

# Team Building & Character Education

## **Programs**

- Initiatives (Group Challenge games)
- Low Elements Challenge Course
- Climbing Tower (outdoor and indoor option, Camp St. Croix site only)
- Individual High Rope Elements
- Team High Rope Elements (Camp St. Croix only)
- Zip Line

Each program is designed to fit your needs and accomplish the goals specific to your group. The three main goals that we work towards are:

- Self-confidence: As participants process their own and their group's successes, failures, and dynamics, an individual can begin to identify how their personal strengths contribute to a group.
- Personal/Group Challenge: Participants are challenged in a collaborative environment to take risks and demonstrate perseverance as they face unfamiliar experiences.
- Team Collaboration: Groups develop communication skills, leadership, trust, and an increased awareness to group decision making.

## **Program Descriptions:**

### Initiatives (Group Challenge Games)

Initiatives are a series of ground based games that encourage creative problem solving, critical thinking, and perceived risk-taking. These programs encourage participants to also develop greater awareness to personal choice, effective communication, trust, and teamwork.

### Low Elements Challenge Course

Our Low Elements are a series of obstacles that encourage creative problem solving, critical thinking, and risk-taking. These programs encourage participants to develop effective communication, trust, support, collaboration and effective utilization of strengths.

### Climbing Tower (outdoor and indoor option, Camp St. Croix site only)

We have 2 30-ft, outdoor climbing towers at Camp St. Croix and 1 25ft indoor wall for year round climbing. Our experienced facilitators can create an introductory or challenging climbing program to accommodate all ages and skill levels. These programs encourage participants to develop personal goal setting, perseverance, encouragement, and trust.

### Individual High Ropes Elements (5<sup>th</sup> grade and older)

At both locations, we have a series of ropes challenges 20-40 feet in the air. One participant is on each element at a time, the rest of the team is on the ground supporting their team member physically and/or emotionally through positive encouragement. These elements encourage participants to develop an inclusive mindset for all abilities with an emphasis on personal challenge and character development.

### Team High Rope Elements (5<sup>th</sup> grade and older, Camp St. Croix site only)

These are ropes challenges 20-25 feet high. Two participants work together on each element and the team supports physically and/or emotionally through positive encouragement. These elements encourage participants to develop trust and respect for all abilities with an emphasis on personal challenge and character growth.

### Zip Line (5<sup>th</sup> grade and older)

The zip line can be done in combination with any other program option or as a stand-alone event. Participants climb up 25 feet and then slide down our zip line to a safe landing. Emphasis is on fun, personal challenge, and overcoming fears. (Capacity: 8-12 participants per hour)