

The following activities are available during your visit to Woodrow. They must be booked in advance through our Senior Instructor, Mark (mark.saville@londonyouth.org.uk). Some of these may be subject to availability; please contact us as soon as possible to discuss your programme.

Activity	Activity Description
Low Ropes	Low Ropes consists of a series of challenging activities taking place just off the ground, as well as on an enclosed wire bridge crossing a dell. The session is designed to promote teamwork , trust , and communication skills while getting the most out of your group in a fun and challenging way.
High Ropes – Jacobs Ladder	Our High Ropes element challenges small teams of climbers to pull together to navigate their way up a giant ladder of horizontally suspended logs with ever-increasing gaps between the rungs. Teams will have to effectively communicate with each other to decide on the best course of action, and support each other to overcome fears and reach the top. <i>Recommended participant age is 8 years +.</i>
Archery	Learn a new skill while working as individuals and as a team. An Archery GB qualified instructor will lead this session, ensuring participants set personal goals and understand how to improve their accuracy . <i>Recommended participant age is 8 years +.</i>
Nightline	A step outside the comfort zone for some and a development opportunity for all. Blindfolded participants must negotiate a course of small obstacles with just a rope and their teammates for guidance. The activity highlights the need for clear communication and presents leadership opportunities for all.
Orienteering	We introduce basic map work skills and allow the participants to work together to find markers spread out around our 24 acre grounds. Teams are encouraged to make independent choices - an opportunity to explore and experience the outdoors as a different learning environment.
Scavenger Hunt	A good way to let off steam and explore the site - scouring the grounds for answers. Frequently used as an orientation exercise upon arrival. Small teams are encouraged to make independent decisions to complete the hunt together.
Woodland Walk	Explore the surrounding area with our team. We follow a route through local woodland spotting interesting flora and fauna along the way. Our Instructors encourage observation skills and prompt participants to consider our impact on the natural environment .
Team Exercise	We have a variety of problem-solving exercises which can be adapted to suit each group and fulfil the aims of your visit. This provides an excellent opportunity to develop teamwork , co-operation and leadership .

Raft Build and Race	<p>A double session. In the first session, your group will learn some basic knots before designing and then building rafts using the equipment supplied. In the second session, these are taken into the pool and raced in relay fashion. The rafts are small and not designed to be sat on. There is usually some time for a free swim at the end of the session. Instructors facilitate group discussion, planning and the build, to ensure young people acknowledge the necessary teamwork skills used, from sharing ideas, to racing the rafts.</p> <p>Please note that swimwear must be worn. Access to the swimming pool is limited and will be allocated to groups on a first-come first-served basis. The pool access lasts for one hour. <i>Participants must be aged 8 years and over.</i></p>
Pioneering	<p>Groups will learn some basic knots before designing and building useable catapults using ropes and large poles, encouraging teamwork skills and a bit of ingenuity, before testing their completed build together, traditionally in friendly competition.</p>
Bushcraft	<p>An introduction to basic survival techniques including traditional fire lighting, plant recognition and basic cooking. Instructors frame the task ahead, define the goal, and encourage reflection on the importance of perseverance. If your team make a fire, you might even get some popcorn!</p>
Shelter Build	<p>Groups construct a natural bushcraft style shelter focusing on creative thinking and types of construction. This session teaches the importance of reasoning within problem solving and promotes effective teamwork.</p>
Challenge Course	<p>A series of highly physical and mental challenges involving creative thinking, teamwork and peer support to complete. Teammates support each other through tunnels, along monkey bars and across our traverse wall. Please note, the use of individual elements are subject to group ability and age.</p>
Djembe Jam	<p>We introduce basic drumming skills and rhythms, playing as a group and learning to jam creatively. Instructors guide individuals to develop their own ideas before setting group tasks in order to promote appropriate communication skills.</p>
Rocket Build	<p>Groups design and customise a simple plastic bottle into a fearsome fully water-powered rocket by constructing nose cones and other creative additions, before blasting them into the air using one of our rocket launchers.</p>
Drop it! Pop it?	<p>Groups work in small teams to construct a device to protect a water bomb dropped from height. Limited resources combined with the use of problem-solving concepts allow groups to be creative whilst reasoning ideas. Our Instructors facilitate group discussion, planning and build, focusing throughout on effective team interaction.</p>
Swimming	<p>Groups may book the pool for no additional charge, for an hour of free swim, instructed games, or a mixture of both. The pool is always attended by a qualified lifeguard. Please note that access to the swimming pool is limited and will be allocated on a first-come, first-serve basis. <i>Swimwear must be worn. 8 years and over.</i></p>

Wacky Races	A selection of fun races and competitions which can take place inside or outside, utilising strength of team interactions. The session encourages sportsmanship and the importance of peer support . A good opportunity to let off steam!
Parachute Games	Using our large and colourful parachutes, instructors will lead a variety of fun games to keep everyone involved and active.
Sports	Instructors facilitate a variety of sports (such as cricket, rounders and Danish longball) using our 3G all-weather Astroturf pitch, green spaces, or within the Sports Hall. These games highlight the importance of good sportsmanship and peer support .
Pond Dipping	Explore the natural habitat of our pond. Our Instructors facilitate scientific observation and learning as well as the importance of respect and sharing roles. Who knows, you might even catch a frog! NB. This activity is most appropriate from May to September.
Minibeast Hunt	Explore the habitats and eco-systems for minibeasts on-site. Instructor facilitates scientific observation and learning as well as the importance of respect and sharing roles.
Evening Activities	
Campfire	A fantastic evening activity where the whole group comes together around a fire and are entertained by instructors facilitating the singing of songs playing games, telling jokes and, if you are feeling brave, hearing a short version of our ghost story. Alternatively, you can use this session as a chilled out opportunity for reflection. You are welcome to bring your own marshmallows to roast!
Manor Mysteries	A whodunit style mystery for your group to solve! Six characters are under suspicion and it is the group's task to interrogate the characters and collect the clues in order to reveal who is the guilty party. Instructors facilitate problem-solving and group discussion whilst posed as a detective. Group leaders are encouraged to join in too, acting out the suspect roles!
Quiz	A quiz delivered to participants in a team environment- includes different rounds and challenges! Our Instructors act as the Quiz Master, encouraging group discussion.
Disco	We have a sound system and disco lights in the cellar with a variety of popular music available to play, as well as the option to use your own devices and playlists.
Wide Games	A variety of traditional wide games, ideal for building a team environment and burning off energy. Examples include Capture the Flag and Manhunt.
Ghost Story	Hear the story of Woodrow's resident ghost, The Green Lady as well as touring relevant areas of the gardens and house, including a visit to our incredible haunted 'grotto' deep in the grounds.

Indoor Kurling	All the fun of Kurling with none of the ice! Teams compete using our indoor kurling set that slides across the floor using a ball bearing mechanism. Closest to the target wins! A game of strategy and teamwork. <i>Please note, this activity is only suitable for groups of 10 or less.</i>
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