



No I in Team

A combination of North Canoe paddling and on-land group dynamic activities.

Duration: Full day

Curriculum Reference: Health & Physical Education

Grade: 5

Minimum Supervision Requirements: 1 teacher and 1 additional supervisor

Learning Objectives:

Introduce students to a variety of group dynamic (team building) activities that will help them develop social-emotional learning skills needed to foster overall health and well-being, positive mental health, and the ability to learn, build resilience, and thrive as a member of a team/society.



Big Ideas:

- How do we create a positive working environment amongst peers?
- What is a healthy way to manage emotions in the face of a frustrating task?
- What is the best way to share my ideas? How well do I listen to others?
- What can we learn from the process, not just the outcome of a task?



Sample Itinerary

(Times will vary based on bus charter timing)

10:00am	Students arrive	Welcome chat, washroom break, snack
10:30am	North Canoe Paddle	Talk about teamwork. Get fitted with PFDs and paddles—go for a paddle down the lake and back.
12:00pm	Lunch	Return to GLOC. Clean up from paddling. Have lunch.
12:30pm	Group Dynamic activities	Participate in a variety of activities that will challenge the students to achieve common goals in large and small groups.
2:00pm	Clean up, Depart	Final washroom break and snack. Bus departs (2:30)