



TALLEBUDGERA
OUTDOOR & ENVIRONMENTAL
EDUCATION CENTRE

Caring for Self, Others & Place - Years 5 & 6

Overview

In a world that is moving at pace and rapidly changing, what are the tools we require to be self-aware, socially connected and able to interact with the environment in ethical and sustainable ways? It is in the balance of the worlds of *Self, Others and Place* that our physical, social, emotional and ecological health resides.

Which of these three metaphors describe your relationships with *Self, Others and Place*? In what ways are you a:

Strangler Fig (takes but harms)

Staghorn Fern (takes but neither helps nor harms) or

Native Bee (takes and gives back mutually)

Caring for Self, Others & Place is a five-day residential camp that combines place-based learning threads with elements of nature therapy, allowing students to develop awareness of their personal, social and environmental relationships. Through personal challenge, social interaction and immersion in the natural world, students will explore the interdependence of these three domains.



Curriculum Intent

General Capabilities

Personal and Social Capability

Self-awareness: Describe the influence that personal qualities and strengths have on their learning outcomes.

Self-management: Devise strategies and formulate plans to assist in the completion of challenging tasks and the maintenance of personal safety.

Social Awareness: Identify the differences between positive and negative relationships and ways of managing these.

Social management: contribute to groups and teams, suggesting improvements in methods for group investigations and projects.

Cross-curriculum Priorities

Sustainability

Aboriginal and Torres Strait Islander Histories and Cultures



Camp Activities Overview

Connection to Place

Through the use of *story-thread*, students will have the opportunity to “tune in” to their new environment by immersing themselves in nature play and attentiveness at the beautiful Cougal Cascades. Interacting with a character called Jack, the students will reflect on his and their own relationship with nature.

Caring for Self

Mindfulness, guided meditations and student-led wellbeing rotations will provide ample opportunities for the students to discover and develop strategies for cultivating gratitude, managing stress and enhancing self-awareness. Students will be further challenged to push their comfort zones and build upon resilience strategies through outdoor adventure activities such as rock climbing.

Caring for Others

Learning through a day of real-world rescue scenarios, students are set the challenge of working effectively and safely in teams to rescue a lost bushwalker and perform a rock pool rescue by building rafts and evacuating injured patients. Students will devise plans, negotiate roles, contribute to teams and reflect on their success.

Caring for Place

The ethics and value of caring for place are embedded throughout the camp through the understanding that by nurturing nature, nature nurtures us. During *Feeding Our Future*, students will visit a local organic farm acquiring skills and knowledge in organic gardening, composting and hands-on sustainable actions.

Camp Reflection

On the final day, the students will engage in a number of culminating activities. They will give back to country, make beeswax wraps and reflect on their journey using the three camp metaphors. Finally, they will create a vision and intent for their future direction before finishing with a celebration activity.

Sample Program

Date	DAY PROGRAM		NIGHT PROGRAM
	Kagaru	Wajia	
MON	10.00am - ARRIVAL / INTRODUCTIONS 10.15am - CABIN ALLOCATION / MORNING TEA		6.45pm - 8.45pm
	11.00am	ACKNOWLEDGEMENT OF COUNTRY WELCOME CEREMONY	NIGHT WALK (CVC Staff)
	12.00pm - LUNCH 1.00pm - AFTERNOON ACTIVITIES		CAMP FIRE (Run by visiting staff)
		CONNECTION TO PLACE @ COUGAL CASCADES	
	4.00pm - EARTH HOUR / SHOWERS 5.30pm - DINNER		
TUES	7.30am - BREAKFAST 8.45am - MORNING REFLECTION / ACTIVITIES		GAMES NIGHT (Run by visiting staff)
	ROCK CLIMBING	BODY BOARDING / SURF AWARENESS	
	BODY BOARDING SURF AWARENESS	ROCK CLIMBING	
WED	7.30am - BREAKFAST 8.45am - MORNING REFLECTION / ACTIVITIES		ASTRONOMY (CVC staff)
	RIVER RESCUE	FEEDING OUR FUTURE	
	LOST BUSHWALKER	MINDFULNESS & WELLBEING MEAL PREP	
THURS	7.30am - BREAKFAST 8.45am - MORNING REFLECTION / ACTIVITIES		MOVIE NIGHT
	FEEDING OUR FUTURE	RIVER RESCUE	
	MINDFULNESS & WELLBEING MEAL PREP	LOST BUSHWALKER	
FRI	6.00am - PACK UP CABINS - BAGS TO DEPARTURE AREA 7.30am - BREAKFAST 8.45am - ACTIVITIES		<div> IMPORTANT NOTE: Areas shaded in grey are the responsibility of Visiting Supervisors. The above night program activities are a guide </div>
	CAMP REFLECTION	BEEES WAX WRAPS / GIVING BACK	
	BEEES WAX WRAPS / GIVING BACK	CAMP REFLECTION	
		CELEBRATION ACTIVITY	
	12.00pm - LUNCH 1.00pm - DEPART		