born with not some I can develop		
If I practice enough I can develop a talent for it		
My friends have are good at things, they were born with a higher level of natural ability.		
I can be good a a skill if I spend time to practice regardless of natural ability		



Now you have done your test, we can have a look at what this means.

If you had most of your answers in the yellow areas this means you may have a Fixed mindset. This means you would see failing at something as unchangeable and have little patience towards challenging tasks and would see change as difficult.

If you had mostly green ticks you have a preference towards a Growth mindset. This means you would be able to see mistakes and learn from them to keep going with a new result in sight.

If you ticked in multiple areas then this is a developing area of thought for you.

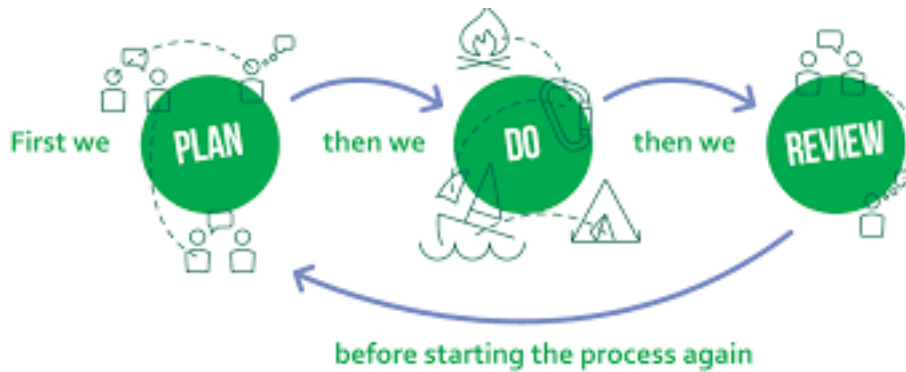


These are exciting times! We can now move forward with an understanding of the mindset we have. If we can recognise how our brain is ticking, then we can develop it to best suit our situation. You can think – how am I acting in this situation? Is it helpful to have a fixed mindset, or can I achieve more by problem solving and developing ideas, listening to others, trying different things and talking through ideas to achieve a compromise?

Do you think the following statements show a fixed or growth mindset?

	Fixed	Growth
My shelter is leaking and I can't be bothered to do anything about it		
My shelter is leaking lets see what I can find to help stop it		
I can't tie knots		
Can I have a go at trying to tie that knot?		
It is really hard to find wood in this area, I can't be bothered		
Its really hard but I will go and look further for the right wood		

Shelter Building



When we start to build our shelters, we can develop a process that helps us achieve the best shelter we can.

Firstly PLAN. If you can build anything you like, what would it be like? I like to call this the 'Disney' approach: go wild, think about all the things you could have in and outside of your shelter.



Now is time to DO. This is where we look at the materials we have and the location we can build in. We may need to review our Disney plan to fit with the hurdles we are approaching, these could be: Time, Materials, Location and Tools. Remember it is at this point we need to be positive and think of our mindset to develop and compromise to achieve the goal that best fits our plan.

Time to review / reflect. Now the shelter has been built it's time to enjoy and think about the things we could do different in the future, things that would make your shelter even better, if you possibly could!!



So, where do you start? Your shelter needs to be in a safe place where you have lots of room. Think about what functions you want your shelter to perform:

Sun Shade		Wind Break	
Waterproof		Airy	
How many people need to fit?		Do you need anything else in there?	
Where should the entrance be? Into wind or away from it?		Does it need to be camouflaged?	

Materials

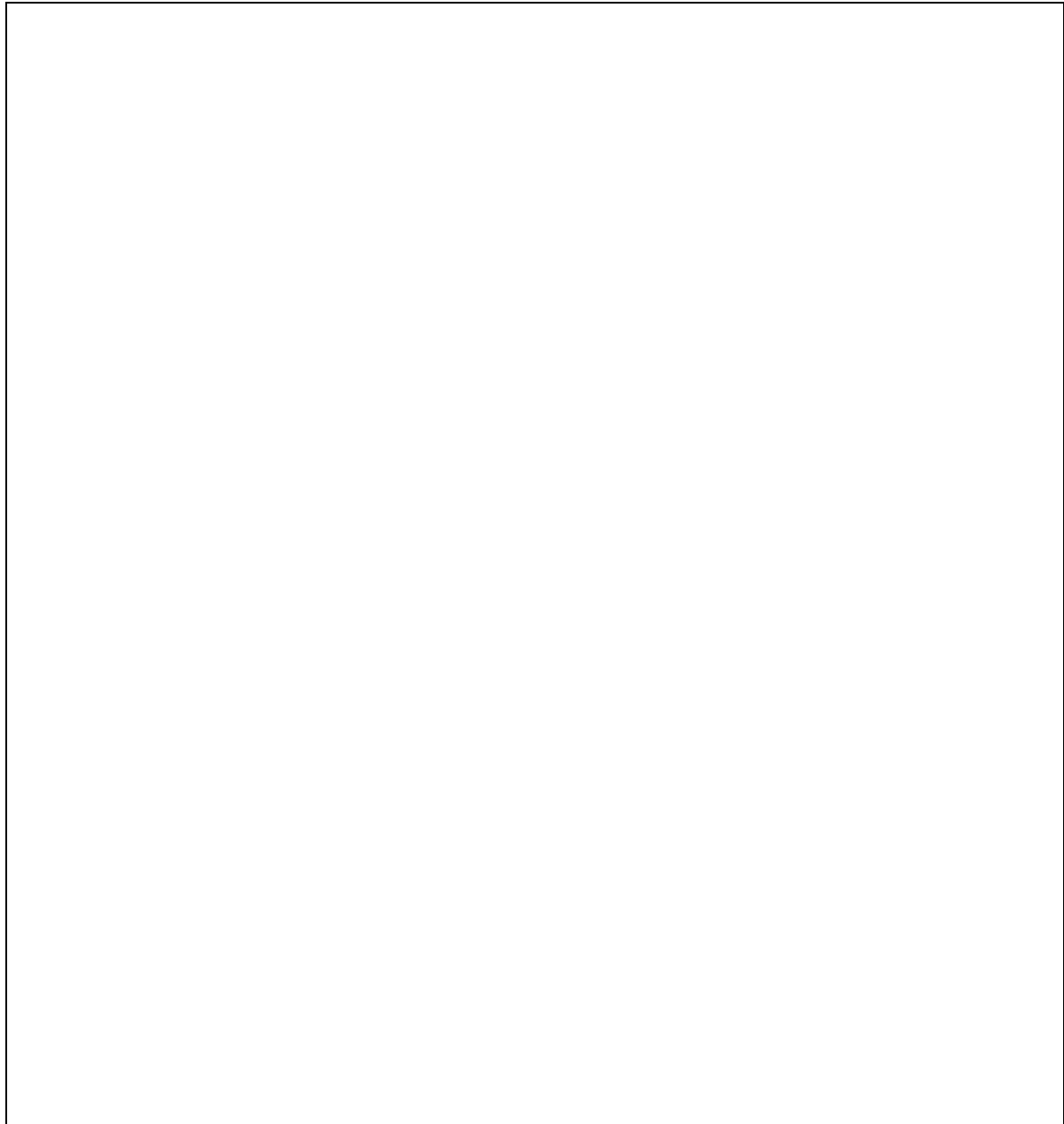
What will you need to make it? Think about natural materials that you might be able to find at your location, such as stones, sticks and leaves, and man-made materials you might be able to find at home, such as plastic sheets and string. Make sure you only use sticks and leaves from the ground, **do not take them off living plants or trees**, as this could be harmful to the environment.

Make a list of what materials you will need to make your shelter.

Some ideas for you shelters



What will your shelter look like? Draw a picture in the box or on separate piece of paper, or you could even make a model, of what you want your shelter to look like:



Lets go and build !



Spending time in your shelter

Spend some time in your shelter, lie down on the ground, how does it feel, what can you see, what can you hear, what can you smell?

Test your shelter out?

Give it a score out of 5 for:

Sun Shade		Wind Break	
Waterproof		Airy	
Space inside		Comfortable	
Access (getting in and out)		Camouflaged	

What could you add to your shelter, or how might you change it if you were going to live in it for a week?

If you have built your shelter in your house or garden, maybe you could leave it up to see how well it does over a few days and spend some time in there each day. If it is in a public place like a plantation, beach or glen, don't forget to dismantal it the same day and remove any sign that you were there. Leaving shelters in place, even if they are made of natural materials, is not good because they may become unstable and dangerous over time. They can also become unsightly for other users or spoil the fun for others visiting the area to build shelters.

'Take nothing but pictures, leave nothing but footprints'

Next week we'll be learning more about:

Fire Safety & TeePee Fires