



# Field Trip Learning Adventure Itinerary 2024

*Learn ~ Play ~ Grow!*

## Introduction

Welcome to your FIELD TRIP LEARNING ADVENTURE Itinerary where students will be immersed in outdoor, adventure play that builds upon their personal strengths and potentials while having a ton of fun! Our unique learning environment is specifically designed to empower *every* student with the confidence & skills to thrive! As you know, this is no ordinary event and we have a style that's all our own! We've outlined all of the details here so that you are completely informed and ready to go forward with this valuable learning experience. Thank you for joining us, we are excited to become a positive influence on the lives of your students!

## Schedule Overview

Your group(s) will attend Confident Kids Canada for a 3 hour event on **a date TBD** (***Parents are welcome & encouraged to attend with your group!***)

Your class will participate in a variety of outdoor, developmental activities where we will focus on building a strong foundation of Social-Emotional Learning (SEL) competencies in *all* students. We will engage their senses, spark their interest, increase their confidence and create positive & fun learning experiences that begin connecting them to their full potential!

Throughout the Event, we will introduce the values of a Growth Mindset to your students in ways that are easy to understand and simple to put into effect. Topics such as Gratitude, Boundaries & Mindfulness are introduced as the basic practices for managing our emotions and our happiness and kids are taught *age appropriate* techniques that are quick and simple to use. Nothing too deep (we don't want them tuning us out) but enough to start a journey of self awareness and confidence that creates the foundation for all future growth!



## Planned Approach

In order to keep all of the students engaged, we have planned multiple activities.

**#1 - Gratitude Treasure Hunt** – The first thing students will learn is the key to their happiness ~ GRATITUDE! We will help them understand this valuable mindset tool before sending them out through forest and field to find, inspire & create GRATITUDE. Students will receive instructions and safety precautions to navigate the property and find natural treasures within a two acre (approx.) area of green space and tree line.

**Mindset Practices** – The practices of ‘Self Awareness’, ‘Boundaries’ and ‘Brain Breaks’ (Mindfulness) will be introduced through simple examples & activities that each student will find understandable and easy to remember. They will receive handouts & a small poster to reinforce the learning at home & in the classroom.

**Handouts**– ‘Gratitude Treasure Hunt’ item list, ‘My Gratitudes’ daily prompts, ‘What About Me?’ self reflection questions, ‘How to Set Boundaries’ worksheet, (grades 7-12 also receive The Smalley Institute’s Animal Personality Quiz), ‘Brain Break’ definition poster.

**#2 - Equine Assisted Learning Presentation** - Students will be learning about emotional regulation, healthy communication & relationship skills as demonstrated by a facilitator working alongside of a horse teacher from our Equine Assisted Learning program. Students will observe how being confident and in control of themselves has a positive effect on how they cooperate with others. The responses from the horse will not only engage the students & staff but will clearly demonstrate how their communication impacts their outcomes.

**\*\* Optional – Hands-On Equine Assisted Learning** – Students work alongside our horse teachers (no riding) to not only learn social-emotional competencies but to actually *experience* putting the learning into action! When we link an *emotional experience* to the lesson, students will remember and are able to draw upon those skills when needed. Invaluable!

**Participation in hands-on Equine Assisted Learning is at the discretion of your school policies & regulations. Please inquire to include this hands-on segment into your Field Trip (no extra fee, permission & waivers included.) Alternatively, the Equine Assisted Learning Presentation is included in every Field Trip Learning Adventure and complies with all safety guidelines.**



## Planned Approach Cont'd

After our Equine Assisted Learning, we will have a picnic on the grass. Students & staff will bring their own bagged lunch and there will be light snacks and refreshments provided. Students can enjoy some free time to relax or to explore our amazing, outdoor environment and ask any questions they may have.

**#3 - Team Development Game** – Teams will work together through challenges based on effective communication & teamwork – but there's a twist, one person simply *cannot* operate without the cooperation of another. Our developmental games are designed specifically for SEL skill building & supported by strategies & follow ups, creating ongoing opportunities to thrive!

## Schedule Details

**Date – TBD (Availability is Mondays or Wednesdays)**

**Time – TBD (Duration approx. 3 hours)**

**Arrival at the Farm** – Please park in main yard, at white fence with 'Parking' signs. You will be met by a team member and taken through to the arena where all activities take place. (We can easily accommodate buses and multiple vehicles)

**(10 – 15 min) Introductions & Safety** - Run through introductions, safety practices, farm rules and the planned activities

**(45 min) Treasure Hunt** - Students will engage in a Gratitude Treasure Hunt through forest & field. Participants will receive instructions and safety precautions to navigate the property and find natural treasures within a two acre (approx.) area of green space.

**(30 min) Equine Assisted Learning Presentation** - Students will gather outside the arena fence for a short, interactive demo of emotional awareness and communication as demonstrated by a facilitator and a horse teacher. Time included for students to meet & greet with horse teachers.



## Schedule Details Cont'd

**(30 min) Hands-On Equine Assisted Learning (OPTIONAL)** – Students will gain hands-on learning experiences working alongside our horse teachers (no riding) where they will begin to recognize their own strength & abilities to create positive outcomes in all they do!

**(30 min) Lunch & Free Time** – Kids will bring a bagged lunch and there will be light snacks & refreshments provided. Students can run around or relax & enjoy the natural environment

**(45 min) Developmental Game** – Fun, interactive games based on developing the core SEL competencies. Games will be chosen in accordance to your available time & educational focus

**End Time** – we anticipate this event to be duration of approximately 3 – 3.5 hours

## Your Investment & What's Included

Length Of Program	Costs*	Notes
Approx. 3 hours	\$15/student	Parents are welcome No charge for adults

### Your Investment Includes:

- ✓ Participation of parent or guardian
- ✓ Unlimited parent/staff participation
- ✓ Ongoing participation in regular Empowerment Events
- ✓ All event design & planning
- ✓ Internationally certified facilitators throughout the duration of the event
- ✓ All activity materials, handouts, and event consumables
- ✓ Full liability insurance
- ✓ Refreshments & snacks
- ✓ Exercise briefing & debriefing plus follow-up activities

Your investment does not include: Transportation or Accommodations



## Next Steps

Your Field Trip event coordinator is Shana Nicholls. Please contact Shana to schedule your classroom's Field Trip Learning Adventure. Shana is happy to discuss your objectives and requirements in detail in order to fine tune the planning for this event.

Further information about Confident Kids Canada can be found at <https://www.confidentkidsCanada.ca/>

Thank you for your time & interest in developing students to their full potentials, we look forward to working with you!

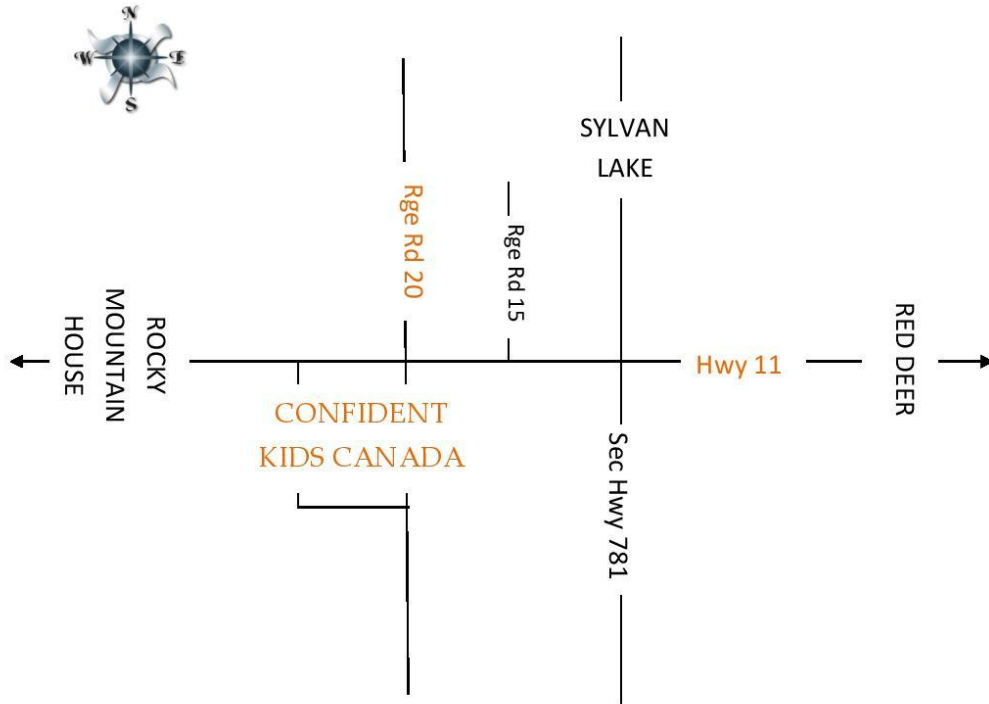


Sincerely,

Shana Nicholls

Director/Program Coordinator  
Confident Kids Canada  
Phone (403) 507-9619  
[shana@confidentkidsCanada.ca](mailto:shana@confidentkidsCanada.ca)

*Confident*  
KIDS CANADA



Highway 11 & Rge Rd 20  
 Approx 2 miles West of Sylvan Lk  
 R.R. 20 South – First Driveway on Right

38344 Range Rd 20  
 Red Deer County, AB  
 (403) 507-9619