

# Preparing for your YHA adventure



**Time: 90 minutes** (you can split these activities over several days or lessons)

**Class:**

---

## Lesson objectives

1. Understand all about your YHA residential
2. Learn and practice safety and behaviour expectations
3. Develop teamwork skills and set personal goals for the trip
4. Gain background knowledge about the trip destination

## You will need:

- Slideshow or video about the YHA hostel
  - Packing lists and itinerary
  - Role-play scenario ideas
  - Team-building game materials
  - Research materials (books, internet access)
  - Poster-making supplies
  - Goal-setting worksheets (provided by YHA)
- 

## Lesson activities:



### 1. Introduction to the trip (15 minutes)

- a. Show a slideshow or video about the YHA hostel and activities
- b. Discuss the purpose and goals of the trip (ideas: encourage independence, resilience, staying away from home, curriculum links, get to know each other better/create better relationships with peers)



### 2. Preparation for the trip (15 minutes)

- a. Share the packing lists and itinerary
- b. Have students create a personal packing list to check back against the YHA example

# Preparing for your YHA adventure



## Lesson activities (continued):



### 3. Safety and behaviour expectations (20 minutes)

- a. Role-play scenarios from the sheets provided and discuss appropriate responses
- b. Outline rules and guidelines for behaviour on the trip (ideas: respecting each other, dormitory living, daily routines)



### 4. Team building and icebreakers (20 minutes)

- a. Conduct a few team-building exercises and icebreaker games from the sheets provided
- b. Reflect on the importance of teamwork and cooperation



### 5. Educational background (15 minutes)

- a. Divide students into groups to research different aspects of the trip destination (ideas: the area's history, different wildlife species they might encounter, the history of YHA, the geography of their destination)
- b. Have each group present their findings to the class



### 6. Setting personal goals (10 minutes)

- a. Share goal setting worksheets for students to write their trip goals
- b. Share and discuss goals with the class



### 7. Conclusion (5 minutes)

- a. Recap key points and remind students of the importance of preparation
- b. Answer any remaining questions about the trip (this is a great time for students to ask any lingering questions or voice any concerns they have. It's a great way to alleviate any anxieties. Ensuring they feel prepared and ready will improve their experience.)

# Role-play ideas



## The packing challenge

<b>Objective</b>	Teach children how to pack effectively for a residential trip.
<b>Scenario</b>	Children are divided into small groups and given a list of items they need to pack for a weekend away (e.g. clothes, toiletries, a water bottle). The catch is they can only bring a certain number of items.
<b>Role-play activity</b>	<p>Each group pretends they are getting ready for the trip. They discuss what they think is most important to bring and why. Then, they 'pack' a pretend suitcase (you can either use a real suitcase or just a space on the floor).</p> <p>After packing, groups explain their choices to the rest of the class, discussing the importance of each item and how they made their decisions.</p> <p>The teacher can review the essentials and offer tips on packing smartly, highlighting what should and shouldn't be brought on the trip.</p>
<b>Outcome</b>	Children learn the importance of prioritising essential items and packing light, which will reduce travel anxiety and help them feel more prepared.

# Role-play ideas



## The first night away

<b>Objective</b>	Help children feel comfortable with the idea of spending the night away from home.
<b>Scenario</b>	The children are at the hostel on their first night. The role-play involves settling into their rooms, interacting with their roommates, and dealing with any nerves.
<b>Role-play activity</b>	<p>Children are divided into groups, each representing a room at the hostel. They act out arriving at the hostel, choosing beds, and unpacking.</p> <p>Then, they role-play a situation where one child feels slightly nervous. The other children offer support, suggesting ways to make the first night easier (e.g. talking about fun activities planned for the next day, reading a book, or doing a calming activity together).</p> <p>After the role-play, discuss as a class how everyone can help each other feel comfortable and the importance of teamwork and looking out for one another.</p>
<b>Outcome</b>	This activity helps children understand that it's normal to feel a bit nervous but also reassures them that they can rely on their peers for support.

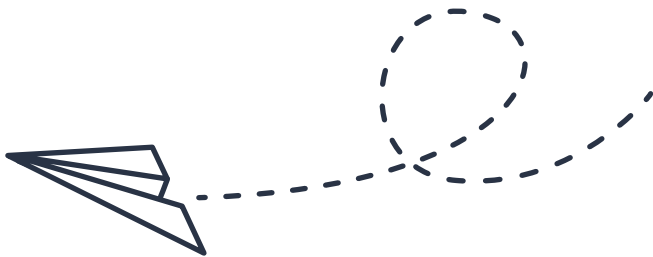
# Icebreakers



## Guess my introduction

Give each student a piece of paper where they can write three clues on it (e.g. 3+1, York, swimming). They should walk around the room and find a partner. Each person guesses how their partner's clues relate to them (e.g. I like to swim (easiest), I am from York (harder), and I have three sisters and one brother (hardest)).

**Objective** Encourages students to get to know each other better, helps them approach each other during a friendly game and starts conversations.



## The paper aeroplane challenge

Split pupils into pairs or groups of three and give them a piece of paper. If they don't already know, show them how to make a paper aeroplane. Then, give them 10-15 minutes to fold and design their work of art. After the allotted time, let the students take turns in launching their paper aeroplanes and measuring how far they fly. The group whose paper aeroplane travels the furthest wins.

**Objective** This game helps foster the children's creativity, problem-solving skills and creates friendly competition before their residential.

# Team-building activities



## Build a story

Sit in a circle. One student starts a story with a sentence, and each student adds a sentence to continue the story.

**Objective**      Develop listening skills and creativity.



## Human knot

Students stand in a circle, reach across and hold hands with two different people. Without letting go, they must untangle themselves into a circle.

**Objective**      Promote problem-solving and cooperation.

**To take these activities one step further, plan for ongoing team-building moments throughout your residential.** Discuss as a class what students could do to keep the spirit of teamwork ongoing. For example, working together during an outdoor activity like den building or raft making, or even having a nightly group reflection session.