



Professional Learning with High 5 Adventure

High 5 Adventure Learning Center offers professional learning workshops and training that are productive, engaging, and impactful. Our offerings are rooted in our 25 years of experience, all in the pursuit of bringing adventure and experiential learning to schools, businesses, therapeutic agencies, and recreation programs.

These concepts are found to have an impact and relevance across our training sessions with corporations, therapeutic agencies, educators, and recreational facilities. Our facilitation staff recognizes that connection, emotions, and reflection topics transcend audience type, and are timeless in their relevance.

Games that Create Connection

Connecting with others is more important than you might think. Social connection can help to lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and improve our immune systems and well-being! So let's get connected through play! We'll lead you through a sequence of activities that will allow us to learn about each other, strengthen existing connections, and build empathetic relationships. You'll leave this workshop ready to start building your own—more connected—community.

Emotional Literacy Activities for Everyday Programming

Activities that solicit a range of emotions and spark conversations are crucial – now more than ever. This workshop is for educators who want activities and skills to deepen connections with their groups and expand their SEL repertoire for talking about emotions. We'll share effective group problem solving initiatives, quick check-in activities, and reflection tools that work in any setting.

Reflecting Skills and Methods

Reflecting and debriefing are terms used in the adventure/experiential education realm as an opportunity to connect lessons just learned to the outside world. This has most commonly been done by the facilitator asking questions and the participants sharing their thoughts. This workshop aims to give both ideas and activities to help facilitate discussion within your class to make the learning stick.

The Specifics:

1. All models assume a 3 hour time frame
2. All models are appropriate for a group size of 8-15
3. A full day may be scheduled at one location, with one model offered in the morning, and one in the afternoon, or with one model offered twice in one day.
4. Cost: \$1,200 for one model, \$2,000 for two on the same day (in addition to travel expenses)



Interested in bringing these opportunities to your organization? Send an email to info@high5adventure.org or give us a call at (802) 254- 8718 with your area of interest and desired time frame.