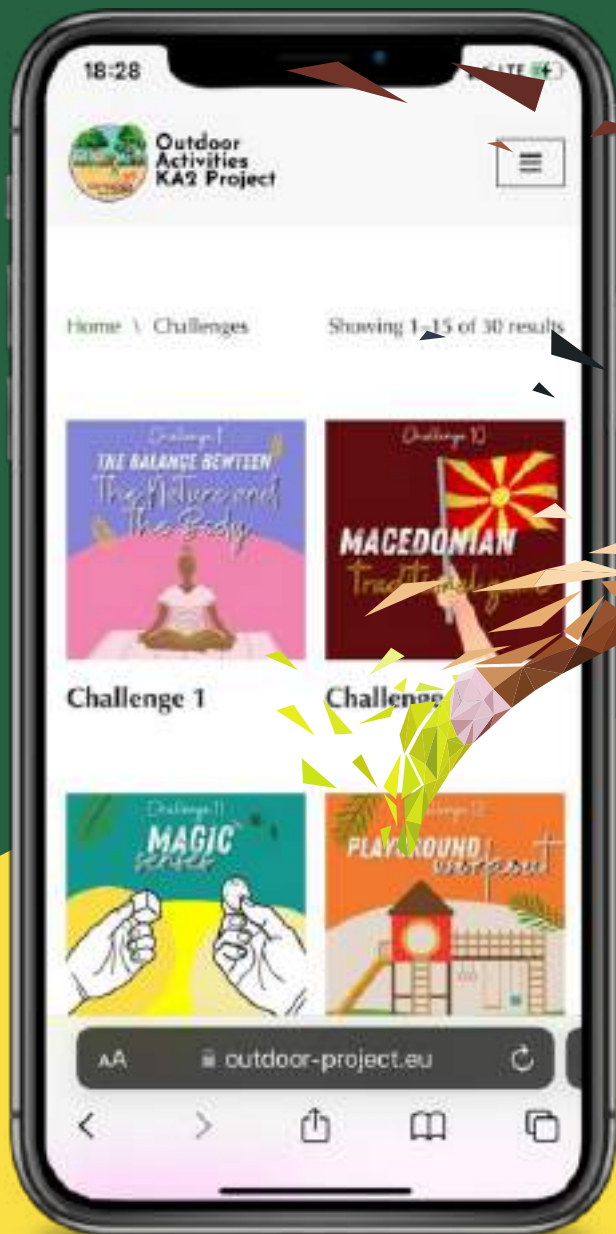


# YOUTH WELL-BEING AND GETTING OUTDOORS after Covid-19

**HANDBOOK**



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# About The Handbook






This Handbook is created to make your outdoor experience more fun and enjoyable.

The handbook is for outdoor activities that can be used in non-formal education or in schools, from physical activities and storytelling to getting to know each other, communication, team building, trust and problem-solving games to using expedition as a tool for learning. It provides guiding principles, key ideas and practical suggestions to enrich and enhance youngsters learning and development in the outdoors.

Here you can discover 30 ways to creatively explore the outdoors. Each great hands-on game and activity will help you add fun, excitement, and meaningful learning experiences and create better social relations with your friends and family. From the backyard to the wilderness, activities for different settings, and climates, and whether it features both practical and creative “missions” to engage in learning, physical activities and playing.

Additionally, this handbook is maximizing the positive impact that outdoor experiences have upon young people and individuals in general, and the idea of why they should have access to the frequent, continual and progressive experience of outdoor time. Each activity has a description, methods and goals activity with tips and tricks, to be used by each individual who wants to start this journey.

In this guide, the term ‘outdoor experience’ embraces activities and experiences that:

-  **Always take place in the outdoors;**
-  **Frequently have an adventurous component;**
-  **Involve physical activity and storytelling methods;**
-  **Give you the opportunity for self-reflection and self-esteem;**
-  **Create better relations with your friends and family;**

The games are divided into 3 categories: In this guide, the term 'outdoor experience' embraces activities and experiences that:

- 1 Outdoor activities including physical activities and traditional games in nature;
- 2 Outdoor activities including storytelling methodology;

The art of storytelling will get young people to be more engaged with nature. When we hear a story, we often start to visualize it, to see it in our mind's eye. These games are all about painting pictures in the imagination. Participants will have a chance to verbally describe those pictures so language and 'imaging' strengthen each other and build cognitive skills. The ability to imagine, to be able to visualize and describe the things we can see in our mind's eye, is a much undervalued but extremely important skill. Through the games, they will be able to create attachment theory on how humans develop relationships, how we make the bonds of attachment with others and how our relationships affect how we see the world. Storytelling can be an important way of building and strengthening affectional bonds. After all, what we do most often, with those that we are close to, is a kind of storytelling.

- 3 Outdoor activities that should evoke social inclusion using physical activities and storytelling methodology;

The proposed activities aim at the professional growth of the involved individuals who first of all took up the challenge on themselves, to be then able to transmit and guide other young people in their outdoor journey. The participants will be encouraged to be more open to sharing personal stories of both successful and challenging times. This environment will make them more 'human', helping them to connect with their friends on a more personal level. Each activity promotes environments that are physically accessible, welcoming, open to change, and which valued diversity contributed to participants' sense of belonging and participation in their community.

Every single human being has a unique personal story of their experience, thoughts and feelings. Sharing those stories with others can be a powerful tool, changing the attitudes and inspiring both sides - those who listen to the stories and those who tell them.

On the other hand, physical activities are specially designed to be more interactive and spend time with friends and family. With the support and involvement of your closets, every physical challenge is just a time spent with them.

# How To use This handbook:

Each game/activity contains:

- Name of the activity;
- Short description and manner of realization;
- Number of participants (in groups or individually);
- Required tools;
- Rules;
- Desired time for implementation;
- Location;
- The possibility for modification and adaptation;
- Self-reflection questions;

In order to start with the games, you need to read the instructions and plan everything in advance. For those games that involve more than one person make sure that you will share the instruction with them. Each game contains self-reflection questions that will help you in the personal growth process and building trustful relationships with your friends and family. To make the best of this outdoor experience this Handbook is followed by an online application "30 Days Journal" that will help you track your progress and celebrate your achievements. For more information on how to use the application please visit:



<https://www.outdoor-project.eu/30-day-challenge/>

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# Benefits:



Enjoying participating in outdoor activities and adopting a positive attitude to challenge and adventure;



Being physically active for at least 130 minutes per week;



Acquiring and developing a range of skills in outdoor activities, expeditions and exploration;



Developing physical skills that you can adapt and apply effectively in outdoor activities including relevant mental skills (eg, route planning and navigation);



Set the foundation for lifelong engagement in physical activity;



Gaining personal confidence and self-esteem through taking on challenges and achieving success;



Developing your self-awareness and social skills, and their appreciation of the contributions and achievements of themselves and of others through storytelling method and drama;



Learning to appreciate the benefits of physical fitness and the lifelong value of participation in healthy outdoor and leisure activities;



Better mental health and social cohesion through spending time outdoors;



Becoming alive to the natural environment and understanding the importance of conservation and sustainable development;

# Who can benefit from this handbook

This guide has been written to help youngsters evaluate and then set about improving, or further improving, the quality of outdoor experience and education. They will begin their journey to becoming healthy adults and adults with active lifestyles and start to develop emotional connectedness to their environment and community. Educators, families, and other members of the community have a role to play in achieving this vision by demonstrating a positive attitude and participating in proposed activities and challenges.

Whether playing in the backyard, hiking a nearby trail, or visiting a national park, this fun-filled guide will inspire you to get outside and explore the great outdoors.

The handbook can easily be adopted in the school's nonformal programs or during some projects.

The Handbook is developed as a part of the project Outdoor activities for social connectedness, cohesion and well-being of youth (OA/SCY).

Project number: 2020-3-MK01- KA205-094423 .

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1

**OUTDOOR ACTIVITIES INCLUDING**  
*physical activities and traditional  
games in nature*





## ACTIVITY NO.1

Name of the activity: *The balance between* **THE NATURE** and **THE BODY**



### Short description and manner of realization

This challenge will enable you, to participate in enjoyable learning experiences in local woodlands and other outdoor environments such as playgrounds and parks, that will develop motor and physical skills and promote physical health and wellbeing. This challenge will provide opportunities for quality, safe and fun physical activity and at the same time will encourage and support you to reach your full potential within the physical activity. The suggested activities and physical exercises are designed to achieve a balance of cognitive and physical activities. The physical exercises have been sequenced to allow you to warm up, exercise heavy muscles, perform aerobic exercise and then warm down. Additionally, this activity will boost endorphins and help you reduce stress, anxiety, and depression while increasing self-esteem, self-confidence, and creativity, as well as sharper thinking.



### INDIVIDUAL CHALLENGE



### Required tools

- Outdoor shoes/sandals
- Bottle of water
- Extra clothing (optional)
- Outdoor Blankets and Throws



## RULES

## Rules:

In order to reach your destination, you should walk at least 1000 feet (1km).

After you will reach your destination, you will start to warm up your body with simple stretching moves. Stretching is basically any movement that lengthens your muscles (and along with them, the tendons, ligaments, and connective tissue).

## Tasks

1. Work-out – Jump and Touch (3 x 10 repeats)



2. Work-out – Squats (3 x 10 repeats)



3. Work-out – High Knees (3 x 15 repeats)



4. Work-out – Heel Flicks (3 x 15 repeats)



5. Cool-down – Body Twisting



6. Cool-down – Arm Swinging



7. Cool-down The Side-Bend Stretch- Hold the stretch for 20 seconds;



## Desired time for implementation:

Our recommendation:

- ✓ 40 minutes exercising;
- ✓ Every 15 minutes make a 3 minutes break
- ✓ 10 minutes self-reflection



## Location:

Outdoor facilities & open spaces in nature such as parks and local woodlands



## The possibility for modification and adaptation:

This activity can be adopted by any school-based program in order to increase physical activity among students. It also can incorporate physical activity into regular classroom lessons.

It can be combined with other schools- and community-based interventions such as health education about physical activity, activities that foster family involvement, and community partnerships to increase opportunities for physical activity.

## Self-reflection questions:



1

How does participating in physical activity make you feel?

2

How does Your Body respond to this challenge?

3

How does did challenge exercise increased your energy?


4

How does did challenge exercise increased your energy?

## ACTIVITY NO.2

Name of the activity: *Cool down your* **BODY** and **MIND**

### *Short description and manner of realization*



This challenge will be a great experience for your outdoor time. A cool-down can last for 15–20 minutes and includes stretches or gentle variations of the movements. The purpose of cooling down your body and mind is to allow your heart rate and breathing to return to normal and to promote relaxation. One of the most important benefits of this challenge is improved confidence. Your cool down is a great opportunity for you to reflect on your accomplishment and give yourself credit for the hard work you did during the workout. This can promote a sense of relaxation and well-being and boost your motivation. Take your mood outdoors, embrace the fresh air, and relax your mind through body and mind art.



### INDIVIDUAL CHALLENGE



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Outdoor Blankets and Throws

Like the warm-up, the cooldown should include the entire body but should include more stretching (Upper, lower, and core). Each stretch should be held for 30 to 60 seconds with enough tension, but avoid painful intensities. Remember to breathe through the stretches, but do not bounce.

Health benefits such as increased blood flow, injury prevention, and increased flexibility will be obtained through proper and consistent use of a warm-up/cool down.

Using Breath Work to Cool Down Your Mind

"Cooling breath" it's a great start to cool down your mind and lower stress in the body.

## INSTRUCTIONS:

- ✔ You can do it in any position. But while you are learning, it is best to lie on your back with your knees bent.
- ✔ Put your left hand on your belly and your right hand on your chest. Notice how your hands move as you breathe in and out.
- ✔ Practice filling your lower lungs by breathing so that your "belly" (left) hand goes up when you inhale and your "chest" (right) hand remains still. Always breathe in through your nose and breathe out through your mouth. Do these 8 to 10 times.
- ✔ When you have filled and emptied your lower lungs 8 to 10 times, add the second step to your breathing: inhale first into your lower lungs as before, and then continue inhaling into your upper chest. Breathe slowly and regularly. As you do so, your right hand will rise and your left hand will fall a little as your belly falls.
- ✔ As you exhale slowly through your mouth, make a quiet, whooshing sound as first your left hand and then your right-hand fall. As you exhale, feel the tension leaving your body as you become more and more relaxed.
- ✔ Practice breathing in and out in this way for 3 to 5 minutes. Notice that the movement of your belly and chest rises and falls like the motion of rolling waves.

### THE CAT COW:



Start on all-fours with your hands beneath your shoulders and your knees beneath your hips. Inhale to enter "cow": Look toward the sky as you arch your back. Hold for a moment or two. Exhale as you enter "cat": Round your back as you push your hands into the ground. As you push, naturally let your shoulder blades move away from each other and release your head toward the floor. Hold for a moment or two then return to the cat. Perform as many cat cows as desired and move at your own pace.

## SEATED TWIST



Sit with your legs straight in front of you. Cross your right leg over your left, and as you do so, bend that right knee so the right foot can remain flat on the grass. Sit up tall and anchor your right hand behind you. Inhale and lift your left arm. Exhale and bring the arm over your right thigh. Hold for your desired time and continue to breathe. Deepen the stretch as you feel yourself begin to sink into it. Then switch sides.

## FEEL THE GRASS, WATCH THE SKY





Lie on your back and face the sky. Bring your knees up and start with your feet flat on the grass. Then as you keep your shoulders glued to the ground, rotate your knees as far to the right as you can without your shoulders lifting up. Hold for a few moments then switch. Move at your own speed and do as many repetitions as you like (just make sure you give both sides the same amount of love).



### *Desired time for implementation:*

Our recommendation:

-  30 minutes for the challenge
-  10 minutes self-reflection;

### *Location:*



Outdoor facilities & open spaces in nature such as parks and local woodlands



## *The possibility for modification and adaptation:*

Teachers can also practice some of this exercise with the student by incorporating physical activity breaks into their daily classroom routines.

\*Important: Before trying these exercises in your classroom, make sure none of your students has health conditions that require restrictions on physical activity. Make sure each student has plenty of space, and won't bump into classmates or anything else. Also check to see if all your students are wearing appropriate shoes, such as sneakers. If students touch the grass during any exercises, make sure they wash their hands with soap and water or hand sanitiser when they're done their exercise break.

## *Self-reflection questions:*



1

What do I want to do next workout?

2

How did I challenge myself today?

3

What are two things I did well and 2 things I could improve on?




## ACTIVITY NO.3

Name of the activity: *Anything you can do*

**I CAN DO IT BETTER!**

### *Short description and manner of realization*



This is a perfect game that you can play with your bosom buddy (best friend). It will bring out your most competitive side and allow for great fun afternoons or evenings. You'll get the most out of physical activities that both of you enjoy, and you'll keep coming back for more. For this game, we created a set of 5 physical activities, but you can also suggest exercises on your own. The winner is the one who will have a better score in total.


Keep in mind that it's recommended that adults should do 150-300 minutes of moderate-intensity physical activity a week. Starting with just 30 minutes a day will put you and your friend right in the middle of that range.

**SO LET'S START!**



*Number of participants: 2*

### *Required tools*

- 
- Outdoor shoes/sandals
  - Bottle of water
  - Outdoor Blankets and Throws
  - If you have planned some activities on your own that requires an additional equipment, make sure that you will take it with you;



## RULES

## Rules:



Find your perfect spot in nature to start the challenge;



Stretch your body and warm up for 5 minutes;



Take a 5-minute break after each exercise;



In the end congratulations each other on the good result;

### OUR SUGGESTION:

The first person chooses an exercise, like squats, and performs one squat. Then your partner has to do two squats. Your turn, do three squats. Continue alternating until one person can't continue. Then take a water break. Next time, let your partner choose the exercise, like pushups, and start the challenge. You can compete for each exercise or total up the number of times each person won at the end of your workout.

Mix it up! You can do treadmill sprints or planks, adding 30 seconds each time, box jumps, burpees, or any exercise you choose. This is a great game for competitive people to push themselves to go further during their workout!



### Desired time for implementation:

Our recommendation: 1 hour



20 minutes walking;

5 minutes stretching;

30 minutes of physical activities;

5 minutes break after each exercise = 25 min;



## *Location:*

Outdoor facilities & open spaces in nature such as parks, gardens, river



## *The possibility for modification and adaptation:*

You can play with more people too, just have each person take turns doing the same number of reps (everyone does one squat, everyone does two squats, etc.) so you don't get to a high number of repetitions too quickly. You can call this version "Match Me".

## *Self-reflection questions:*



1 What was the biggest challenge during this game?

2 Say a nice supportive quote to your friend!

3 Did you enjoy bonding with your friend?



## ACTIVITY NO.4

Name of the activity: *The mind, the body and* **NATURE**

### Short description and manner of realization



This is a challenge where your mind and your body will connect with nature at the same time which will enable you to enjoy, relax and boost your energy. There is no other place or surrounding like nature where you can experience peacefulness, calmness and a powerful flow of energy at the same time. This challenge will help your muscles and joints to become strong, tendons and ligaments flexible, allowing them to move more easily and avoid injury. Also being active can reduce stress, eliminate health risks and will reduce normal sitting habits, laziness which are the results of modern technology life. This suggested activity can take place whenever you are feeling comfortable either the public park, by the riverside, on the playground or anywhere outside. This activity will also burn calories that were stored from eating throughout the day.



Number of participants: **INDIVIDUAL**



### Required tools

- Outdoor shoes/sandals
- Bottle of water
- Something that can track the time (watch, phone..)



## RULES

## Rules:

When arriving at your favourite spot, the first thing you need to do is relax take several deep breaths and close your eyes, then slowly start stretching your joints and muscles which will help prevent further injuries. After stretching and gaining some energy you will feel ready and excited to achieve the task.

- 1 Fast walking – 3 x 10 minutes of fast walking ( total of 30 min of fast walking)
- 2 Jumping jacks –After the first 10 minutes are complete you need to do Jumping jacks (3 x 10 repeats)
- 3 Fast walking – 10 minutes of nonstop walking.
- 4 Work-out squats – After the 2nd 10-minute walk you need to take your backpack hold it up high with both hands and you need to do squads (3 x 15 repeats)
- 5 Rest-down – After finishing body twisting for 5 minutes and take some water and rest for another 5 minutes;
- 6 Fast walking - 10 minutes of nonstop walking using breathe IN and breathe OUT techniques.
- 7 Stretching - After finishing the last 10 minutes' walk spend each body part 1 minute to stretch it properly.



## *Desired time for implementation:*

Our recommendation:

- 45 minutes of exercising;
- Take the necessary break whenever you need;
- 10 minutes of observation of the surroundings;



## *Location:*

Outdoor facilities & open spaces in nature such as parks and local woodlands



## *The possibility for modification and adaptation:*

There is also a possibility to transform this activity and present it in the school program among students. This activity can be adopted and fit during the active daily program in the schools. It can also be replaced with daily inside activities and adjusted on the outside.

This kind of activity can be challenging and can be shared with the other schools also with the local-based organization which are promoting mental health, physical activities and institutions that have a role to promote a healthy lifestyle.

## *Self-reflection questions:*



- 1 How does nature have an impact on my mental health?
- 2 How does my body feel after this task?
- 3 How does did challenge exercise increase my energy?
- 4 What is the positive side of spending more time outside?

 **ACTIVITY NO.5**

Name of the activity: *Nature* **SPORTS**



### *Short description and manner of realization*

Exercise is essential for our bodies. However, choosing where you exercise can have even more of an impact on your health.

Working out in nature has profound benefits for your mental and physical health. When you find a physical activity that you enjoy and combine it with nature, it can be a win-win situation, encouraging you to be more consistent and motivated. Explore the nature trails in your area to find the best surfaces and surroundings for your chosen activity, and first, make sure that you have the proper shoes and gear as necessary.

This challenge will also bring benefits to our physical and mental health. It will contribute to a harder workout because your body is constantly adapting to the surrounding environment. Your mind is constantly adapting as well! All you need to do is to find the nearest park and embrace nature with your body.

**SO LET'S START!**




*Number of participants:* **INDIVIDUAL**



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Outdoor Blankets and Throws
- If you have planned some activities on your own that requires an additional equipment, make sure that you will take it with you;



## RULES

## Rules:

To reach your destination, you should walk to your nearest green area or park. After you will reach your destination, you will start to warm up your body with simple stretching moves. Stretching is any movement that lengthens your muscles (and along with them, the tendons, ligaments, and connective tissue). Stretching relieves your pain. Stretching increases your flexibility and range of motion.

### TASKS:

- ✓ Monkey Walk: Crawl on all fours with your chest facing the ground. Get your legs wide and try to keep your butt low. 12X3repeats



- ✓ Crab walk: The reverse of the monkey walk, you're on all fours but with your chest facing upwards. Works the shoulders, core, and legs. 12X3repeats



- ✓ Trees: Have a (Half) Seat: Find a tree with bark that won't cut you or rip from the trunk, and reinvent the wall sit. With your back against the tree (as in a wall sit), lower into a squat, your knees at 90 degrees. Then straighten your right leg and hold for 30 to 60 seconds. Repeat with your left leg. That's 1 rep; do 15.



## Desired time for implementation:

Our recommendation: 1 hour

- ✓ - 5 minutes stretching
- 40 minutes exercising
- Every 15 minutes make a 3 minutes break
- 10 minutes self-reflection





## *Location:*

Outdoor facilities & open spaces in nature such as parks, gardens, river



## *The possibility for modification and adaptation:*

This activity can be adopted by any school-based program in order to increase physical activity among students. It also can incorporate physical activity into regular classroom lessons.

It can be combined with other schools- and community-based interventions such as health education about physical activity, activities that foster family involvement, and community partnerships to increase opportunities for physical activity.

## *Self-reflection questions:*



1

How does participating in physical activity make you feel?

2

How does Your Body respond to this challenge?

3

How does did challenge exercise increase your energy?

 **ACTIVITY NO.6**

Name of the activity: ***A GREEN DAY OUT!***



### *Short description and manner of realization*

A day spent in nature is never a lost day. The studies show that if you are spending just 20 minutes in vegetation-rich nature improves vitality. They define vitality as emotional strength in the face of internal and external oppositions and living life with enthusiasm. So, if you want to be more resilient and have more zest in your life, you need to go outside and have a green day out.

This is a very simple, but jet very energized activity after school, work or during your lunch break;

Do this activity for 30 minutes every day if you want to rewire your brain for success, according to neuroscience



Number of participants: **INDIVIDUAL**



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Outdoor Blankets and Throws
-



## RULES

## Rules:

The first step is to define 12 different challenges that the teams need to complete. The challenges should have clear instructions and locations in the city. These are our suggestions for the quests, but as we mention above, feel free to suggest other activities:

### Leverage Your Lunch Break or have a snack in nature



How often do you eat at your desk, or skip your break altogether, even though you know it's bad for you? Taking your lunch break allows you to refuel, gives your brain a break and is a great opportunity to switch up your body posture. Being outdoors gets you away from what may be stressing you out. Your home and workplace can hold a lot of stress. Taking a short walk outside (or even just a few deep breaths sitting on a park bench) may be enough to clear your head.

Get the benefits of having lunch as well as being outside by finding out where the nearest park, lake or riverside walkway is and take a stroll or jog during lunch a few times a week.

### Then go On A Photography Walk



Get your hashtags ready and take your camera out for a walk in nature. Whether you focus on fine details or wider landscapes, you'll get the benefits of green exercise without even realising you are exercising at all. If the great expanse of the outdoors intimidates you, keep a few photos prompts in mind to help guide your lens.

### Last but not least, Explore Your Environment



Discovering a different nearby national park each weekend is a great way to get to know your surroundings and get some incidental exercise. Pack plenty of water and go exploring.



## *Desired time for implementation:*

Our recommendation: 1 hour or at least 30 minutes



## *Location:*

Outdoor facilities & open spaces in nature such as parks, gardens, river



## *The possibility for modification and adaptation:*

This activity can be adopted by any school-based program in order to increase physical activity among students. It also can incorporate physical activity into regular classroom lessons.

It can be combined with other schools- and community-based interventions such as health education about physical activity, activities that foster family involvement, and community partnerships to increase opportunities for physical activity.

## *Self-reflection questions:*



1

What are the things in nature that you like or you appreciate?

2

How are humans and nature connected?

3

How am I having an impact here?

4

Which story had the most unexpected development?



## ACTIVITY NO.7

### Name of the activity: *Playground* **WORKOUT**

#### *Short description and manner of realization*



You are never too old for the playground: If you no longer fit on the slide, you can easily use it for a varied outdoor training program. This method reveals how the playground becomes a replacement for the gym or an outdoor gym.

Adults can let off steam on the playground: the children's paradise is ideal for improving your fitness, exercising your balance and boosting your creativity.

This method presents 7 exercises for outdoor training on the playground:

1. Climbing scaffold for warming up
2. Lunges on the swing
3. Squats at the Swing
4. Sandbox
5. Chin-ups on the bar
6. Slide
7. Seesaw



*Number of participants:* **INDIVIDUAL**



#### *Required tools*

- Outdoor shoes/sandals
- Bottle of water

- Important: Avoid rush hours on the playground. We recommend using the playground in the early morning or late evening. You should also observe the playground regulations.
- 7 exercises for outdoor training on the playground:

## 1 Climbing scaffold for warming up;

Make Spiderman competition: just have the courage to climb again. You quickly start sweating, your body and head get warm and are ready for further exercises. Climbing promotes balance, coordination and self-confidence. But if you are no longer used to the movements, you should be very careful.

## 2 Lunges on the swing;

A real training alternative for legs and tushie! Place one foot with the back of your foot on the swing, place the other foot in the falling step, look for a firm stand and let's go: The weight is on the heel, while now the foot on the swing is pulled forward. It stays on the swing the entire time.

## 3 Squats at the Swing;

The swing serves as an aid for an upright upper body. Grasp swings at both ends of the seat. The handle is loose and light. Weight is on the heels, hip-wide stand. Squat low, but is the lowest point and back up.

## 4 Sandbox;

Train endurance instead of building castles. A few small jumps in the sand, small sprints from one side to the other, a mini obstacle course or burpees can be easily done in the sandpit. Beach feeling included.

## 5 Chin-ups on the bar

Does the playground have a straight bar? Must be used for chin-ups! But there is even more: If the bars are not high enough, simply tuck up your legs and hang for 20 seconds, take a break for 10 seconds and then hang again. For the whole five minutes, the arms become as strong as Popeye's without spinach.

## 6 Slide;

Abdominal exercises are not only done on the mat: simply sit on a slide, stretch your legs far forward and hold on. Lower the torso a bit backwards and cross the legs like scissors. Maintain belly tension! Can't do that anymore: lift the torso a bit or take a break.

## 7 See-saw;

Fancy a firm butt? Get on the rocker. There you stand in the middle and balance the beam. Then let it sink to the left and right and keep looking for balance. This strengthens the torso, legs and buttocks and a sense of balance.



*Desired time for implementation:*

Our recommendation:

- 20-30 min (or more)
- 10 minutes for reflection



## Location:

a children's playground



## The possibility for modification and adaptation:

- The playground does not have the listed item? Look for an alternative to do the exercise or create your own exercises with the items on your playground.
- You have children or younger siblings? Take them to the playground with you! They can play while you exercise, join your workout or even help you to create new exercises on the playground. Adding a game of chasing each other in the sandbox might also act as a warm-up.
- You can do the workout together with one or more friends. Could be lots of fun “playing around” on a playground as if you were kids.

## Self-reflection questions:



- 1 How did you feel about using a playground as your outdoor gym? Did you maybe feel self cautious or awkward because people were looking at you?
- 2 Could you perform the exercises well on the playground equipment?
- 3 Were you able to create other exercises than those listed in this method? If yes, what are they?





## ACTIVITY NO.8

# Name of the activity: Sporty Simon **SAYS**

### Short description and manner of realization

Have a bit of a workout as a group and turn it into a game or competition to change things up a bit? Here is a game that you might remember from your childhood, but modified for more action and movement.

One player takes the role of "Simon" and issues commands to the other players, which should be followed only when prefaced with the phrase "sporty Simon says" easy commands can be:

Jogger (run in place);



Jumping jack (do jumping jacks)



Punch (box into the air)



Squats



Some harder commands that you can mix in:

Burpee (do burpees, if you don't know this exercise do a quick google search)



Push-up (do push-ups, easy on the knees or the proper ones with the knees in the air)



Kick (do sidekicks with your legs)



Players are eliminated from the game by either following instructions that are not immediately preceded by the phrase, or by failing to follow an instruction that does include the phrase "sporty Simon says". It is the ability to distinguish between genuine and fake commands, rather than physical ability, that usually matters in the game; in most cases, the action just needs to be attempted.

The object of the player acting as Simon is to get all the other players out as quickly as possible; the winner of the game is usually the last player who has successfully followed all of the given commands. Occasionally, however, two or more of the last players may all be eliminated at the same time, thus resulting in Simon winning the game.

The players should take turns in being „Simon“ and giving the commands.



Number of participants: **MINIMUM 3**



## Required tools

- Outdoor shoes/sandals
- Bottle of water



## Rules:

- ✔ It is important that you agree on the commands and what exercises are behind the commands so that every player knows what to do.
- ✔ The person who „is Simon“ has to speak loud enough for everybody to hear him/her.
- ✔ Players should be fair and not interrupt or disturb other players.



## Desired time for implementation:

Our recommendation:

- ✓ 30 minutes for the challenge
- ✓ 10 minutes self-reflection;



## Location:

Outdoor facilities & open spaces in nature such as parks and local woodlands



## The possibility for modification and adaptation:

This game can be used as a warm-up before exercising or as a fun group activity on its own. Players who have been eliminated can come and stand beside „Simon“ and try to irritate the other players by acting out the wrong commands on purpose. You can change the commands and the exercises as you please, you can also mix in some funny ones - just for a laugh.

## Self-reflection questions:



- 1 How did this game work? Were you able to warm up during the game?
- 2 Were there players that were exceptionally good or bad at being „Simon“?
- 3 Would you play the game again?

## ACTIVITY NO.9

Name of the activity: *The relationship between*  
**NATURE AND US**

### *Short description and manner of realization*



This activity and challenge will help you to realize the real benefit nature that can give us, while trapped at home and spending our time indoors and online can be bad for our mental and also physical health while spending more time in nature can really help our brains and bodies to stay healthy. Spending time in nature has cognitive benefits, but it also has emotional and existential benefits that go beyond just being able to solve arithmetic problems more quickly. This challenge is a combination of physical activities which are so easy to perform and also will help to improve ourselves in many different ways like.

**1 IMPROVE YOUR MOOD**

**2 REDUCE FEELINGS OF STRESS OR ANGER**

**3 HELP YOU TAKE TIME OUT AND FEEL MORE RELAXED**

**4 IMPROVE YOUR PHYSICAL HEALTH**

**5 IMPROVE YOUR CONFIDENCE AND SELF-ESTEEM**

**6 HELP YOU BE MORE ACTIVE HELP YOU MEET AND GET TO KNOW NEW PEOPLE**



Number of participants: **INDIVIDUAL**



## Required tools

- Outdoor shoes/sandals
- Bottle of water & Food (fruit)
- Outdoor Blankets and Throws
- Blindfold (e.g. scarf)







RULES

## Rules:

Locate the park or the destination in the nature that you enjoy which is a minimum of 1 km away from where you live. When you will arrive at your designated location first do a quick 5 min break take a deep breath and warm up your body with slowly starching moves which will prepare your body for the next movement which is the physical part of this exercise.

Task:

- ✓ Jump& squat -an easy exercise where the whole body is involved and warmed up (3 x 10 repeats) 
- ✓ Running 5x1 (1minute of slow running and 2 min resting) 
- ✓ Core body (3x5 repeats) find a bench or a nice place to lay down the face towards the ground that is your starting position slowly rise up with the help of your hands till you are completely up and repeat is slowly to the starting position; 
- ✓ Cool-down after finishing its time to cool down the body slowly stretch all the parts of the body 



## *Desired time for implementation:*

Our recommendation: 1 hour

- ✓ About 30 to 40 minutes, can be more if you have to desire to talk and reflect more between the turns.
- ✓ 10 minutes for reflection;



## *Location:*

Outside, preferable in a forest or a nature venue with many trees and uneven ground.



## *The possibility for modification and adaptation:*

This challenge as an activity can be also promoted in schools during their sport session it can be suggested by the students and presented to their teachers. Also, this can give the idea to the schools to start improvising and slowly implement nature more and substitute the indoor activities for outside. This act will be fundamental to student health and well-being. Physical activity in nature has been posited as an important well-being facilitator because the presence of nature augments the benefits of physical activity while also enhancing motivation and adherence

## *Self-reflection questions:*



1 How does the natural environment is helping me become better?

2 Is my body feeling good after this run?

3 What are the advantages of exercising outside?



## ACTIVITY NO.10

### TRADITIONAL GAME



Name of the activity: *Catch the stick or in Macedonian*  
**ЧЕЛИК ЧАМАК**

### Short description and manner of realization



The game itself is a part of Macedonian tradition which was developed over many years, this game and many more are connected with the life of our elders. The game is usually played by young people, and it has been played with generations. The usual time for this game before was 3-4 hours, which over the generations was played less and less.

This game is a reflection tool that requires, physical activity, strategy, and mutual communication which challenges your body and mind. This is a great game that will help with connection, communication, selecting potential, and improving health.

Special skills will not be required for this activity, the competitive nature of this game will create an exciting atmosphere because the goal and point are who has the most ability to move and think fast in order to stay in the whole game. This traditional game can help in the process of building a relationship and trust.



Number of participants: **MINIMUM 2 GROUPS, OF 2 PEOPLE**



### Required tools

- Outdoor shoes/sandals
- Bottle of water
- Short stick with a length of 30-40 cm and one smaller







## RULES

## Rules:

Before every start the group needs to walk in nature outside for 10 to 15 minutes, so they can warm the body for the game, as an interactive game also they will need to prepare a strategy, how to "defeat" the other team;

Celik is a short stick with a length of 30-40 cm, which is sharpened at both ends. Often made twisted to be able to fly. The game requires one short and one long stick called chimka about 1-1.5 m, which impinges the short one.



After a hole is dug in the ground, the two teams chose a player to start first. The first player is selected with the help of the long stick, one grabs the stick from the bottom, the other above it and so turns until one of the players reached the top of the stick

-  The game begins by placing the "CELIK" on the long stick and throwing upwards. The opposing team seeks to grab the stick. If the stick was touched by a player, he is removed from the game. This action is repeated by a player from the other team. If the stick was not touched, then the long stick is placed over the hole, aiming to take out of the game player from the other team;
-  Once removed player from the opposing team, the Celik is placed in the hole, and with the long stick was throwing up and hit another stick. The opposing team still seeks to hold the stick. There is a certain trait over which must pass stick. If Celik does not catch and pass the line burns player from the opposing team. If you can not hit the stick, players are allowed three attempts and this rule continues to repeat until some team reach the highest score.



## Desired time for implementation:

Our recommendation: 45minutes

-  15 - 20 minutes for strategy
-  10 min for what went wrong



## Location:

Outdoor facilities & open spaces in nature such as parks, gardens, river



## The possibility for modification and adaptation:

This is a game for every generation, but it can be easily adapted for most projects and non-formal learning, and in every outdoor activity which will help to build a competitive atmosphere, and it will improve their mutual communication and plan development.

## Self-reflection questions:



1

What was the best part of the game?

2

What was your strategy, and how it can be improved?

3

What was the most unexpected development?

2

**OUTDOOR ACTIVITIES INCLUDING**  
*storytelling methodology*






## ACTIVITY NO.11

*Name of the activity:* The Soundtrack of your **RUN**

### *Short description and manner of realization*



This is for the runners and also the non-runners among you! Whether you try to start jogging or if you've already got some running experience, here is a way to shake things up, especially if you like listening to music while you run. With this method, you alternate between slow and fast songs you listen to when you run and this way you can create an interval training\* without counting minutes or kilometres.

\*Interval training is running training in which you complete a fixed number of speed runs at a relatively high speed, which is interrupted by trotting breaks. Interval training also includes a detailed warm-up at the beginning and a relaxed run-out at the end, in order to prepare for and follow up the highly intensive exercise.

## **GOAL**

Create a special playlist for your next run. It should be between 20 and 30 minutes long (or however long your normal runs are). Half of the songs you choose should be upbeat and fast and the other half more slow and relaxed. Let the songs alternate in your playlist, but start with 2 slower songs for the warm-up and 2 slower songs for the cool-down.

You need some sort of sports clothes (fitting the weather you're having) and a pair of running shoes. And obviously, some device with headphones to be able to listen to music while you run.



*Number of participants:* **INDIVIDUAL**



## Required tools

- Outdoor shoes/sandals
  - Bottle of water
  - Create a special playlist for your next run. It should be between 20 and 30 minutes long (or however long your normal runs are). Half of the songs you choose should be upbeat and fast and the other half more slow and relaxed. Let the songs alternate in your playlist, but start with 2 slower songs for the warm-up and 2 slower songs for the cool-down.
- You need some sort of sports clothes (fitting the weather you're having) and a pair of running shoes. And obviously, some device with headphones to be able to listen to music while you run.



## RULES



## Rules:

- 1** Put your created playlist on and go outside for your run. Use the first two slower songs for the warm-up, walk during the first song and then start running slowly and relaxing during the second slower song.
- 2** Then the songs should alternate between faster and slower songs. During the fast songs, you try to run as fast as you can during the whole song. During the slower songs, you can jog relaxed and slow. This way you can complete interval training in a very easy and fun way.
- 3** Use the last two slow songs for your cool-down, walk during these songs.



## Desired time for implementation:

Our recommendation:

-  20 min to prepare the playlist;
-  20-30 min for beginners (or longer for more experienced runners);



## Location:

Outdoor facilities & open spaces such as your neighborhoods, urban spaces, parks, running tracks;



## The possibility for modification and adaptation:

- If you are a beginner and looking for a way to start running/jogging you can adapt this exercise and make it easier. Alternate between walking to the slower songs and slowly jogging during the fast ones. Don't push yourself too much, the most important is that you can keep up the running – however slow – during one whole song.
- You can create more playlists following this structure but try out different genres and see how different styles of music affect your workout.
- You can team up with a friend and create a playlist for each other. This way you maybe also get introduced to some new music.

## Self-reflection questions:



1 How difficult was it to keep running fast during one whole song?

2 Did this method motivate you to start a running workout?

3 Do you think the hard and easy intervals have an appropriate length for you or would you change it up the next time? (e.g.: alternate 2 fast songs and 1 slow song if it was too easy for you)



## ACTIVITY NO.12

### Name of the activity: **THE PHOTO-HUNT**

#### Short description and manner of realization



Are you and your friends/family bored of your surroundings? The same part of town, where you've lived for many years, same streets, same parks and outdoor spaces - there is nothing new for you to discover? We beg to differ and present this fun activity for you and your friends or family. This activity will show you things, you have never paid attention to.

Instructions:

Preparation:

- Take one of the provided prompts lists and choose a starting point (e.g.: just outside your house)
- every participating person should have a smartphone or a camera and the prompts list.
- one participant can stop the time on their phone, so you can see later, how long it took each one of you to complete the challenge.

Goal:

- everybody has to find and take a photo of every single item on the prompts list in the surrounding area as quickly as possible. After completing the task everybody returns to the starting point. The first player to return and to have collected all the items win (and maybe get a prize?).



Number of participants: **MINIMUM 2**



## Required tools

- Outdoor shoes/sandals
- Bottle of water
- You can bring extra items if you need it
- A smartphone, camera or any other device, that is capable of taking pictures
- A photo of the prompts list or the list printed out

## PROMPTS-LIST:

### FOR URBAN SURROUNDINGS:

1. A bike
2. Something in the shape of a triangle
3. S bird
4. Something yellow
5. Garbage
6. A red flower
7. Something in the shape of a star
8. Something purple
9. Something broken
10. Something shiny

### FOR NATURE SURROUNDINGS:

1. Something sharp
2. Something in the shape of a heart
3. Something grey
4. A leaf that is bigger, than your hand
5. A bug
6. Something blue
7. Something rectangular
8. Something that looks like a face
9. Garbage
10. Something white





## RULES

## Rules:

- 1 Everybody plays separately, this is a competition
- 2 You have to find the requested items, you cannot change your surroundings or draw the item on a piece of paper for example
- 3 Don't take pictures of other people without asking them
- 4 Be careful, when you move to an urban surrounding, there might be traffic and don't interfere with your co-competitors



## Desired time for implementation:

Our recommendation:

- ✓ 10 minutes to plan;
- ✓ 20-30 min to play (maybe more);
- ✓ 5-10 minutes of reflection;



## Location:

Outdoor facilities & open spaces in nature such as parks, gardens, river  
Your neighbourhood, urban spaces



## *The possibility for modification and adaptation:*

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships, especially for international exchanger or study visits.

Additionally:

You can also form teams of 2 or more players.

You can create your own prompts lists.

You can play the game in unknown surroundings

You can also play this game on your own and use it to explore your surroundings

## *Self-reflection questions:*



- 1 Was it easy or hard?
- 2 Did you see something new in your surroundings? Is there a place or object you discovered that you want to show others?
- 3 Is there a place or object you discovered that you want to show others?
- 4 Did you find the same things for the same prompts?



## ACTIVITY NO.13

Name of the activity: **LITERARY** picnic



### Short description and manner of realization

Being in nature can help clear your head and bring you into the present moment, and is a great way to de-stress and become relaxed. The opportunity to listen to books outside can be just as enjoyable as indoors. Sharing books outdoors help you to make connections between the book and the world around them, especially with the support of adults to help explain things. Looking for a good spot to settle down can be part of the fun of reading outside. This could be under a shady tree in the summer or a sheltered spot on a windy day. Even sitting in a cardboard box in a garden can be an exciting place for a story.

For this challenge first, you need to find a cosy spot outdoors and picnic there, take some of your favourite food with you or pick out an exciting new recipe to try. For a little activity, bring something to write with.

- 1 Think about a place where you can have a picnic outside;
- 2 Prepare the food and drink you want to take with you;
- 3 Take something to write with;
- 4 Go to the place to picnic;
- 5 Meanwhile, take notes on impressions of your surroundings:
  - o What does your environment look like?
  - o How do the people around you behave?
  - o Etc.
- 6 Connect these impressions and try to write a short story from them;



Number of participants: **INDIVIDUAL**



## Required tools

- Outdoor shoes/sandals
- Bottle of water
- Food and drink
- Writing material (pen and paper or notebook, laptop)
- Picnic blanket



## Rules:

- ✔ Prepare your own food, don't get prepackaged food from the store;
- ✔ Take notes;
- ✔ Write a short story;



## Desired time for implementation:

Our recommendation:

- ✔ Up to 2 hours;



## *Location:*

Big open space, a forested area would be ideal;



## *The possibility for modification and adaptation:*

The whole thing can also be a group activity. Instead of writing your own story, you can pass on what you've written to the next person after some time and thus complement the stories of the others.

Or you could agree on a theme, like horror, romance, nature. Then everyone writes their own short story and you either present them or pass them around afterwards.

## *Self-reflection questions:*



- 1 What environment around you were you able to integrate into your story?
- 2 What couldn't you include?
- 3 What was difficult/easy?
- 4 Was it fun or awkward to have a picnic by yourself?

## **ACTIVITY NO.14**

*Name of the activity:* Random act of **KINDNESS**

### *Short description and manner of realization*



Have you ever noticed how good things just seem to happen outside? Recess. Farm tours. Weddings. Hikes. Long walks. Short walks. You get the picture.

In nature, you can see not just beauty, but also a catalyst for self-reflection and growth. This intangible inspirational quality is exactly what makes the great outdoors a perfect venue for feel-good adventures, including team building activities, which require participants to reflect on themselves and their role within a team and the universe at large.

This team-building exercise will get your team out and about, doing good deeds and getting to know one another at the same time. By the end of the event, everyone will feel amazing about what they've done and also about the new things they've learned about their coworkers.

How to get started: Learn more about the kind of good deeds you will be doing to put a little bit of sunshine into the world.

**HAVE FUN!**



*Number of participants:* **4 PARTICIPANTS**



## Required tools

- Outdoor shoes/sandals
- Bottle of water
- Camera/phone



## Rules:

✔ Split-up into teams of 2 and compete to see which team can perform the most good deeds before time runs out. The perfect blend of friendly competition, lots of laughs, and heart-warming kindness.

✔ The person leading the activity should decide the time-frame that this should be done over.

✔ Over this time, everyone should try to do five things for some random person;

These could be things such as picking some flowers for them, or leaving them a note with a compliment. The acts shouldn't revolve around spending lots of money. Consider having a brainstorm of free things we can do for each other to make people happy to give the group ideas, but remind them to use the pages as inspiration.

✔ Help an older person;

Cross at lights or crosswalks. carry their bags, have a small chat

✔ Be kind to nature

Plant - Grow plants on the streets or do terrace gardening. clean a local park, paint the playground, clean up trash;



## *Desired time for implementation:*

Our recommendation:

 Up to 1 hour;



## *Location:*

Big open space, a forested area would be ideal, urban place, playground



## *The possibility for modification and adaptation:*

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships, especially for international exchanger or study visits.

## *Self-reflection questions:*



1 How easy was it to decide what acts of kindness you could do for an unknown person;

2 How did it feel to do something nice for others?

3 How might you continue to do small acts of kindness for others, and how might they feel about this?



 **ACTIVITY NO.15**

Name of the activity: **PANTOMIME** *observing nature*



### *Short description and manner of realization*

So much of our daily life is spent inside, with the insipid, chattering preoccupations that distance us from ourselves. Nature has a way of removing distractions, of commanding our deepest attention. She always has, after all, the last say. Following this kind of thinking, nature is full of lessons we can draw from, lessons which can inform and inspire our daily lives. This challenge is based on the generally accepted understanding that we are part of nature and that our emotional connections and responses to the natural environment help to regulate our own feelings.

How should you start?

The participants are divided into 4 groups. Each group chooses a space from the yard, finds something, and returns to its place. With a pantomime they try to imitate the object they saw. Many objects of the space can be imitated. Others try to guess the objects and the point.



*Number of participants:* **MINIMUM 6 MAXIMUM 14**



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- You can bring extra items if you need it



## RULES

## Rules:

- 1 Each group should choose different places from the yard.
- 2 Each group should choose different objects from the yard that can be explained with movements.
- 3 When one group imitated the objects, they have chosen, while the remaining groups should guess what it is?
- 4 Players describing objects can use facial expressions, gestures, and body language.



## Desired time for implementation:

Our recommendation:

- ✓ 10 minutes for setting the scene;
- ✓ 20 minutes time to reflect on play;
- ✓ 10 minutes self-reflection;



## Location:

Outdoor facilities & open spaces in nature such as parks, gardens, river



## *The possibility for modification and adaptation:*

This game can be played in schools or training courses. On the other hand, it can be considered as an ice-breaker activity to warm up people who meet for the first time at collective events. Since the game is the observation of nature and the description of selected objects without speaking, it must be applied outdoors. The game is a matter of inner calmness and mental awareness as much as physical flexibility, so it can be modified very easily. On the other hand, this activity is beneficial for students and participants to improve physical activity in training and school. It increases communication and interaction between participants.

## *Self-reflection questions:*



1

How do you feel when choosing objects in collaboration with teamwork?

2

How does describing objects strengthen your communication?

3

How does observing in nature affect your imagination?

4

How do self-knowledge and understanding characteristics affect communication skills?


5

What is the difference between being on the object picking team and being on the guessing team?

## **ACTIVITY NO.16**

### Name of the activity: *Story* **DOMINOES**

#### *Short description and manner of realization*



The participants will work in small groups. They will write a selection of keywords onto a set of cards (one word per card), they will give each group a set of cards and they will divide the cards evenly amongst the group. The activity aims to tell a story in a domino fashion.

- Participant A puts down a card and starts the story. Then Participant B puts down one of their cards and continues the story. Then Participant C continues, and so on until all the participants have used all their cards and the story is complete.
- Participants then retell their stories to another group and listen to other groups' stories.
- We can easily make up our own story dominoes on other topics, or we can even draw pictures on our dominoes instead of words.
- Below you will find an example of this set. The theme is a fantasy story:

ring	witch	white horse	dragon
knight	wolf	broom	storm
dark forest	princess	castle	sword
wizard	queen	treasure	mountain
envelope	magic carpet	cave	bear
sea	boat	giant	army

**HAVE FUN!**



*Number of participants:* **MINIMUM 8 PARTICIPANTS**



## *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Cards and pen



## *Rules:*

- ✔ Participants must write words on small cards and get a deck. These word cards obtained should be distributed to the groups in equal numbers.
- ✔ Each participant must put up a card and start a story about that word. The next participant should continue the story with the word on their card in accordance with the previous one.
- ✔ The story ends when all cards are used.
- ✔ It is not necessary to write words on the cards. Shapes can also be drawn on cards. However, if it is to be so, all cards must consist of shapes.
- ✔ After the cards are finished, the groups must tell their stories to the other groups.



## *Desired time for implementation:*

Our recommendation:



Up to 40 minutes;



## *Location:*

Big open space, a forested area would be ideal;



## *The possibility for modification and adaptation:*

This storytelling activity can be easily performed by anyone. It can be edited and adapted for every age group. It should be noted that the words or figures written on the cards are related to each other. Although they do not have much connection with each other, imagination will come into play at this point and the ability of the participants to combine the pieces will develop. This activity can be carried out especially in schools to integrate people who have just met and are expected to interact. Creating a story by socializing with teamwork is both a fun and educational activity that fosters creativity.

## *Self-reflection questions:*




- 1 Is it challenging to continue the story that another participant started with the word on their card?
- 2 Do you use your imagination and creativity as you continue the stories?
- 3 Does creating a story as a team contribute to socialization and communication?

## ACTIVITY NO.17

Name of the activity: **UP** and **DOWN** the river








### Short description and manner of realization



This personal reflection tool uses drawing, story-telling, and sharing to help you and your group of friends get to know each other better. It is a great way to connect and deepen people's commitment to the issue and movement.

There will be no judgement about your artistic abilities! Your completed river will not be displayed. It will, however, be shared with your group of friends and family and will also continue to serve as a personal reflection tool on your discernment journey. Remember that no drawing can possibly capture everything about your life journey. This is intended to be a beginning point for reflection and small group conversation, not a comprehensive depiction of your life.

#### INSTRUCTION:

-  Begin with a blank sheet of paper. Draw your Up and Down the River with its bends and turns, its smooth waters and rough spots, its strength/vitality, and its direction.
-  Identify on your drawing the various key "marker events" in your life – the boulders in the river, or places where the river changes course – that shape your story;
-  Give names to each of the sections of your Up and Down the River;
-  Be creative and draw those events with symbols or anything relevant;
-  Next, think about the various people who have accompanied you along this river's journey. (If you wish, you might also want to jot down some of the thoughts and feelings that go along with these relationships);
-  After finishing your drawing find the perfect spot for making a circle with your friends/family;
-  The one who started the challenge should start with presenting the drawing;



Number of participants: **MINIMUM 3** **MAXIMUM 6**



## Required tools

In creating your river, please use whatever supplies make sense to you, such as a piece of computer paper/pencil, a sheet of drawing paper/coloured pencils, a page in a journal/pen, graph paper/pencil, crayons/brushes etc.

Our recommendation is to use different colours in order to express your emotion and feelings. Again, the point of this exercise is not creating an artistic masterpiece, it is about engaging in deep reflection and thinking about your journey in a new way.

The only way to do this wrong is to not do it at all!



RULES

## Rules:




- 1** Find your perfect spot in nature and start reflecting on this journey; You can be nearby your friends but make sure that you won't interrupt each others;
- 2** Your feelings are really important in this game so don't be afraid to get vulnerable;
- 3** Be supportive while your friends are sharing their final result;
- 4** At the end of the reflection session use 5 minutes for yourself and reflect on it;





## Desired time for implementation:

Our recommendation:

-  30 minutes for the self-time reflection and drawing;
-  Up to 10 minutes for the presentation per participant;
-  5 minutes self-reflection;

## Location:



Outdoor facilities & open spaces in nature such as parks, gardens, river;



## The possibility for modification and adaptation:

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships.

## Self-reflection questions:



1

What relationships have been most significant at different positions in your life?

2

Who has most shaped you?

3

Toward what goals, if any, were your primary energies directed – or, metaphorically speaking, what purposes and ends helped to shape the flow of living waters at a given time in your experience?

4

What accomplishments are you most proud of?



## ACTIVITY NO.18

Name of the activity: *The sound of* **NATURE**

### *Short description and manner of realization*



A natural environment can provide you with many challenges that push your body in both minute and major ways. From the tiny flexor muscles in your legs to the giant trapezius muscle across your back, the great outdoors is the best gym coach you could ever have. The green health can also improve your mental health' and that the rewards of exercising amongst nature lead to 'increased self-esteem and improved mood such as a reduction in anger.

Nature can not only heal our bodies, but it can also be of great benefit to our minds.

This challenge is specially created to cool down your body after a hard day of school and work. It will also deepen your spiritual relationship with nature.



### INDIVIDUAL CHALLENGE



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Outdoor Blankets and Throws
- Camera or a smartphone

The first step in connecting your body with nature is realizing you are nature—not separate from, but an integral part of it all. Your body is made up of all the same elements, minerals, and energy that make up the planet.

**1** Walk at least 1000 miles and find a good place for you somewhere in nature. This doesn't need to be a complicated process, and you don't need the "perfect" place because all of nature is perfect.

**2** *Sit down, Relax & Observe*

Take in your surroundings. Notice little details and the larger lay of the land. See, hear, smell, and feel, and allow yourself to enjoy it. Then, try asking yourself: "What am I drawn to?" Is it a mountain? A creek? A flower? A tree? Allow your eyes to rest there, and focus your mind on it.

**3** *Communicate*

This is where it gets exciting. It's also where your mind may rebel. Try talking to the natural object that drew your attention. Questions are a great place to start. You might ask it about its own experience ("what's it like to be a tree?") or, you could ask if it has any insight into a problem you're struggling with.

**4** *Listen to your body*

It's really simple: When you're tired, sleep. When you're hungry, eat. When you're energized, move your body. When you're in pain, listen up; ask "why?"; and nurture yourself. Maybe you need a massage, a stretch, or to just slow down.

**5** *Let nature inspire your creative side.*

Grab a piece of paper and draw or write while sitting outside. You don't have to be a professional artist to benefit from the calming effects of creating something inspired by nature. Work with whatever comes to your mind. It doesn't need to be shared with anyone, so feel free to express yourself openly and honestly. The subconscious mind might even intervene and creatively show you a solution to your stress on your piece of paper. If you normally operate in a predominately linear, logical space this creative exercise not only gets you outdoors but engages the creative side of your brain.



**6** *On your way back: Take nature photography.*

Get off of social media and create some of your own social feeds by going outside and taking some pictures. Photography helps you gain a different perspective on the world around you, and that can keep your stress in check. Seek out picture opportunities that feature the good in the world and celebrate it. Seasonal and geographic differences can make this a truly unique experience every time you do it.



## *Desired time for implementation:*

Our recommendation:

-  60 minutes for the challenge;
-  10 minutes self-reflection;

## *Location:*



Outdoor facilities & open spaces in nature such as parks and local woodlands



## *The possibility for modification and adaptation:*

This challenge will elevate the fun of any friends gathering in nature. You can simply explore nature on your own and then have the reflection session together.

## *Self-reflection questions:*



1

Identify what nurtures you in nature;

2

Reflect on your inner wisdom

3

The two moments I'll never forget in my life are . . .

## **ACTIVITY NO.19**

*Name of the activity:* Tell me a **STORY!**

### *Short description and manner of realization*



This is a card-based storytelling game that allows players to select random cards that test their creative and thinking skills. You can create numerous epics, romantic, humorous, magical, and fantasy-based stories based on the cards that you are going to prepare it. In this game, you can trick your friends by creating anything of your own. It can be a story or a sentence. The game comes in classic, natural, fool science, and tall tales themes to offer variety.

Each player should create 5 cards (on white paper or anything similar). Each card should tell different characteristics of the story that you would like to tell. The first card in Character card, describing your character for example (tall girl, with dark long hair, sad and dry eyes); Setting card (She is wearing armour and sword, standing next to the very tall green trees, talking with a man in a uniform); Advantage card, describing the adventure of your character (saving the town, riding a white horse, big castle), Curse card, that should describe an unfortunate event during the journey ( the girl is laying on the ground with a rock on her left side and a small rabbit on her right side); The END card, is describing the last scene on the journey ( the girl has a basket full with red apples, an old lady is collecting flowers and the sky is clear and blue;

While you are preparing the cards you should write your own story based on that. Then you will give a chance to your friends to create their own story based on the cards. If you are 4 people each of you should tell the story to the person to their left.

If you feel inspired instead of words you can describe your cards with drawings.

The important thing in this game is that you shouldn't give a lot of details just the needed information that can be used for creating a very interesting story.



*Number of participants: 4*



## *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Outdoor Blankets and Throws
- White paper
- Scissors
- Colored pens



**RULES**

## *Rules:*

The first step is to define 12 different challenges that the teams need to complete. The challenges should have clear instructions and locations in the city. These are our suggestions for the quests, but as we mention above, feel free to suggest other activities:

- ✓ Find your perfect spot in nature to start the challenge;
- ✓ Explain the rules for the game;
- ✓ Give your friend 5 white cards;
- ✓ For 20 minutes each of you individually should prepare the cards;  
(Character card, Setting card, Advantage card, Curse card, The END card)

## HOW TO START THE GAME:

- 1 Sit in the circle next to each other;
- 2 The first person is showing the first card giving the description of his/her character. Then he/she is showing the second card (the setting card) and the person next to his /her left continues with the story based on the description in the card. Then the next person is continuing with the story on the third card (Advantage card) ....
- 3 When the first story is finished the game conditions with the cards of the second player...
- 4 You are finishing the game when everyone has a story for their character;
- 5 In the end you can tell your story and compare it with the stories that your friends came up with.



### *Desired time for implementation:*

Our recommendation: 1 hour and 30 minutes

- ✓ 20 minutes preparing the cards
- 5 minutes stretching;
- 30 up to 40 minutes storytelling time
- 5 minutes exercise - 20 squats;
- 10 minutes for telling the original story and reflection on the game



### *Location:*

Outdoor facilities & open spaces in nature such as parks, gardens, river



## *The possibility for modification and adaptation:*

You can play with more people too. If you want to make it more interesting you can change the rules. For example, each person can tell a story just for one of your cards or etc. Also, it can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It's a perfect game for families and friend gatherings;

## *Self-reflection questions:*



1

What was the most inspirational moment during the game?

2

Which card was the most interesting card?

3

Which story had the best ending?

4

Which story had the most unexpected development?

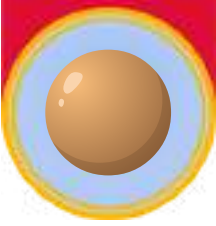


# ACTIVITY NO.20

## TRADITIONAL GAME

Name of the activity: *Flunkyball*

### Short description and manner of realization



This is a very popular game among young people in Germany. Especially university students like to play it and even organize big tournaments between different faculties. You don't need much to try it: a couple of friends, something to drink and a ball (e.g. a tennis ball, a small soccer ball) Two teams compete against each other, every player has a bottle of water or soft drink and there is an empty plastic bottle acting as a target in the middle of the playing field. The goal is to finish all the drinks before the other team does. The goal is to finish all the drinks before the other team does. This is how it goes:

- 1 Two teams position themselves in a row at an equal distance on opposite sides of the empty bottle, about 8 to 10 feet away from it
- 2 Decide on a beginning team. One team member starts by throwing the ball and trying to hit the bottle in the middle of the field. If they hit the bottle and it falls, the teammates start to drink their drinks as quickly as possible. If they miss the bottle, it's the other team's turn to throw the ball.
- 3 As soon as the bottle gets hit, the opposing team has to put the target bottle back into position and retrieve the ball, so they can throw it next. The moment they have done that and have returned to their positions the drinking team has to stop drinking.
- 4 Now It's the other team's turn to hit the bottle.
- 5 The first team to empty their drinks wins.



### Number of participants:

**AT LEAST 4, 2 PER TEAM, MAX. 20 PEOPLE**



## Required tools

- Outdoor shoes/sandals
- Bottle of water;
- Ball (eg. tennis ball or small soccer ball);
- Same size bottles/cups for every participant;
- One empty plastic bottle;



## Rules:

- ✓ You may only drink if your own team has knocked over the target;
- ✓ You have to empty your bottle/cup to win, lift it over your head to prove that it's empty;
- ✓ Once the opponent's runner is back at their team's position, you have to stop drinking;
- ✓ You cannot disturb the other team by throwing or drinking;



## Desired time for implementation:

Our recommendation: Rounds vary in length dependent on throwing skills  
Fairly quick rounds (ca. 20 min )



## *Location:*

Outside, on even ground, with plenty of space and nothing breakable in the line of fire



## *The possibility for modification and adaptation:*

This is a game for every generation, but it can be easily adapted for most projects and non-formal learning, and in every outdoor activity which will help to build a competitive atmosphere, and it will improve their mutual communication and plan development. You could use something irregular to throw, like a frisbee or American football to make throwing and retrieval more challenging. You could use different targets like multiple bottles or stacked cups.



## *Self-reflection questions:*

1

Did you have fun, while playing the game?

2

How did your teams work together, did you help each other, did you root for each other?

3

What was the hardest part of the game?



**OUTDOOR ACTIVITIES FOR**  
*social inclusion*



 **ACTIVITY NO.21**

Name of the activity: The statues are **MOVING**



### Short description and manner of realization

This challenge will be a great experience for your outdoor time. While alone time is important for creativity and inspiration, spending quality time with friends and family is just as important. Studies have proven that the amount of time spent with friends and family – goes a long way towards boosting happiness –even more so than an increased income!

How should you start? First, you need to define the leader in the group.

Then the leader turns back to the players and says: "The Statues are Moving ONE. The Statues are Moving TWO. The Statues are Moving Three. The Statues Freeze! Stop!" While the leader is speaking, the participants start to move and make different poses and when the leader says "The Statues Freeze! Stop!", participants need to stand with any pose without moving. The leader approaches the participants and touches one of them. The participant needs to show his/her impression and the leader needs to guess what impression it is. If the leader doesn't guess, the participant changes his/her role being the next leader.



Number of participants: **MINIMUM 5**



### Required tools

- Outdoor shoes/sandals
- Bottle of water
- Extra clothing (optional)



## RULES

## Rules:

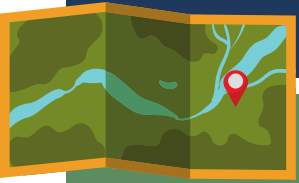
- 1** Find your perfect spot in nature and start warming up;
- 2** When the leader says "The Status Freeze! Stop!" no one should move.
- 3** Players must show their own impressions when they stop.
- 4** When the leader touches the player, the participant must show her/his impression.
- 5** If the leader cannot guess correctly, the person who wants to be a leader among the participants becomes the leader.



## Desired time for implementation:

Our recommendation:

- Up to 10 minutes warming up;
- 30 minutes for playing the challenge;
- 5 minutes self-reflection;



## Location:

Outdoor facilities & open spaces in nature such as parks, gardens, river;



## The possibility for modification and adaptation:

Everyone can play this game. This activity can be adopted by any school program or after-school programs that include physical activity, fun and creating relationships with the students; If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships.

## Self-reflection questions:



- 1 How can I guess what the impression is?
- 2 What thought and imagination could the player have given this impression and pose?
- 3 What was the experience like communicating with poses and expressions without speaking?

## **ACTIVITY NO.22**

Name of the activity: **POTATO** rally

### *Short description and manner of realization*



A well-spent day gives you more happiness than victory. This activity is all about fun, family time or friend's time. The idea of this activity is to present how an entrepreneur can be fun, and many of you even aspire to become one. Who will have a chance to explore your communication and selling skills by using products from nature, in this case, a potato?

The group is divided into teams (e.g., 2 teams of 4 people or 3 teams of 5 people). Each team receives a potato. The goal is to exchange it with an object that has more value. Participants can exchange the object as many times as they want. They have to find people, visit shops, and ask people if they can exchange their object for another. Learning to communicate, discussing with people, creating a social link are very interesting and funny activities. They can also get to know the city, learn new words, anecdotes and meet local inhabitants. In the end, each team presents its object and the most valuable wins.



Number of participants: **MINIMUM 8**

**MAXIMUM 15**

### *Required tools*



- Outdoor shoes/sandals
- Bottle of water
- A potato
- A map of the area for each team









## RULES





## Rules:

This activity should be done outdoors, in a place where you can interact with the local people. It is a very important activity especially for participants who are new to the city or for those who want to strengthen their communication skills. During the event, new people are met, discussed and new words are learned. Shops can also be visited. After the potato is exchanged for something more valuable than it, it can be exchanged for an unlimited number of items. This event is an event where the participants will get to know the city better, stay in touch with the local people and have a chance to express themselves. Since it will be necessary to be in contact with people during this event, crowded places with open shops close to the city centre can be preferred rather than places such as gardens and forests. An event where participants learn new things while having fun contributes to teamwork, and it also serves as an icebreaker among people who do not know each other much.

-  Each team gets only one potato.
-  The teams try to exchange the potato in their hands with something more valuable by communicating effectively for 60 minutes.
-  Participants should interact with shops and local people.
-  The item replaced with potatoes can be replaced with other more valuable items.

## *Desired time for implementation:*

Our recommendation:

-  10 minutes for making a strategy
-  5 minutes for coordination
-  60 minutes for play
-  15 minutes self-reflection



## Location:

City centre, a busy neighbourhoods



## The possibility for modification and adaptation:

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships, especially for international exchanger or study visits.

## Self-reflection questions:




- 1 How do you contact the counter to exchange your potato for something more valuable?
- 2 How do you distribute the tasks to contribute to teamwork?
- 3 What to consider when negotiating?
- 4 How do you persuade the other person to exchange the object for something more valuable?
- 5 What did you gain the most from this activity?

## **ACTIVITY NO.23**

Name of the activity: *Magic* **SENSES**

### *Short description and manner of realization*




This is one of the well-known sensory games played in Azerbaijan and it is very popular among kids and teenagers. It is a team game played by 7 to 15 people, usually in Spring or summer. People sit and hold hands attached to each other. The leader of the game takes any object in his/her hands and squeezes it in between the hands of every participant. Then the leader decides to whom he/she passes the sensory object. Once the object is left in the hands of a member, he should run to the leader so that the others do not catch him/her. However, she/he should guess the object in his/her hand. If the guess is wrong, the participant sits down again, and the second round starts. The successful participant becomes a leader, and it goes around. The purpose of this game is to improve sensory skills, cognitive growth, and social interaction.



Number of participants: **MINIMUM 4**






### *Required tools*

- 
- Outdoor shoes/sandals
  - Bottle of water
  - a bean
  - a small stone
  - a feather, or a piece of paper



## RULES



## Rules:

-  Participants sit next to each other and hold hands.
-  The leader gives the object in his hand to one of the selected participants. It is forbidden for the person to look at the object.
-  As soon as the participant feels the object in her/his hand, she/he should get up and run after the leader.
-  Other sitting participants should try to catch the other participant running after the leader.
-  The fleeing player must understand what the object in her hand is by simply touching it, without looking.



## Desired time for implementation:

Our recommendation:

-  30 minutes for the challenge
-  10 minutes self-reflection;



## Location:

Outdoor facilities & open spaces in nature such as parks and local woodlands



## The possibility for modification and adaptation:

This activity can be conducted in outdoor areas with chairs and where participants can sit. It is also an activity that provides socialization and strengthens emotional intelligence for school activities and training. This activity improves participants' problem-solving abilities. It is easy to implement and adapt with participants from different age groups in different fields. It helps the participants to guess with fun and contribute to the development of their motor skills. On the other hand, this game triggers the sensory skills and cognitive development of the participants because they have to perform more than one task at the same time.

## Self-reflection questions:



1

Can you tell what's in your hand just by feeling?

2

Is it challenging to dodge and guess at the same time?

3

Do you act as soon as the player starts to run away and try to catch her/him?

## ACTIVITY NO.24

Name of the activity: *Music* **STONES**

### *Short description and manner of realization*



Youngsters gather stones or sticks at a certain location. The number of stones/sticks is always one stone/stick smaller than the number of participants. If there is no music the leader can sing. As the music plays, the participants turn around in their stones/sticks. When the music stops, the participants should step on one of the stones/sticks. The music should be turned off at regular intervals and a stone/stick should be removed each time.



*Number of participants:* **MINIMUM 6 PARTICIPANTS**



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Stones/sticks



## RULES

## Rules:

- 1 Stones or sticks must be collected, less than the number of participants.
- 2 If there is a device that can play music, the music will be played from that device, otherwise, the person who will direct the game can sing.
- 3 While the music is playing when it stops, everyone should turn around the stones/sticks. When the music stops, everyone must step on a stone or stick.
- 4 No one can step on a rock or a stick until the music stops.
- 5 The person who cannot step on the stone or stick is out of the game. Each turn, one stone or stick is reduced.



## Desired time for implementation:

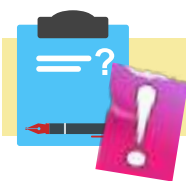
Our recommendation:

- ✓ 30 minutes for the challenge
- ✓ 10 minutes self-reflection;



## Location:

Outdoor facilities & open spaces in nature such as parks and local woodlands



## *The possibility for modification and adaptation:*

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships, especially for international exchanger or study visits.

## *Self-reflection questions:*



**1** Can you guess when the music will stop while you are spinning around with stones and sticks to the music?

**2** Have you suddenly stopped and concentrated on stepping on a stone or a stick when the music stopped?

**3** Can you control space perception and speed?



## **ACTIVITY NO.25**

Name of the activity: **RECREATING** *history*


### *Short description and manner of realization*







Recreating's history provides a unique window into our rich past. Storytelling, role play, re-enactment and construction are fun ways to bring history to life, connect with real-life events and immerse yourself in a time gone by. In this game players are assigned character roles with specific goals and must communicate, collaborate, and compete effectively to advance their objectives. Participants assume the roles of historical characters and practise critical thinking, primary source analysis and argument, both written and spoken.

*Let your imagination run wild!*

### **INSTRUCTION:**

-  Historically grounded roles are defined by multi-page role sheets guide play starting from a specific moment, with all the motivations and sources available to participants at that moment. As the players play the game out, what happened in history need not necessarily occur during the game. Inhabiting the mindsets of others requires players to step out of their comfort zones and learn their roles deeply, but it also provides a safe space to engage in civil discourse with opposing points of view. Players must remain faithful to their roles, employing the game manual's documents within defined game mechanics, but they are free to attempt to change history.

### *Preparation*

-  Find an outdoor place that resembles a great historical event.
-  Find the short or the long version of the story. You can print the story or use your mobile devices.
-  Define the number of the group for the game and send them a challenge request.
-  For each player, you need to assign a character from that event. If you want the group to be better prepared you can send them a copy of the story in advance.



Number of participants: **MINIMUM 2** **MAXIMUM 4**



## Required tools

- Outdoor shoes/sandals
- Bottle of water
- Extra clothing (optional)
- Outdoor Blankets and Throws
- You can bring extra items if you need it



RULES

## Rules:

### The "D" day RULES

1

The destination should be reached by walking or cycling;

2

The challenger should read the story loudly and set the rules:

- Each player will have a 20 minutes solo time to reflect on their character and the story;
- During this time each player needs to:
  - Explore the place and create their own version of the event;
  - Write the strength and the weakness of their character;
  - The best quote or saying from their character (if it's possible)

3

After the solo time, the team needs to gather together and start to recreate the story. In the timeframe of 10 minutes needs to present their character and go through the story.





4

Quest 1: Turn the story from negative to positive or reverse;  
Quest 2: Find the different end of the story;



## *Desired time for implementation:*

Our recommendation:

-  10 minutes for setting the scene;
-  20 minutes solo time to reflect on their character
-  20 doing the play;
-  10 minutes self-reflection;



## *Location:*

An outdoor place that resembles a great historical event;



## *The possibility for modification and adaptation:*

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time.

## *Self-reflection questions:*



1

Think about the feelings that this story brought to you.

2

Find the similarities between your character and you;

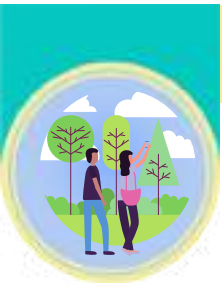
3

Are you proud of what you and your friends achieved?

## **ACTIVITY NO.26**

Name of the activity: *Chase for* **ADVENTURE**

### *Short description and manner of realization*



With City Chase for adventure, you and your team will embark on a fun, fast-paced, and high-energy downtown scavenger hunt adventure. Teams will compete to complete 12 rounds of the photo, video, trivia, and text message-response challenges focused on famous locations and landmarks in your city. This activity requires interaction with locals, and complete challenges – following clues around your city and taking on physical and mental challenges to move on to the next destination.

In order to make this challenge more fun, you can propose activities and quests for other teams, or make a pull with interesting quests and ask your teammates to propose some. In this game, you can be a creator and establish additional rules but make sure that all participants are familiar with the suggested locations and the rules.

The 12 challenge is the mystery card, an activity that each team should write on paper and give to the other team to compete. Be creative and have fun!



**MINIMUM 3 PARTICIPANTS IN ONE GROUP;  
2 GROUPS MINIMUM;**

**(THE MORE THE MERRIER)**



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Smartphones/tablets



## RULES

## Rules:

The first step is to define 12 different challenges that the teams need to complete. The challenges should have clear instructions and locations in the city. These are our suggestions for the quests, but as we mention above, feel free to suggest other activities:

- 1 Find some popular historical monuments somewhere in the town and discover more about what this monument is about. Then write the 3 most important things about that place or the monument;
- 2 Ask an unknown person about his/her favourite restaurant. (Take a picture with this person if it's possible) After the person will give you the direction, find the location of the restaurant and discover their most popular dish.
- 3 Go to the nearest park and collect 5 items from nature. (You need to bring them with you).
- 4 Call a random friend of yours and ask him/her what is their favorite movie. You and your team need to recreate a scene from that movie and take a picture.
- 5 Ask an unknown person about his/her favourite song and then make a one-minute video dance on that song.
- 6 Recreate a scene from titanic while saying "I love you Rose";
- 7 Find a national flag somewhere in the city and take a picture in front of it doing a funny/very serious face;
- 8 Take a photo of all of your team members petting a stranger's dog at the same time;
- 9 Snap a photo of a team member proving a well-known mathematical theorem on a chalkboard;
- 10 Take a picture of two team members jumping over an object that's at least waist-high;
- 11 Snap a photo of someone from your team hugging a tree trunk like a koala bear. Legs and arms must be completely off the ground!





The mystery card!  
(suggest your own challenge/activity)



## Desired time for implementation:

Our recommendation:

-  30 minutes for the challenge
-  10 minutes self-reflection;



## Location:

On the streets of your hometown—or any city you happen to be visiting with your team! and local woodlands



## The possibility for modification and adaptation:

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships, especially for international exchanger or study visits.

## Self-reflection questions:



- 1 What was the most fun activity?
- 2 What was the feedback you gathered from the environment or other people involved in the quests?
- 3 What was your energy level before and after the game?

## **ACTIVITY NO.27**

Name of the activity: *Capture the* **FLAG**

### *Short description and manner of realization*



This game is one of the oldest outdoor games and it is inspired by true historical events. Capture the Flag originated on the battlefield of some of the deadliest wars in history. In fact, that was exactly how all the soldiers knew when a battle was over - once the enemy's flag was captured, both sides considered the skirmish settled. In the Civil War, soldiers that were able to either capture the enemy's flag or save their own were rewarded with a Medal of Honor. Nobody knows for sure when Capture the Flag took off as an outdoor activity, but it has been played for over 60 years!

For this game, you need at least 8 people in 2 different teams. Both teams get five minutes to hide their flags. Once the flags are hidden, the game begins. Obviously, in order to win the game, you must capture the other team's flag, and bring it back to your own territory. But if an enemy team member grabs you while you're standing on their part of the field, they are allowed to take you straight to jail (which is a small patch of land in their territory).

**HAVE FUN!**



*Number of participants:*

**IT DOESN'T REALLY MATTER AS LONG AS BOTH TEAMS ARE EQUAL**

**(ALTHOUGH AT LEAST FOUR PER TEAM IS GENERALLY A GOOD NUMBER)**



### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Flag/scarf;



## RULES

## Rules:

The first step is to define 12 different challenges that the teams need to complete. The challenges should have clear instructions and locations in the city. These are our suggestions for the quests, but as we mention above, feel free to suggest other activities:

- ✓ First, you need to find a big open space. Since a big part of this game involves hiding and ducking around corners, a more forested area would be ideal.
- ✓ Each team must hide their flag somewhere in their area, making sure that nobody from the opposing team can see where it is. If you don't have a couple of flags handy, pretty much anything will do (stuffed animals, scarf);
- ✓ When guarding the flag zone or the holding zone, a defender must be at least 2' away from the zone boundaries.

## THE CHALLENGE:



Make sure everyone understands all rules and know where the boundaries are located;



Both teams get five minutes to hide their flags;



To win the game, you must capture the other team's flag and bring it back to your own territory;



If an enemy team member grabs you while you're standing on their part of the field, they are allowed to take you straight to jail (which is a small patch of land in their territory);



You can be freed from jail if one of your team members touches you, and there's no limit to how many times you can be thrown back into the slammer;



A player can only free one teammate at a time;



If an opposing player can get both feet into the flag zone without being tagged, they can remain there without safely (without getting tagged) before attempting to cross the centre line;





## *Desired time for implementation:*

Our recommendation:



Up to 90 minutes;



## *Location:*

Big open space, a forested area would be ideal;



## *The possibility for modification and adaptation:*

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It's a perfect game for families and friend gatherings;

## *Self-reflection questions:*



- 1 What was the most fun part of the game?
- 2 What was the feedback you gathered from the environment or other people involved in the game?
- 3 What was your energy level before and after the game?

## **ACTIVITY NO.28**

*Name of the activity: Trust the process*

### **FIND THE TREE**

#### *Short description and manner of realization*



A walk in the forest can be more than just a walk. It can become an intense experience for the body and the mind. This exercise helps you to activate and rely on your senses other than seeing. It is also about trust and letting go of control. This can be a completely new experience for you, but try to open up to it and enjoy it.

Take a friend or a family member and go to a forest or a nature venue with many trees and uneven ground.

#### **PREPARATION EXERCISE:**

You and your partner take turns. One of you gets blindfolded and the other person gently guides you through the forest. They can take your hand or put the hands on your shoulders and also guide you through talking. Just walk slowly around for a bit with no special destination. Take 5-10 minutes and then change the roles.

After you've both experienced being blindfolded and guided talk about how this felt and if the guidance was appropriate and gentle enough. Did you feel safe? Could you let go and trust? What can be done, so that you feel more safe? If you did not feel safe or it was very difficult, try again and try to improve the guidance. If it was too easy try again for a couple of minutes without talking while guiding.

#### **THE MAIN EXERCISE:**

Now begin the exercise in the same way as the preparation exercise. One of you gets blindfolded and the other person guides the blindfolded person, but this time they guide you to a specific tree they choose. When you arrive at the tree, the blindfolded person gets to familiarize themselves with the tree through touching it (do not take off the blindfold!). Is it tall and thick? Does it have holes, branches that you can feel? Other specific details you can feel? When the blindfolded person is done „getting to know“ the tree, the guiding person guides the blindfolded person away from the tree, so that the tree

still is in seeing distance. The guiding person can take a more complicated path away from the tree, take turns and change directions to irritate the blindfolded person a little bit. After you are in some distance, the blindfolded person can take off the blindfold and try to find the tree, that they were guided to before. Can you do it? After finding the right tree, switch parts again.



*Number of participants:* **TEAMS OF 2 PEOPLE**



## *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Blindfold (e.g. scarf)
- 



**RULES**

## *Rules:*

- ✓ Be gentle to each other, especially while guiding;
- ✓ The guiding person is responsible for the safety of the blindfolded person, pay attention to your surroundings and possible obstacles.
- ✓ Communicate, if you don't feel safe while being guided.
- ✓ Try to surrender to the guidance and trust the process



*Desired time for implementation:*

Our recommendation: 1 hour



## Location:

Outside, preferable in a forest or a nature venue with many trees and uneven ground



## The possibility for modification and adaptation:

This activity can be adopted by any school-based program in order to increase physical activity among students. It also can incorporate physical activity into regular classroom lessons.

It can be combined with other schools- and community-based interventions such as health education about physical activity, activities that foster family involvement, and community partnerships to increase opportunities for physical activity. - try different types of guidance: no touching, just verbal guidance; guidance only through touching, no talking allowed; guidance with the voice but without actual words, just noises or singing.

- instead of a tree you can also choose a big stone (if there are several stones in the area) or other objects

- you can measure the time it takes each of you to find the tree or the object after taking off the blindfold.

- If you are more than 2 people, you can mix the teams several times and discuss who is the best guide among your group. Why is this person the best at guiding? What do they do differently?

## Self-reflection questions:



1

What are the things in nature that you like or you appreciate?

2

How are humans and nature connected?

3

How am I having an impact here?

4

Which story had the most unexpected development?

## **ACTIVITY NO.29**

### *Name of the activity:* Tied **TOGETHER**

#### *Short description and manner of realization*



Who says a jumping and running game should be only for kids?

Funny sports games keep your laughing muscles and body muscles fit and therefore you should not miss this bouncing and running game during your outdoor activities with friends or family.

This is how it goes:

Draw or mark a start and finish line outside in the garden or in the park.

Now take the couples who want to play together and tie one right leg and one left leg together for each pair, so that they can only walk together.

The pair should now reach their destination as soon as possible.

But you can also make it a little more difficult by counting how many times each pair has fallen or how many hurdles have been skipped.

The winner was the pair that needed the shortest time, overcame the most hurdles and fell the least.



*Number of participants:* **MINIMUM 4 PARTICIPANTS**



#### *Required tools*

- Outdoor shoes/sandals
- Bottle of water
- Something to mark a start and finish line (Chalk, Rope, Stones, ...)
- Ropes or scarfs to tie the players together (as many as there are pairs of players)



## RULES

## Rules:

- 1 Be careful while being tied together, take some time to get used to walking together;
- 2 Don't tie the rope too tight, but it should not fall off on its own;
- 3 Be fair to the other competing pairs, don't push or hinder them in any way during the competition;



## Desired time for implementation:

Our recommendation:

- ✓ 5 minutes setup;
- ✓ 30 minutes for the challenge;
- ✓ 10 minutes self-reflection;



## Location:

Outside, on a flat asphalt floor/ in the grass/ in the sand



## *The possibility for modification and adaptation:*

Everyone can play this game. It can easily be adopted in the school's nonformal programs or during some projects. If there is a bigger group of participants you can divide them into small groups in order to stay in line with the time. It also is a great starter for the people to get to know each other deeper and create better relationships, especially for international exchanger or study visits. To make the game a little more interesting for the laughing muscles, set up different obstacles. These can be ones where they have to crawl under or run over, such as tables, chairs or the like. You can do this competition somewhere where there are obstacles already, such as a kids' playground or an outside gym. Maybe you have other ideas.

You can play several rounds of the game, modifying it each time (e.g.: change up the pairs, create a longer or more difficult course, try out different obstacles).

## *Self-reflection questions:*



1

Was it difficult to move while tied together?

2

How did you communicate with your teammate while tied together?

3

Was the activity fun for all of you?



## ACTIVITY NO.30 TRADITIONAL GAME

Name of the activity: *Thieves and Policemen*

### **ΚΛΕΦΤΕΣ ΚΑΙ ΑΣΤΥΝΟΜΟΙ**



#### *Short description and manner of realization*

It's a thrilling game that necessitates a large wide flat space and traditional neighbourhood game in Greece. The kids are separated into two groups. The criminals are the first, with the most children, and the policeman is the second, with the fewest. The game is structured as a pursuit between members of the two parties, with the policemen pursuing the thieves. When thieves need to relax, they resort to a specific location known as a home or a den. If a police officer touches a thief on the back, he is apprehended. When this occurs, they transport him to a facility known as a prison, which is located as far away from the den as possible. If a buddy touches an incarcerated thief's arm, he gets freed. The game ends when all thieves get caught.



*Number of participants:* **MINIMUM 4**



#### *Required tools*

- Outdoor shoes/sandals
- Bottle of water





## RULES

## Rules:

Before every start the group needs to walk in nature outside for 10 to 15 minutes, so they can warm the body for the game, as an interactive game also they will need to prepare a strategy, how to "defeat" the other team;

Celik is a short stick with a length of 30-40 cm, which is sharpened at both ends. Often made twisted to be able to fly. The game requires one short and one long stick called chimka about 1-1.5 m, which impinges the short one.

After a hole is dug in the ground, the two teams chose a player to start first. The first player is selected with the help of the long stick, one grabs the stick from the bottom, the other above it and so turns until one of the players reached the top of the stick



The policemen cannot guard the apprehended thieves



If there are enough imprisoned thieves, they can pull off a ruse. They form a chain with their hands and stretch out as far as they can away from the jail. When a free thief touches the first prisoner, all the others who are holding him are set free.



The policemen cannot apprehend the thieves when they are in the den.



## *Desired time for implementation:*

Our recommendation: up to 45 minutes



## *Location:*

Outdoor facilities & open spaces in nature such as parks, gardens, river



## *The possibility for modification and adaptation:*

This is a game for every generation, but it can be easily adapted for most projects and non-formal learning, and in every outdoor activity which will help to build a competitive atmosphere, and it will improve their mutual communication and plan development.

## *Self-reflection questions:*



1

Can I come up with a trick to confuse the policemen in order to free my buddies?

2

Can I come up quickly with a plan to catch all the thieves?

3

Can you coordinate with your buddies to catch the thieves or to free your friends?

# The 30-Day Challenge Web Application



The 30 Day Challenge Web Application is specifically designed to create an inclusive, outdoor-focused platform which enables users to complete and submit 30 days' worth of challenges or activities. The 30 Day Challenge Web Application is connected to the handbook which can also be found and downloaded on the website itself, in the Results menu at the top of the page. This handbook includes all the challenges and activities in a written form, so you can use the 30-Day Challenge without digital technology as well.

Here, you will find out how to use the app.

## 1 Visit the website: [outdoor-project.eu](https://outdoor-project.eu) and register on the platform

Anyone can use the platform - it is open to any interested player who wants to challenge themselves in a physical and creative way. You can easily register to the platform by using the Login & Register section in the top right corner of the navigation menu of the website. Here, you will be asked to input an e-mail, username and password: a standard procedure! After you complete the registration, you can log into the platform and start the challenges!

## 2 Log in to the 30-Day Challenge and start playing

A grand total of 30 challenges is available to you while on the 30 Days Challenge Web Application designed to get you outside in either a collaborative or individual setting. You can open up all the challenges, see them and explore them freely. However, in order to advance in the challenge, you have to go day by day! This means that you can start with day 1 - and not day 5.

## 3 Submit your completed challenge

After you complete the challenge, at the bottom of the page you will see several reflection questions. These are very important because, with them, we will be able to verify your challenge completion. Answer the reflection questions at the end of each challenge. To do that, you can use paper and pen or a notes app on your phone.

When you are done with the questions, you can upload your answers in the form of a photo or screenshot by using the "Upload File" button in the Challenge Submission Form. To get to the challenge submission form, simply click on the "Submit Challenge Button".

# Conclusion:

Exercising outdoors isn't just good for your physical health. It helps with your mental health as well. Spending time in nature and the natural light can improve your mood and reduce stress and depression. Engaging in physical activity produces similar benefits and oftentimes relaxes and cheers people up.

When youngsters learn these skills at a young age, they develop healthy habits that they will carry with them throughout their lives. Teaching the benefits of physical activity to the youngsters now will give them the power to build a long active and healthy life in the future.

Every outdoor activity entails some form of physical activity. Whether it is sports related or just plain walking around the park, these activities encourage physical exercise which is good to improve one's well-being. Going for a brisk walk in the morning is a good way to catch Vitamin D from the sunlight. Engaging in simple games can develop physical agility and proper body coordination. During hiking, camping, and backpacking, physical body parts are not the only ones that get exercised. Even the mind can benefit from these physical activities. When using a map to navigate a particular area, encourages healthy mental health. While exploring the great outdoors and the mind is free to explore, it develops learning.

As people come into contact with others, certain behaviour can be developed. Learning how to act in front of a large crowd or work together with a team are some of the things that can be developed when a person engages in activities that require him to work with others. The values of sharing, problem-solving, and cooperating are learned.

Telling stories can inform and inspire people to connect with and act for nature, allowing us to think about the environment from different perspectives. Creative forms like a song, movement, art, film, spoken word and written text have an important role to play in describing complex or abstract ideas in ways that everyone can understand. This is a perfect way how to spend some quality family or friends' time in nature and outdoors.

Through this Handbook we hope that can make your outdoor experience more fun enjoyable and educational.

See you outdoors!

Project team



