

FIELD TRIPS

Looking for a 'WOW' Day That Positively Impacts EVERY Student's Full Potential?



What We Offer

Our team of professional people & horses create a unique & FUN environment where students learn to recognize, develop and maintain highly positive life & social skills.

Our Focus:

- ✓ Social-Emotional Learning (SEL)
- ✓ Stress Management Skills
- ✓ Positive Youth Development
- ✓ Growth Mindset Practices

BOOKING MAY ~ OCTOBER 2024

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www.confidentkidscanada.ca

see reverse for details

Confident
KIDSCANADA

What does a day at Confident Kids Canada look like...?

Our Field Trip Learning Adventures are specifically designed to encompass all SEL core competencies, build developmental skills & assets predictive of healthy development and create a strength based foundation that enables students to truly thrive!

Activity #1 GRATITUDE TREASURE HUNT

A Treasure Hunt through forest & field in search of the key to our happiness ~ gratitude! Students will work together to find, inspire & create what they are thankful for. Afterwards, they'll learn the basics of mindfulness as another tool of emotional awareness & self management. A new twist on an old classic AND the foundation of a Growth Mindset!

Activity #2 EQUINE ASSISTED LEARNING

Students will be learning emotional regulation & relationship skills in our strength based learning environment where horses are the teachers. Either through demonstration or hands-on learning experiences, your group will leave with a clear understanding of healthy communication, leadership & social awareness. They will learn simple tools that strengthen their mindset, behaviours & outcomes.

Activity #3 TEAM DEVELOPMENTAL GAME

Effective communication & teamwork are the only ways to handle these gaming challenges! Student led problem solving (there's no right or wrong) and collaboration with one another brings creative & hilarious outcomes for all participants! You can expect some breakout skills & asset development as we go plus our 'skills beyond the lesson' takeaways to promote family & community connections relevant to the day's learning!

SEL COMPETENCIES

Self Management
Relationship Skills
Responsible Decision Making
Self Awareness
Social Awareness

DEVELOPMENTAL SKILLS

Emotional regulation, working cooperatively, asking for help, making safe choices, evaluating consequences, healthy communication, goal setting, problem solving, positive mindset, self motivation, accountability, etc...

OUTCOMES

Improved Attitudes
Fewer Negative Behaviours
Better Academic Performance
Reduced Emotional Distress

CONNECTING Kids to Their Bright Futures!