



It won't be long until your class comes to Blairvadach Outdoor Education Centre. We can't wait to meet everyone!
Filling out this booklet will help you to get ready for a BIG adventure.

Look out for the fun exercises to do wherever you see this icon. 



Name _____

School _____

Sponsored By



*The Trades House
of Glasgow*

Get started by
Scanning or clicking
this QR code

Scan the QR codes on each
page for help.



SCAN ME

What does a typical day at Blairvadach look like?

START HERE!

Scan/Click to watch our information video



Here is a rough timetable of what a typical day at Blairvadach is like. The day you arrive and the day you leave will be slightly different but all of the days in between will look something like this...



7.45am - Wakeup call over the tannoy (speaker) system & music to get you moving!



8.15am - Breakfast is served in the dining room.



9.00am - Room inspection - Make your bed, tidy the room, open the curtains.



9.15am - Put a change of clothes in a locker in your changing room & go to meet your instructor.



Daytime - Day time activities may be full day (like hillwalking) or 2 half day activities.

You will have a packed lunch so lunch break can be taken as & when your team is ready.



4.30pm - Arrive back at BV after your last activity.

Go for a shower & change in to the clean set of clothes you put in a locker earlier (see 9.15am). Put any dirty clothes in the laundry buckets.



Free time! Time to play the indoor games (pool, table tennis etc.) or just relax in the lounge or games room. This is a good time to catch up with classmates you haven't seen while you've been out on activities



5.30pm - Dinner is served in the dining room & you'll meet your evening instructor



After dinner - Evening programme begins;

Portfolio time, evening activity, free time & place your order for tomorrow's packed lunch.



9pm - Supper time in the dining room - usually hot chocolate & biscuits



Bedtime! A few people will stay behind in the dining room to set up the tables ready for breakfast. Everyone will take a turn of this throughout the week.



10pm - Lights Out! Each bedroom corridor will be supervised by your school staff

Challenging Yourself and Setting Goals



SCAN ME

 Have you ever set yourself a goal and achieved it?

YES - Circle the words that describe how you felt afterwards (add more words or emojis to the box if you want to).

NO - Can't remember having achieved a goal? Circle the words that describe how you think you would feel.

Happy	Grumpy	Tired
	Amazing	Sad
Excited	Grateful	Frustrated
Angry		Proud of myself

After arriving at Blairvadach and finding out lots more about what you will be doing throughout your stay you will set yourself an ambition (or goal).

Here are some things you *might* choose as your ambition.



Put a tick next to any of the ambitions that interest you
or
Write your own idea here...



Your goal might not just be about doing things. If you want to, you can make it your goal to feel a certain way.

How do you want to feel today? (circle it in the box or write your own word).

Make it your goal to feel that way for the rest of the day! Keep reminding yourself of your goal & your brain will automatically help you achieve it.

Do the same for how you want to feel at Blairvadach.

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

Have you heard of your comfort zone before?

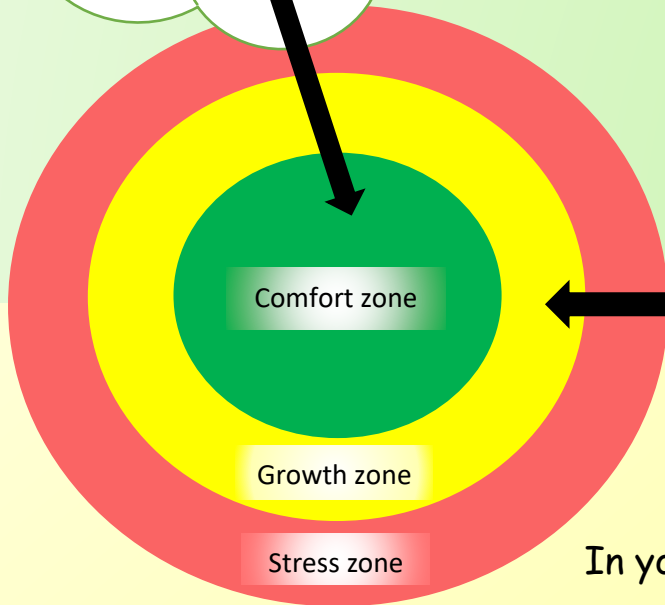


SCAN ME

You are in your **COMFORT ZONE** when you are doing things where you feel relaxed and find everything easy.

Are any of these in your comfort zone?
Circle any that are & add more if you want to...

Home	School	Drawing
Computer games	Sports	Sleeping
Dancing	Spending time with friends	



When you get out of your comfort zone you enter your **GROWTH ZONE**.

In your growth zone you **grow** more confident as you are helping your comfort zone to **grow bigger**

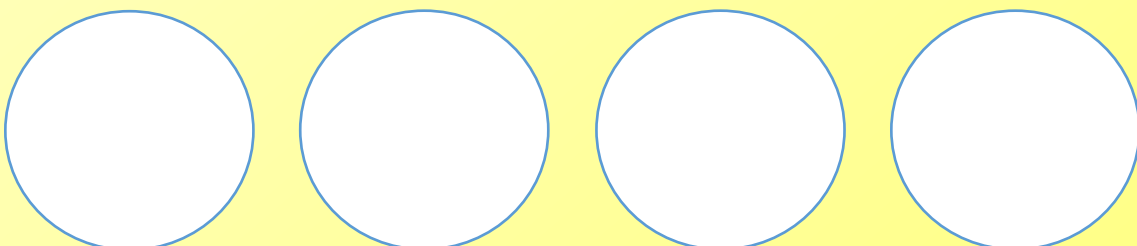
You're in your **growth zone** when things feel a bit challenging, like when you are...

doing a new or challenging activity

away from your home, friends or family

or going to a new place

Can you think of any more examples of things that might be in your growth zone? Write or draw them in the circles here...



Getting Out of Your Comfort Zone



SCAN ME

Going in to your growth zone may mean you feel a bit nervous or unsure - **that's OK**, everyone feels that way sometimes.

Knowing how to handle these feelings will help you to deal with the challenge successfully
You'll find out how to do this on page 10!

After some time in your growth zone, **your comfort zone grows bigger** so those new challenges don't feel as difficult or scary anymore!

It's not that the challenges get easier, its that you get better at handling them!

The tools you learn in this workbook will help you deal with new challenges at Blairvadach **AND** they'll also help you at school, at home or any time in your life you start to feel challenged or stressed.

Most importantly, when you get out of your comfort zone **you will feel proud of yourself.**

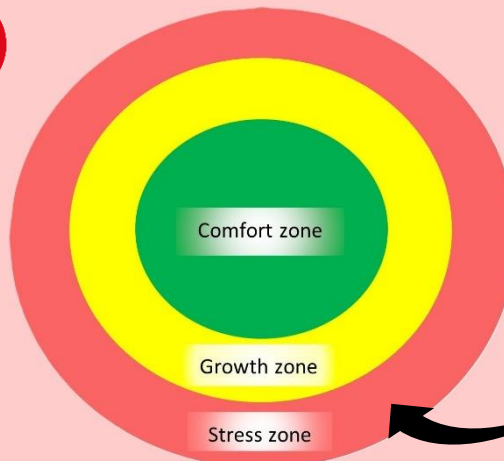


Can you think of a time when you felt proud of yourself? Write or draw about it here...

What is your **STRESS ZONE?**



If you are doing something that feels **VERY** challenging or scary you might enter the stress zone - that's OK too!



Way out here far away from your comfort zone is your stress zone

In your stress zone you use a lot more time and energy feeling stressed so learning & growing your confidence is much more difficult. You have left the growth zone behind!

If you're in your stress zone - **that's ok** too!
Everyone feels stressed sometimes

Learning how to handle those feelings is an important part of being human!

There are loads of simple things you can do to help with those feelings (we will learn some on **page 10**)

How do you know what zone you are in (and does it matter)?

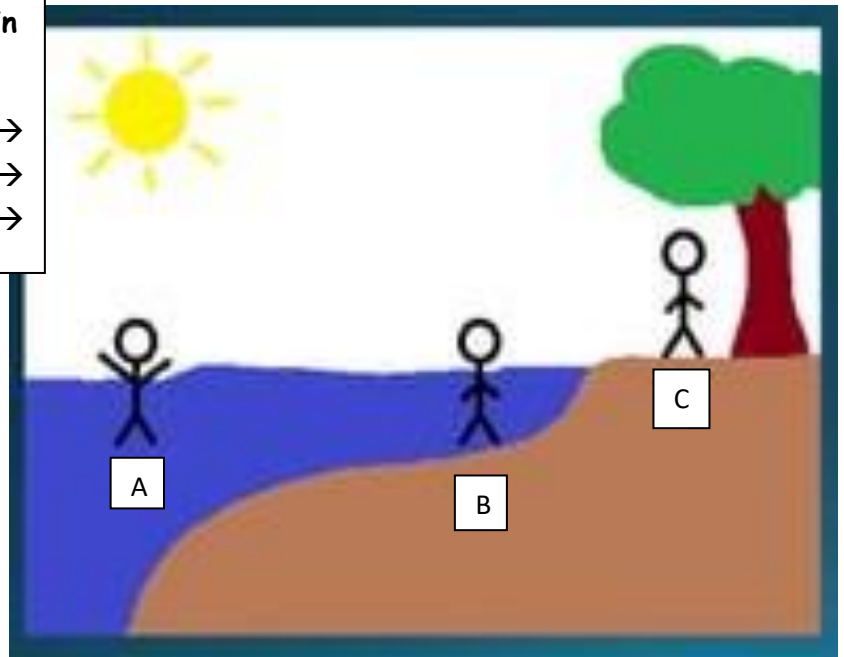


SCAN ME

What zone do you think the people (A, B & C) are in? Draw an arrow from the zone to the person you think is in that zone.



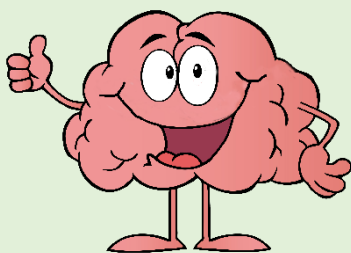
- comfort zone ---→
- growth zone --→
- stress zone ---→



Answer:
Really, the correct answer is "it depends!"
Most people say Person C, relaxing under the tree is in their comfort zone. Person B, in the shallow water gradually getting a little bit deeper, is in their growth zone. Person A, in deep water is in their stress zone.
BUT what if the Person A has a lifejacket on or is a really good swimmer - do you think they would still feel stressed in the deeper water? Maybe not!

From this example we can see that working out what zone you're in could be very helpful.

Noticing when you are out of your comfort zone will help you to know when you might want to use some calming tools (see page 10).

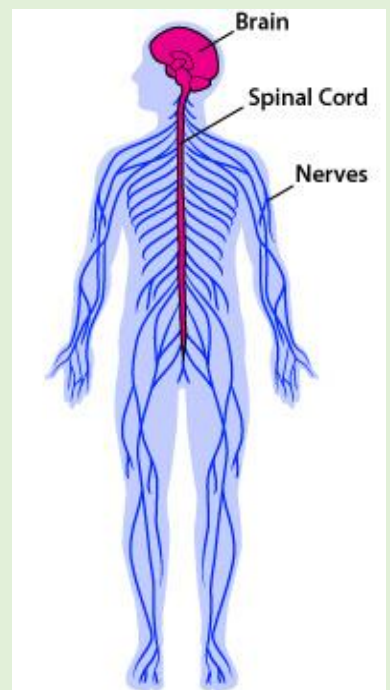


Feelings are signals from your brain

Your brain sends signals to your body - these are your feelings. These signals (feelings) are all totally normal, in fact they are there to **help you**. They will help you work out what zone you're in & whether you need to do something to help you to feel calmer.

Every person is different and experiences these signals in different ways.

When you start to tune in to what your feelings are signalling to you, they will start to help you!



Feelings are Signals

Here are some examples of the signals you may experience in each zone...



SCAN ME



On the diagram above, put a tick next to any of the **STRESS ZONE signals you've felt in the past when you were stressed or worried.**

Everyone has felt **STRESS ZONE** feelings at some point in their life - it's your body's way of trying to help keep you safe (see **BONUS PAGE 9** for more information on this).

We are going to learn some tools to help you to manage these feelings when they do come up no matter where you are or what you're doing.

Which zone do you think you would be in?

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, growth zone or stress zone if you were doing them right now?



Draw an arrow from each of these activities to what **you** think is the correct zone for **YOU**. (Note - this will be different for everyone so just focus on how **YOU** feel about each one! If you're not sure, just guess!)

Check back to page 7 for a reminder of how each zone feels

At home –
relaxing

playing football

Arriving at Blairvadach

Rock climbing

At school – in class

At school –
playtime

Drawing

Hillwalking

On your phone

Going to the
beach

Staying in a room
with your
classmates

Playing
snooker or
pool

Playing
table
tennis

Doing
gymnastics

Dancing

Going for a long
walk

Staying overnight at a
friend or family
member's house

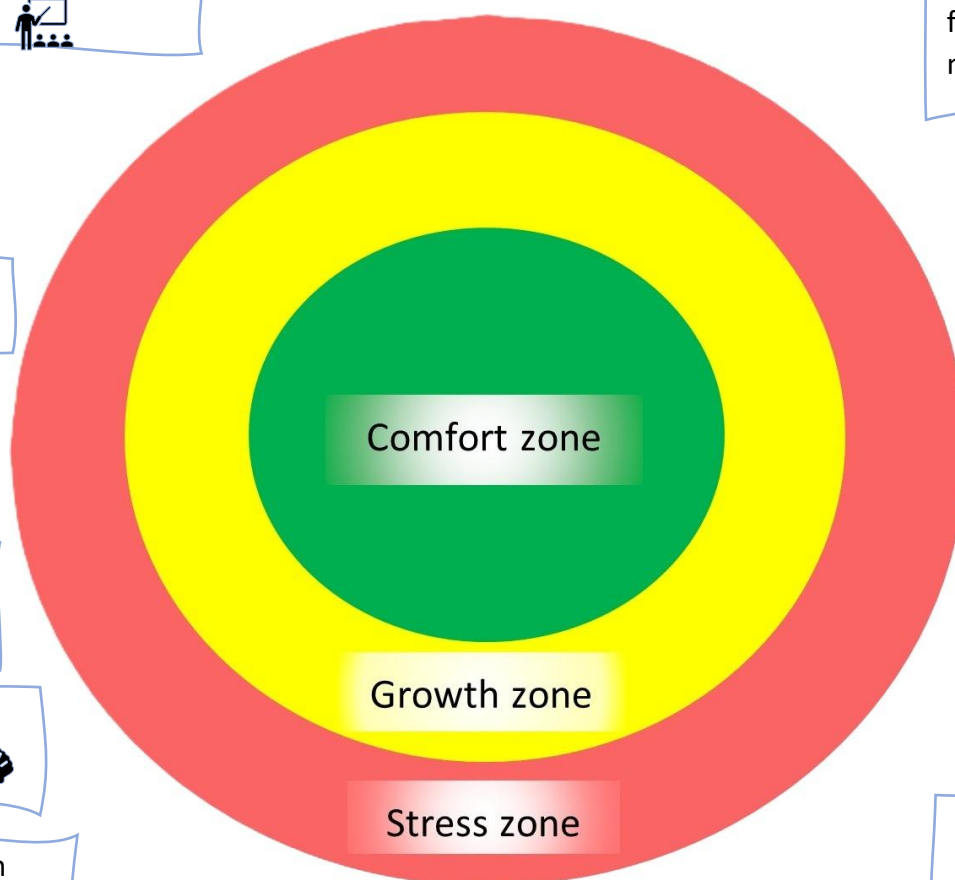
Watching TV

Playing computer
games

playing
basketball

Being without
your phone

Orienteering (learning
how to use a
map)



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

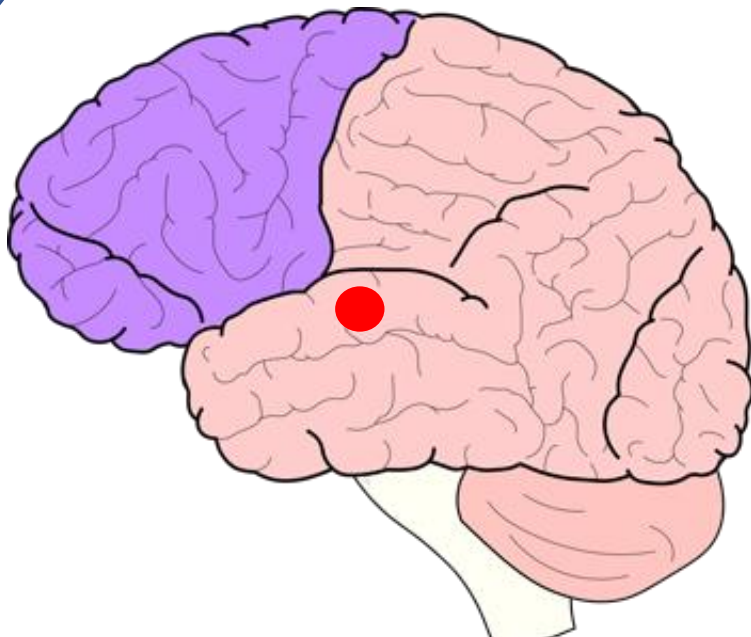


Bonus
page!

Why does the brain send different signals in each zone?



SCAN ME



Your brain has different areas each with different jobs to do. The **purple** area shown on the diagram is your brain's **SMART PART**. Whenever you make a smart decision and are acting in ways that feel like the calmest, best version of you - this **SMART PART** is in control.

Buried deep down inside your brain is the **red** area shown on the diagram; this is your **REPTILE BRAIN**. It's called this because it is the only bit of brain that a reptile has.

Your **reptile brain** only has 1 job - to keep you safe!

It is *always* sending out signals to the rest of your brain saying "DANGER!!! THERE IS A THREAT NEARBY!!!" Like a lizard watching out for predators that might eat it!

When you are in your comfort zone and growth zone your **SMART PART** is able to look at the whole situation and automatically send signals back to the **reptile brain** saying "don't worry - everything is OK".

If you are in your stress zone you *think* that there's a much bigger threat so the **reptile brain** takes charge. It sends **out** signals that cause stress zone feelings in your body (remember the diagram on page 7?). The **reptile brain** won't notice any signals coming in from the **smart part** telling it to calm down (**unless you help it to notice - we'll learn how to do this on the next page!**)

Please don't
eat me!!!



So...

What can we do to manage those stress zone feelings and stop our reptile brain from taking over?

Calming tools to help manage your stress zone



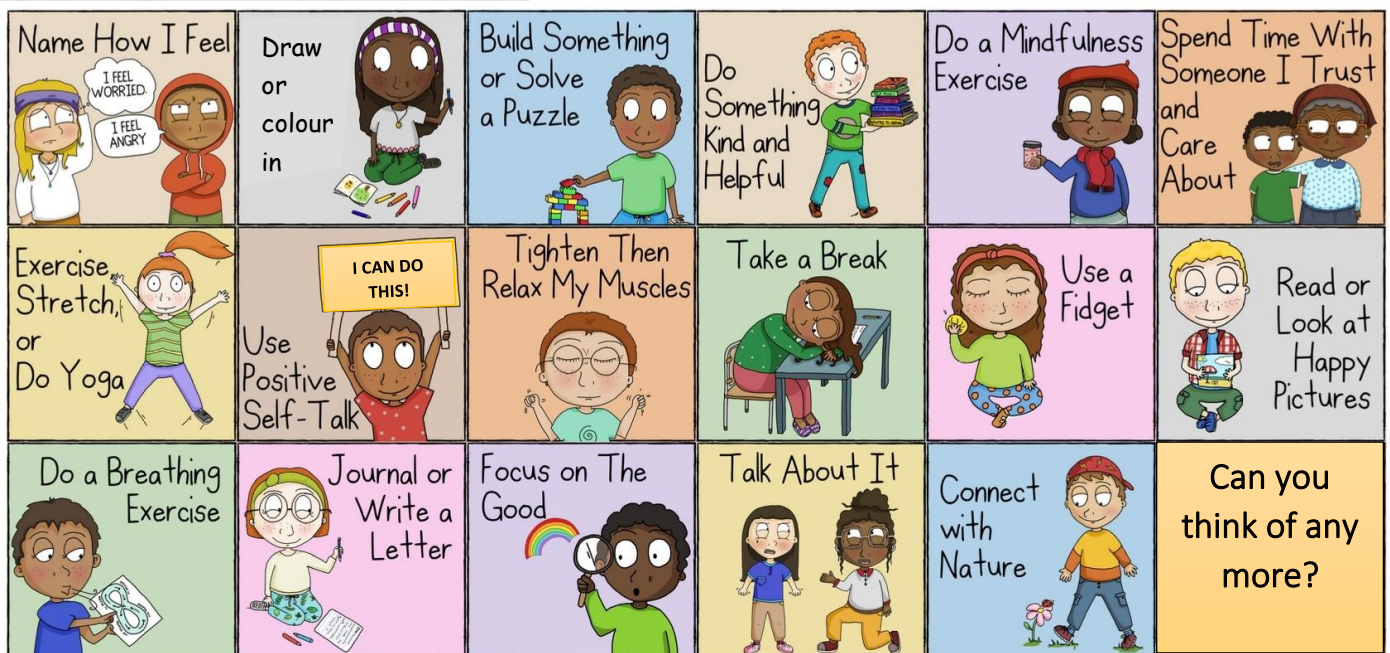
SCAN ME

When you tune in to the signals coming from your brain (these are feelings in your body), you will know when you are out of your comfort zone. These signals will tell you if you are heading towards your stress zone (check back to **page 7** for a reminder of what this feels like).

GOOD NEWS!! There are LOADS of really simple things you can do to help your body to feel calmer & safer, stopping your reptile brain from taking charge!

Here are some ideas...

Doing any of the things you circled in the box at the top of **page 4** will help you to feel more calm because those things are in your comfort zone



Put a tick next to any of the calming tools you have used before.

Have you ever noticed how doing those things can help you to feel calmer?

These tools will help you to manage any stress zone feelings, letting the **SMART PART** of your brain stay in control.



Draw your own comic

 Use the comic book boxes on the next page to write or draw about a time that you remember being out of your comfort zone.

Take a moment to try to remember a time that you were doing something that got you in to your growth zone or stress zone.

How did it start, what happened in the middle & how did it end?

Write or draw in the boxes as much detail as you can... where you were, what happened 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.

Most importantly - HAVE FUN WITH IT!

It began like this...

Then this happened...

Then this...

And this is how it ended!

THE END

Being Nervous AND Being Brave



Look at the picture of the knight & the dragon.

Do you think the knight is brave? YES or NO

Do you think the knight is scared? YES or NO

Notice - the dragon is breathing fire!

Is it possible for the knight to be scared AND brave?
YES or NO



Being brave is all about being nervous AND trying the thing anyway!!!

Whenever you do things that are outside of your comfort zone, things that make you feel a bit nervous, **you are being brave.**

You can use the calming tools you learned on page 10 to handle those nerves!

The dictionary definition of bravery is **"the ability to do something that frightens you"**

So, you **NEED** to be nervous or scared in order **to be brave!**

Your Blairvadach Ambition - challenges and goals.

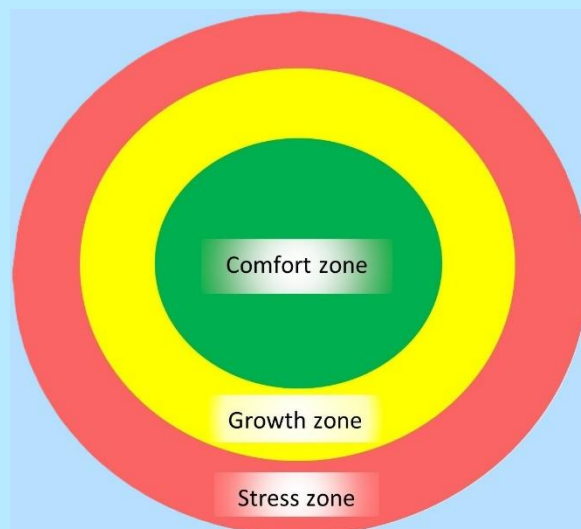
On your first day at Blairvadach you will be asked to choose an ambition for the week.

Your ambition should be something that is challenging for you. When you choose a new goal or ambition you are aiming to do something that is **outside** your comfort zone.

It is something you need to put **effort** in to achieve.

Which of the 3 zones do you think is the best zone to be in for you to achieve a new goal? (tick one ✓)

- ☐ Comfort zone
- ☐ Growth zone
- ☐ Stress zone



We will ask you to choose an ambition that is important to YOU because you & your Blairvadach instructor will put lots of effort in to helping you achieve it during your Blairvadach trip. Our instructors are brilliant at helping you to stay in your growth zone & manage your stress zone while achieving your ambition!



Blairvadach (BV) Memory Bingo

Can you tick off any of these things you can do to prepare for your Blairvadach trip? For each one write or draw details of what you did to keep it fresh in your memory. See if you can fill in all the boxes!



Try out 3 calming tools that I can use anywhere <i>Page 10</i>	Make sure I know how to make a bed <i>Page 2</i>	Learn what the growth zone is <i>Page 4</i>
Think about how I want to feel when I got to BV <i>Page 3</i>		Do some physical activity
Watch BV information video <i>Link on Page 2</i>	Remember a time when I got out of my comfort zone before <i>Page 11</i>	Plan what clothes I'm going to pack <i>Page 15</i>





Packing List



During your Blairvadach visit you will be outdoors in all weathers.

To help you stay warm and comfortable, please use the checklist below to ensure you bring the correct items.

Clothes for activities will get wet, dirty or maybe even damaged and will be washed and tumble dried. Please remember this when packing and don't bring your best clothes.

Blairvadach will supply all waterproofs, protective clothing and footwear to enable you to take part in the activities.

Clothing for Outdoor Activities

✓ tick when packed

Old long sleeved top or fleece x2

☐

Old T-shirts x2

☐

Old trousers or joggies x2 (Jeans are not suitable)

☐

Warm socks x 3 pairs that come up above the ankle

☐

Underwear

☐

Old trainers

☐

Warm hat and gloves

☐

Other clothing and equipment

Indoor clothes

☐

Pyjamas

☐

Towel

☐

Soap, toothbrush etc

☐

Any medication require e.g. Inhaler

☐

Water bottle

☐

Flask

☐

For water based activities (April to mid October)

Swimwear or shorts/T-shirt

☐

Other items that may be useful (March to September)

Midge repellent

Sun glasses, sun hats & sun screen

DO NOT bring

Any electrical or battery operated items
****Mobile phones & SIM enabled smart watches (these are banned for primary schools due to child protection rules)****

Aerosol sprays

Sweets & Chewing Gum

Jewellery.

All body piercings must be removed.

PULL-OUT PAGE – Please give to parent/guardian

Parent/Guardian's information & Packing List

Our information video is really useful, it can be accessed here:



We are looking forward to welcoming your child and their classmates here at Blairvadach Outdoor Education Centre very soon. This information page is designed to give you some extra information and reassurance as you help them get ready for their big adventure!

Your child has been preparing for their Blairvadach residential trip by learning about **getting out of their comfort zone**. For many, this may be their first time staying overnight away from home & that can be a challenge... not just for your child but for you too! As a parent or guardian, we understand that you might be out of *your* comfort zone seeing your child head off for a whole week away without you!

Your child will be surrounded by highly experienced Blairvadach instructors, their teachers & classmates who will be looking after them and comforting them if they are feeling homesick (missing home is completely normal especially if it's their first time away). Being out of their comfort zone away from home in this safe environment is the perfect opportunity to help grow their confidence levels & is an important part of maturing in to an independent person. They have been learning strategies to help them cope with being out of their comfort zone.

Why getting out of their comfort zone is such a good thing & how you can help!

- Being away, having lots of fun adventures & experiencing new, exciting challenges will mean the child who returns home from Blairvadach will be SO much more confident & ready for new challenges that lie ahead (such as moving up to secondary school).
- You can support them before they leave by helping them pack. Please don't do it for them though - they need to know what is in their suitcase & be able to identify their own clothes when they come out the laundry! Writing their initials on the labels in pen is a huge help.
- You can also talk to them about how they feel about getting out of their comfort zone and that it's OK to feel nervous because you know they can get through it. Perhaps tell them about a time when *you* felt nervous and got through it successfully in the end. Please don't tell them you'll come & pick them up if they are upset, we've seen too many children & parents regret this in the end.

This time away may be a huge challenge - of course you and your child will miss each other - but it will be A LOT of fun too. They will come home with loads of great stories about their adventures.

Photos and Social Media.

- While at Blairvadach your child will have a group instructor who looks after them (and a maximum of 7 other children) for the whole week, taking them on their daytime activities. Our instructors' number 1 priority is the safety of the children in their group & ensuring each child in their group is supported in the challenges they face and the goals they set themselves. While doing this, if you give photo consent, the instructor will take lots of photos when appropriate.
- We take lots of great photos which are shared with the school at the end of the week. Usually, but **not always**, instructors *may* post pictures of what their team has been doing on Twitter (X) if the children have consent to have pictures posted on social media. This is **not** part of the instructor's role but is something we like to do IF we have the time at the end of a busy day of adventuring & ensuring the safety of our group. Please bear with us if you do not see your child on Twitter. Rest assured if you have given photographic consent then there will be plenty of pictures of your child sent back to school at the end of the week. You can speak to the school about how they might share these. Your child will also have lots of photos printed in their own personal portfolio to show you when they bring it home.

Thank you for trusting us to look after your child on this big adventure they're going on. They will come home with memories & a new level of confidence which we hope will last a lifetime.