

Team Building Classes

CLIMBING WALL

*Striving to climb a 40-foot wall with hand and foot holds, students experience rock climbing and feel the exhilaration of attempting a daunting feat. Encouraged by their peers and led by a trained ropes course instructor, students set and achieve personal goals, confront fears, and gain self-confidence in a unique outdoor experience. **We charge an additional \$15.00 equipment fee per field group for this activity***

Time: 1.5 hours

Grade Level: Students must be in 5th grade or older

Activity Level: Strenuous physically and mentally; cannot be modified for universal accessibility

Students will:

- Set, work toward, and achieve personal goals with confidence and support from their peers
- Learn how gaining personal confidence requires taking (perceived) risks when success is not assured, and understand that failure is an important part of growth

TRUST SWING

*Students work together to lift one another with a certified pulley system on a giant swing. Students place trust in their group and control the amount of risk with which they are comfortable by setting personal goals for how high they would like to be lifted. **We charge an additional \$15.00 equipment fee per field group for this activity. *We can only accommodate 8 field groups per 3-day trip on the Trust Swing****

Time: 1.5 hours

Grade Level: Students must be in 5th grade or older

Activity Level: Strenuous mentally, physically low to moderate; accommodations can be made for some physical limitations as riding the trust swing involves minimal physical exertion

Students will:

- Learn that trust requires teamwork, and setting and achieving personal goals can result in self-confidence gains
- See that the use of simple machines, like compound pulleys, changes the amount of energy required to move an object
- Relate potential and kinetic energy concepts using the Trust Swing as a model

POWER POLE

*Students challenge themselves to climb a 25-foot telephone pole and jump for a bell suspended nearby. This activity provides the most significant mental and emotional challenge for students. The group setting offers emotional support for each participant, who is also supported by a trained ropes course facilitator to ensure physical safety. **We charge an additional \$15.00 equipment fee per field group for this activity.***

Time: 1.5 hours

Grade Level: Students must be in 7th grade or older

Activity Level: Very strenuous mentally, physically low to moderate, must be able to climb a ladder

Students will:

- Set, work toward, and achieve personal goals with confidence and support from their peers
- Learn how gaining personal confidence requires taking (perceived) risks when success is not assured, and understand that failure is an important part of growth
- Trust in themselves, others, and safety systems as components of personal growth

TEAM CHALLENGE

Students will participate in a series of group problem solving activities that encourage cooperation, communication, and trust. Each class is tailored to the needs of the group and is a unique experience. The group is encouraged to review their experiences, link them to relevancy in their daily life, and extend these new ideas as they approach situations at home or in school. MEC facilitators will choose the activities based on the individual group's needs. Because of this, each student group will have a unique experience and different activities.

Time: 1.5 or 3 hours

Distance: Minimal walking required

Activity Level: Easy to strenuous; can be made universally accessible with notification

Students will:

- Practice active listening and sharing of ideas are important components of success in group work
- Work with others to solve problems highlights the variety of solutions a problem may have
- Problem-solving skills need to be honed with practice, and are valuable in all aspects of life