



**Summer term 2021**



**Our Epic Day is** Thursday 10<sup>th</sup> June





## Epic Days will provide:

- An extended day: 10am – 9pm
- Outdoor Learning Adventurous activities at Bonaly Scout Centre
- A mini expedition in the Pentland Hills
- Opportunities for personal challenge and connection with nature
- A hot evening meal and campfire experience
- Adventurous activities led by specialist qualified instructors with a maximum group size of 10
- All existing pupil groupings/bubbles maintained
- Enhanced cleaning protocols and risk management in place to protect staff and pupils
- No cost to school for cancellation due to Covid (See T&Cs at <https://www.experienceoutdoors.org.uk/epic-days>)
- Cost is £38 per pupil.



## It will include the following elements:

- A memorable & fun-filled experience
- Adventure
- Awe & wonder and a sense of place
- Connection with nature and its importance for well-being
- Empathy and awareness of the environment
- Opportunities for personal achievement



## What's happening on the day?:

- Around 10am Arrive at Bonaly Scout Centre, meet our instructors  
We'll be split into activity groups of up to 10 each
- Daytime
- Mini-expedition (around 3 hours) into the Pentland Hills
  - Eat our packed lunches (bring plenty of food for energy!)
  - 2 Sessions of adventurous activities onsite at Bonaly
- 5pm We'll join together as a whole class again
- Evening
- Hot dinner
  - Some activities; reflect on our experience
  - Campfire
- 9pm Head back to school for pick-up



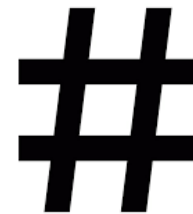
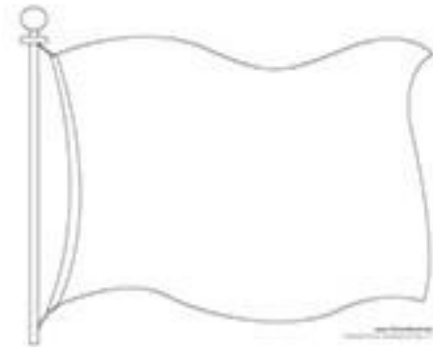
## 6 Top tips for your day:

- Bring a substantial packed lunch and some extra snacks - you'll need the energy
- Bring a water bottle - you can refill this at Bonaly during the day
- Wear comfy clothes you can be active in and don't mind if they get dirty
- Wear footwear you can be active in; trainers or boots
- If you've got waterproofs, bring them with you (don't worry if you haven't - we have sets we can lend you)
- Bring a warm top or jacket for the evening - it can get colder than you think!



# Some ideas for activities before you come..

- Why not design your own school/team flag or hashtag as a cooperative task.
- In your design you might include:
- Geographical feature such as closest hill, river, beach or park , landmark.
- School values, school colour/logo.
- Animal/tree/plant mascot





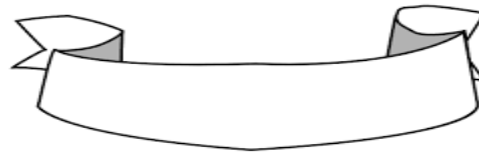


# Team Building



What makes a good team player?

- Groups/class could make a chant/motto to help build bonds and to focus on building group identity and community.



- Discussing positive and encouraging language (stock phrases) can be an empowering task and can be used on the day to support each other.

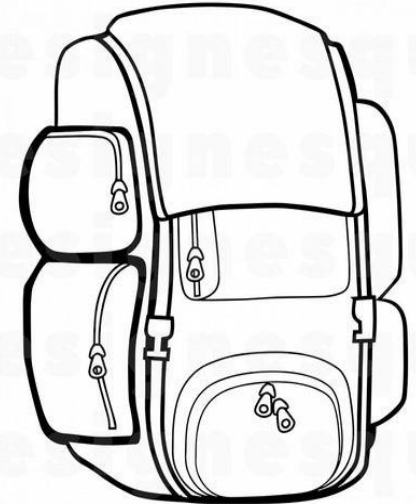




# Be Prepared!

## What's in your bag?

- Create a kit list.
- Groups might be given different weather forecast scenarios to discuss.
- List of potential items for ordering/ prioritising could be given in advance or pupils could make their own.
- This is a great way for pupils to discuss, justify and reach consensus as well as teaching important organisational skills.





Visit [www.experienceoutdoors.org.uk/epic-days](http://www.experienceoutdoors.org.uk/epic-days) for more information