

THRIVE!



Wellbeing-boosting adventures



Sample itinerary

DAY 1

Arrival & welcome
Find your balance
Giant Swing
Silent Disco

DAY 2

Raft Build
All Aboard
Wellbeing Walk
Campfire

DAY 3

Archery
Yoga
Depart

*Re-energise minds
and practice active
wellbeing PGL-style!*

What is it? To boost the health & wellbeing of your students

Who is it for? Years 7-11 **Travel dates:** Year-round

In a nutshell: A digital detox whilst your pupils connect with nature and re-energise

Learning Outcome

How is this achieved

BUILD SELF-RESPECT

And respect for others through collaborative efforts

ENCOURAGE REFLECTION

On achievements to build self confidence

NURTURE PATIENCE

Focus on the present in challenging situations

DEVELOP ADAPTABILITY

Adapt to change through understanding and acceptance

UNDERSTAND AN ACTIVE LIFESTYLE

Help them recognise the benefits of outdoor activities

Available at:



Liddington



Newby
Wiske
Hall



Osmington
Bay



Boreatton
Park



Caythorpe
Court



Dalguise



Windmill
Hill



Bawdsey
Manor



Dearne
Valley

