

## 4: personal well-being

### teacher's notes

1) This worksheet is designed to address the emotional dimension of group-based outdoor adventure activities in a way that focuses on the positive.

2) Group dynamics critically affect outdoor education outcomes. In turn, they are critically affected by individual mindsets.

3) Cultivating both high self-esteem & a cooperative approach to embracing challenges is a complex & on-going process. This worksheet doesn't pretend to be anything but a very small part of that process.

