



Outdoor Learning Lesson - Teamwork in Nature

This pack is designed to help pupils build trust, communication, and leadership through shared challenge in natural spaces. Each activity is framed as an adventure, encouraging young people to step into roles, support one another, and reflect on how teams truly work.

Who this pack is for

Suitable for Primary (P4–P7) and Secondary (S1–S3) learners. Activities can be adapted for S6 leadership groups, DofE, or transition cohorts.

Lesson 1 – The Blindfold Trail

A trust-based challenge where pupils guide one another through a short woodland course using clear communication and empathy.

Learning Objectives

- Develop trust and responsibility within a team
- Use clear verbal communication in a challenging context
- Understand the importance of empathy and reassurance

Equipment

- Blindfolds
- Boundary rope or natural markers
- Staff positioned for safety supervision

Activity Steps

1. Create a short trail using natural woodland features.
2. Pair pupils and blindfold one partner.
3. The guide leads their partner safely using verbal instructions only.

4. Swap roles halfway through the activity.
5. Pause frequently to reinforce calm communication and safety.

Reflection & Discussion

- What made instructions clear or unclear?
- How did it feel to trust someone else completely?
- How can this lesson help teams communicate better in school?

Lesson 2 – Camp Cooking Challenge

A cooperative outdoor task where teams plan, prepare, and cook a simple meal together.

Learning Objectives

- Work collaboratively to plan and delegate roles
 - Apply basic outdoor kitchen safety
- Develop leadership and shared accountability

Equipment

- Camping stove or fire bowl
 - Cooking equipment
 - Pre-prepared ingredients
- Water, wipes, and cleaning equipment

Activity Steps

6. Introduce the challenge and time limit.
7. Teams decide roles: leader, cook, fire manager, hygiene lead.
8. Staff supervise stove or fire use closely.
9. Teams prepare and cook their meal.
10. Groups share food and reflect together.

Reflection & Discussion

- How did your team organise itself?
- What happened when problems arose?
- Why is shared responsibility important in group tasks?

Lesson 3 – Mini Expedition

A short, guided journey where teams navigate between checkpoints and solve challenges together.

Learning Objectives

- Practise teamwork and decision-making
- Develop confidence in navigation and route planning
- Rotate leadership roles within a group

Equipment

- Maps and compasses
- Backpacks with water and snacks
- Whistle and basic first aid kit

Activity Steps

11. Explain the route and safety boundaries.
12. Teams plan their route with staff support.
13. Assign a different leader for each leg.
14. Complete simple challenges at checkpoints.
15. Return and debrief the journey.

Reflection & Discussion

- How did leadership styles change during the journey?
 - What helped keep the group motivated?
- How is teamwork outdoors different from the classroom?