



My Post - Blairvadach Portfolio

Name _____

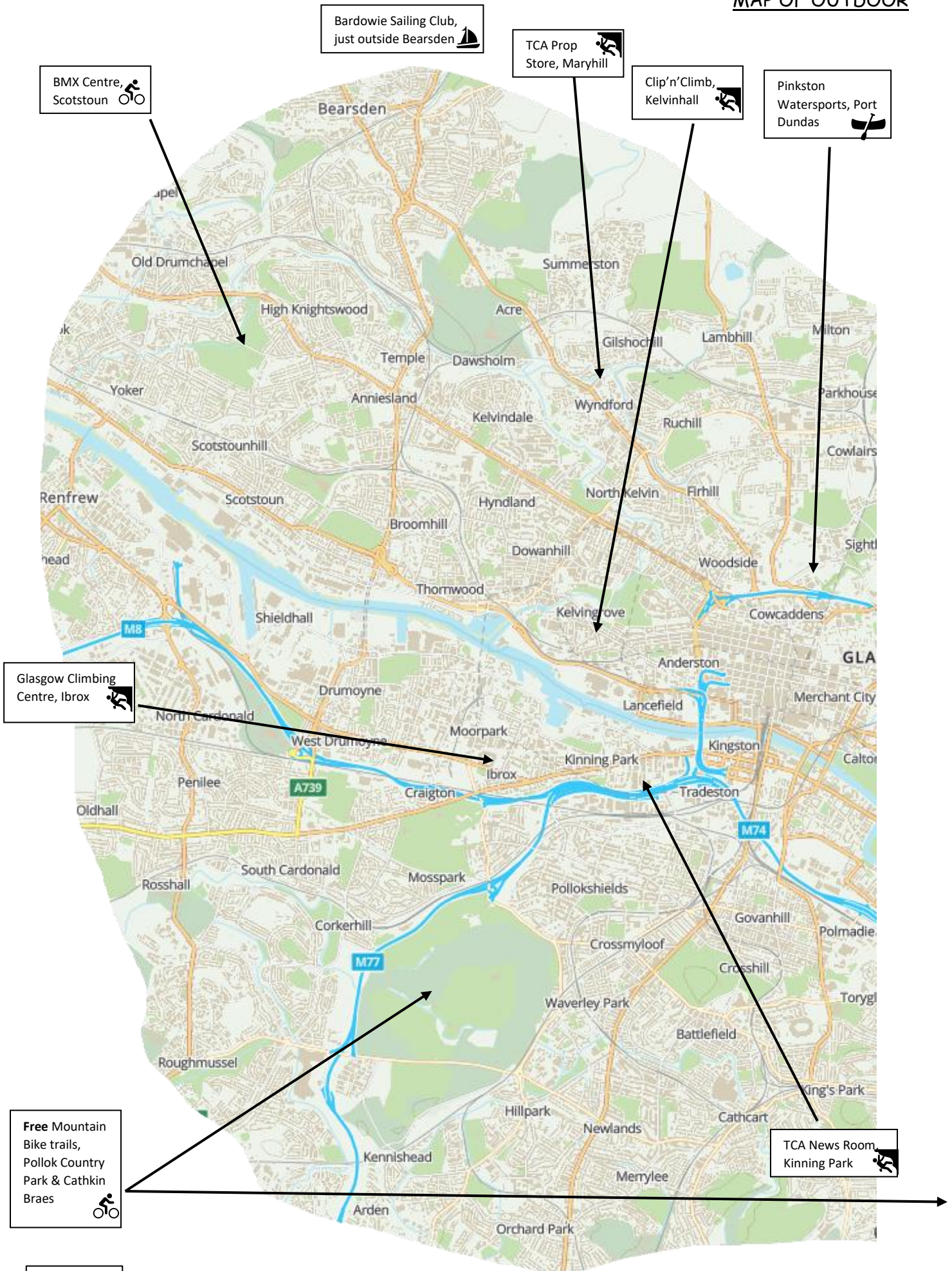
School _____

Well done on completing your Blairvadach residential!

**We hope you enjoyed it & learned a lot while you were at
Blairvadach...**

**Now it's time to take all that you've learned and apply it to
life back in Glasgow!**

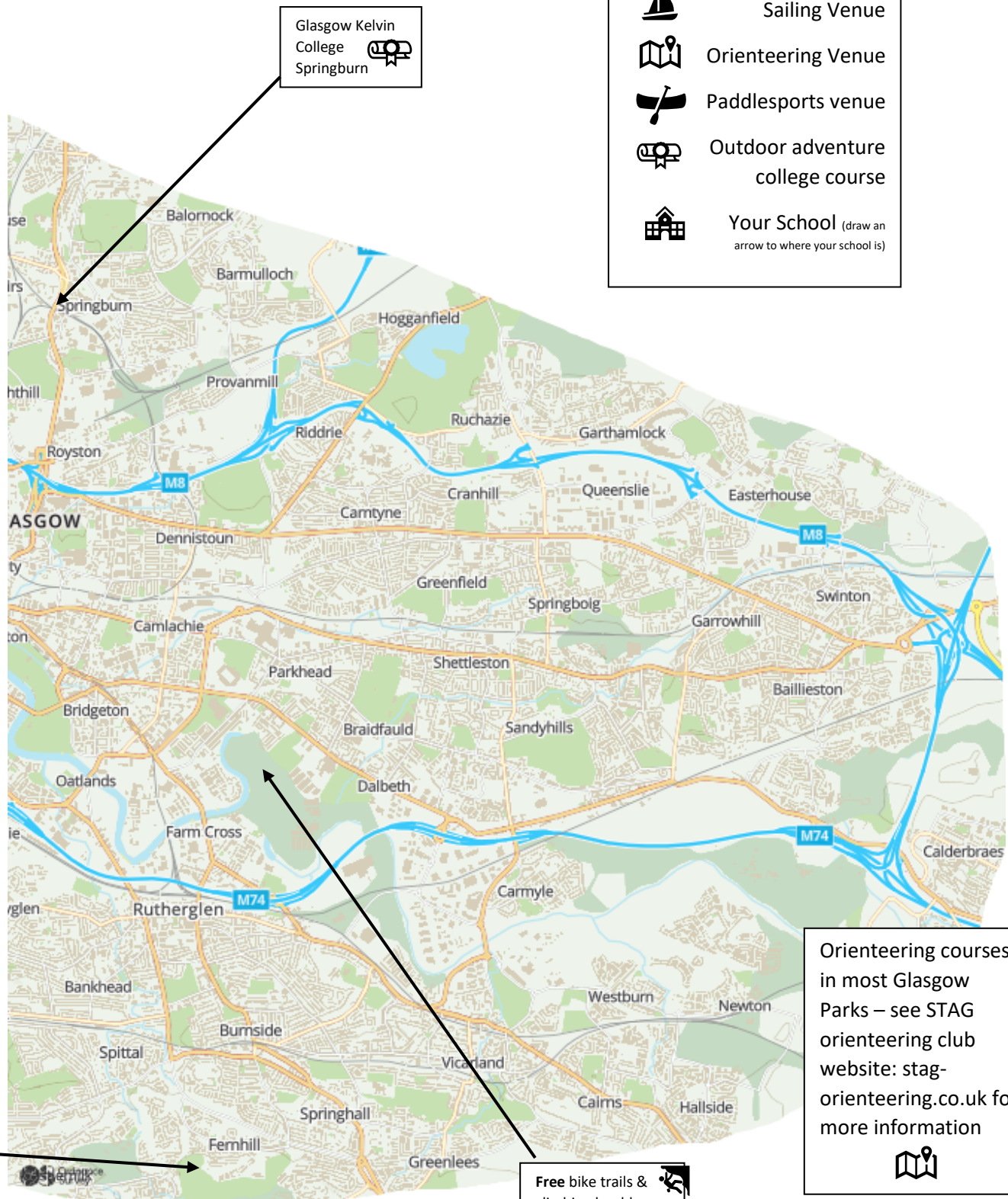
MAP OF OUTDOOR



ACTIVITY VENUES IN GLASGOW

Key

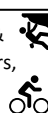
-  Rock Climbing venue
-  Biking venue
-  Sailing Venue
-  Orienteering Venue
-  Paddlesports venue
-  Outdoor adventure college course
-  Your School (draw an arrow to where your school is)



Orienteering courses in most Glasgow Parks – see STAG orienteering club website: stag-orienteering.co.uk for more information



Free bike trails & climbing boulders, Cunningar Loop



COMFORT ZONE, GROWTH ZONE & STRESS ZONE

Do you remember learning about the different feelings you might experience in your different zones?



Can you fill in the blanks using these words (some words may be used twice)?

Heart
Tummy
Think
Crying
Worst
Clearly
Scared
Normal



Look at the feelings in the different zones above. Put a tick ✓ next to all of the zones that you think you experienced during your week at Blairvadach. You probably experienced more than 1!

Comfort zone

☐

Growth zone

☐

Stress zone

☐

REMEMBER! Every time you get in to your growth zone your comfort zone **grows** and that means your confidence **grows** and new challenges don't seem quite as hard.

It's NOT that the challenges get easier, its that YOU are getting better at handling them!

Which zone would you be in NOW?

Look at the different activities written in the orange boxes on this page. For each one, do you think you would be in your **COMFORT ZONE**, **LEARNING ZONE** or **STRESS ZONE** if you were doing them right now? This may be different for everyone and it may have changed for **YOU** since you've been at Blairvadach. Draw an arrow from each of these activities to what **you** think is the correct zone for

Check back to page 3 for a reminder of how each zone feels

At home - in your room



playing football



Going on another residential trip with school



Being without your phone



At school – in class



At school – playtime



Drawing



Dancing



Doing gymnastics



Going to high school



Staying in a room with your classmates



Playing snooker or pool



Learning a new sport or activity



playing basketball



Going to the beach



First, count up how many activities are in your...

Comfort zone _____

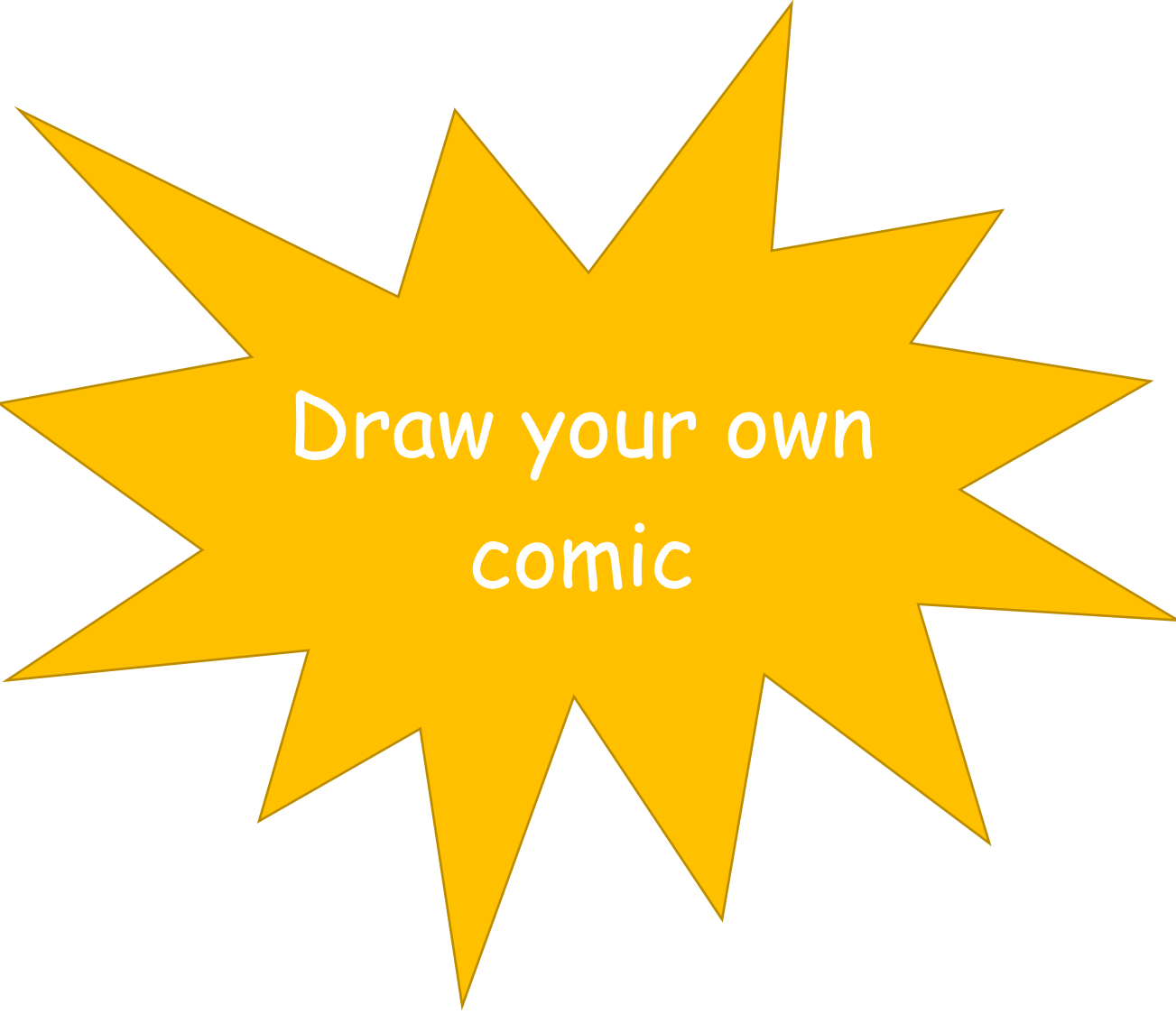
Growth zone _____

Stress zone _____

Then, scan the QR code on an iPad to add your answers to the online form



Write the activities you did at BV in these boxes



Draw your own comic

Use the comic book boxes on the next page to write and draw about a time that you remember being out of your comfort zone, this could be at Blairvadach or anywhere else.

Take a moment to try to remember a time that you were doing something that got you in to your learning zone or stress zone (or both). How did it start, what happened in the middle & how did it end?

Write or draw in the boxes what happened, where were you, who was there and **how you felt**.

Use as many words or pictures as you like, you could even use emojis to show how you were feeling at different times.

Have fun with it!

It began like this...

Then this happened...

Then this...

This is how it ended & how I felt!

THE END

Being Scared and Brave



Remember the knight and the dragon?

We learned that if you are scared or nervous about a challenge

AND

you do it anyway then you are **BRAVE!**



Circle the answer that is true for **you**.

Were you nervous about coming to Blairvadach?

YES or NO

Were you nervous doing any of the activities while you were at BV?

YES or NO

Were any of those things really hard?

YES or NO

Did you do those things anyway?

YES or NO

IF YOU **DID**... THEN NOW YOU **KNOW** YOU ARE _____ (fill in the blank space).

Choose one of these words... FUNNY WEAK BRAVE HAPPY SAD STRONG

How do you feel now you know you are a brave person who can do hard things?

Happy Grumpy Tired

Amazing Sad

Angry Proud of myself

Feel free to write your own words here

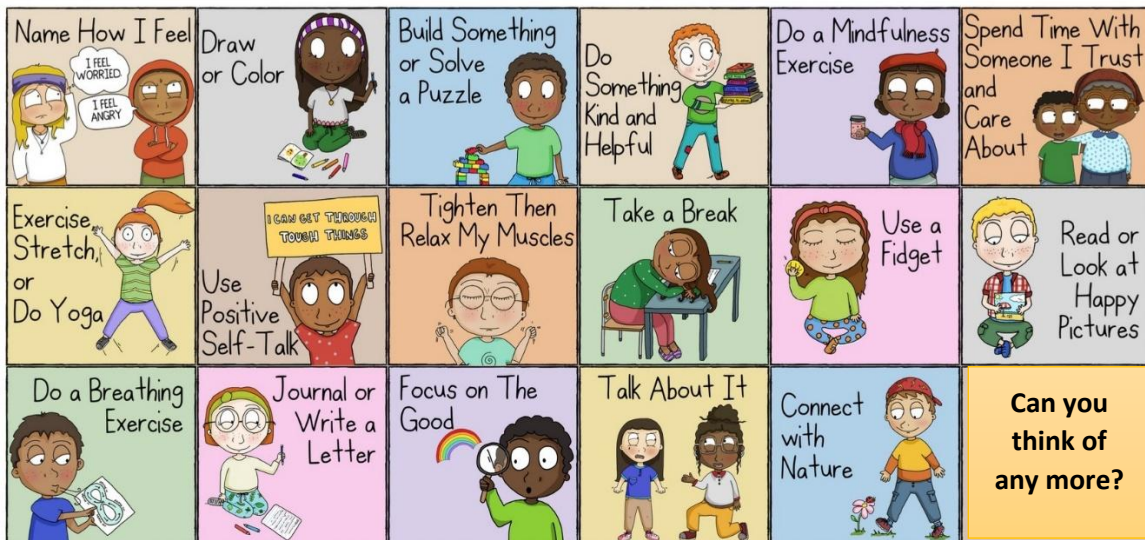
Next Steps...

Coming to Blairvadach and doing all of those activities was a **BIG** challenge. You successfully completed that mission - even if it was tough at times.



Draw or write about a time when you successfully completed a mission or challenge - give details of **HOW** you kept going when it got tough.

Have you used any of the calming tools? Circle any that you've found helpful.



Choosing a goal for how you want to feel...



When you set yourself a goal or ambition your brain's SMART PART will help you achieve it.

Set a goal for how you want to for today - circle a word

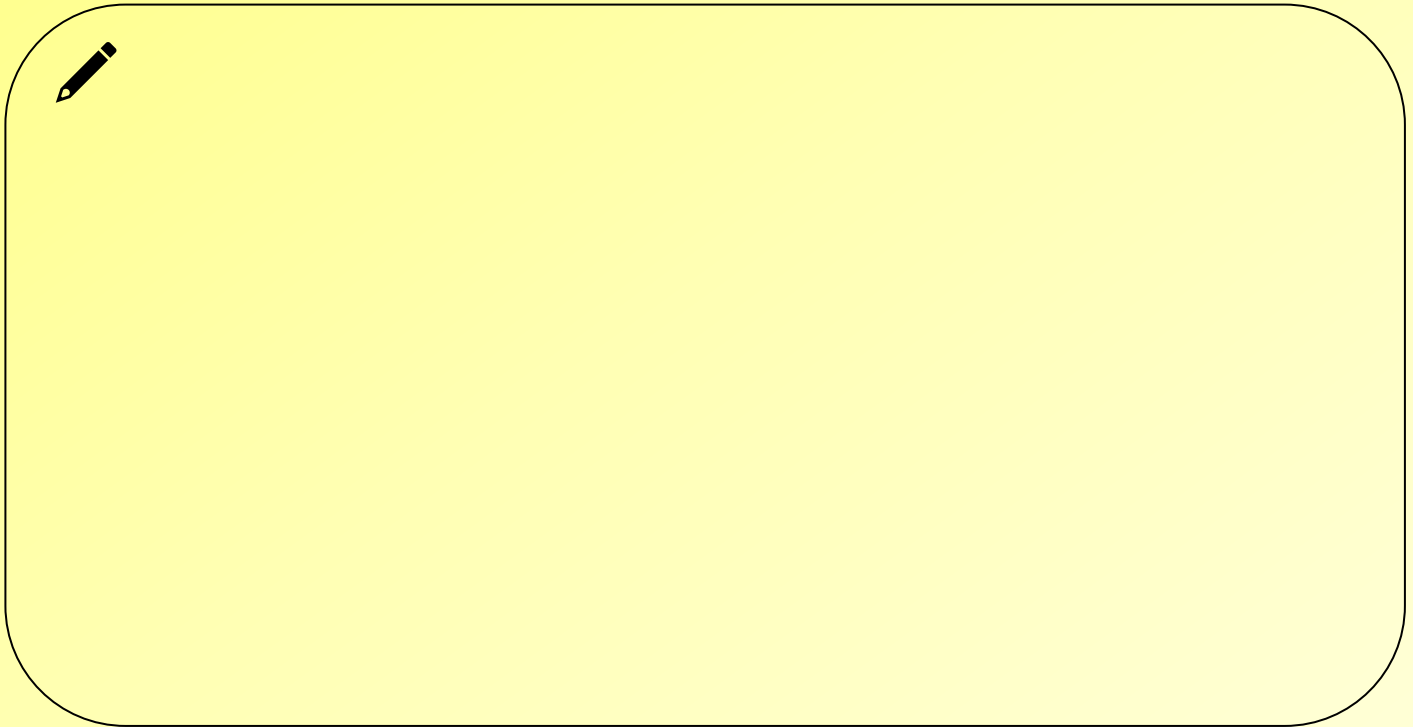
Don't forget about your goal, keep reminding yourself of how you want to feel & your brain will help you achieve it.

How do you want to feel on your 1st day of high school?
Remind yourself of that goal when that day arrives.

Happy	Relaxed	Sad
Proud of myself		Excited
Scared	Optimistic	Angry
	Having fun	Frustrated
Hopeful		Powerful
	Grateful	

Moving up to high school will be another BIG challenge. What have you learnt from going to Blairvadach that will help to make that challenge easier for you? Think about:

- Calming tools
- Getting on with other people
- Being more independent
- Things you've achieved that you didn't think you could do
- Being organised
- How you felt AFTER you tackled a big challenge



This box on the "Last Evening at Blairvadach" page asks "What can I do to get out of my comfort zone back in Glasgow?"



Remind yourself of what you wrote OR think of a new mission or challenge that is out of your comfort zone.

Plan how you will do it - what calming tools can you use if it gets tough (see page 8) & who you can ask for help?

Last Evening at Blairvadach

Name

Can you put an answer about your Blairvadach experience in each of the following boxes?

Favourite thing I did at BV

Something I'm proud of

Core memory from BV

Hardest thing I've done at BV

Something I learned at BV

Did you complete your Blairvadach mission?

Can you answer these questions about life after Blairvadach?

What can I do to get out of my comfort zone back in Glasgow?

My next challenge will be...

Something I learned at BV that will help me when I face challenges at home and at school...

Blairvadach (BV) Memory Bingo

You know how to this! After reflecting on the things you've done since you got back from BV, if you have done any of the things listed below then colour its box in and write an example of when it happened. See if you can fill in all the boxes - BINGO!

Used one of the calming tools	Made my bed at home	Learnt something new
Chose a goal for how I want to feel today		Did some physical activity
Felt good about myself	Got out of my comfort zone	Chose a new challenge & started working towards it



Look back at the BV Memory Bingo you did during your time at Blairvadach. Remind yourself of all the challenges you've overcome!

3 things your Blairvadach Instructor wants you to ALWAYS remember...



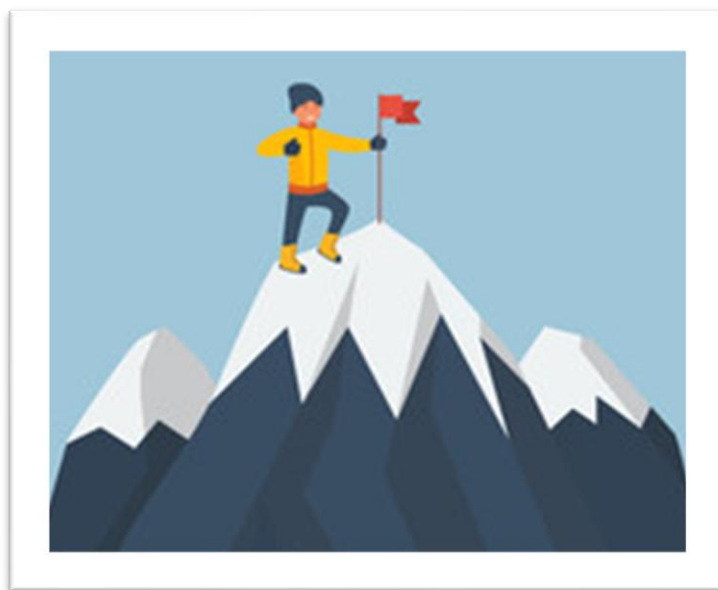
1. YOU can do hard things and overcome challenges - believe in yourself, ask for help when times get tough and NEVER GIVE UP!



2. You can do SO many cool outdoor sports in and around Glasgow but **YOU** need to find those opportunities (use the map on page 2 & 3 and google it)! Then get parents, guardians or teachers to help you find ways to go and do it.



3. Outdoor activities, like those you did at Blairvadach, are only enjoyable when the environment we do them in is unpolluted – so look after this beautiful world we live in!



WELL DONE!

You have completed your Blairvadach experience and achieved LOTS along the way.

See you again soon!

From the Blairvadach Team