



CHESAPEAKE BAY
OUTWARD BOUND SCHOOL

OUTWARD BREAK

April 12-16, 2021

WWW.OUTWARDBOUNDCHESAPEAKE.ORG



**You've been stuck
doing school from
home all year.
It's finally time to
break out.**

This download is your guide to Chesapeake Bay Outward Bound School's (CBOBS) Outward Break adventure: 5 days of outdoor activities that'll give you a taste of what it's like to go on a real Outward Bound student expedition.

**We'd love to see photos from all of
your Outward Break adventures.**

It's easy to share them on Instagram and Facebook using #outwardbreak. And, be sure to follow us to see if your photos get featured in our feed!

  @OutwardBoundChesapeake

 @OBChesapeake

HERE'S WHAT'S IN STORE:

DAY 1

PREP + PACK

Learn all about CBOBS and gather everything you'll need for the week ahead

DAY 2

NAVIGATE YOUR WAY

Find a nearby greenspace you've never visited, use your mapping skills to figure out a plan to get there, then make it happen!

DAY 3

SET UP CAMP

Practice "campcraft" by learning to tie knots and building an A-frame tent in your backyard—or your living room!

DAY 4

WHAT'S FOR LUNCH?!

Following one of our recipes, learn how to prep a meal outside and sit down for a well-deserved break. Then, come up with your own recipe!

DAY 5

THE NATURALIST HUNT

Go on a Scavenger Hunt to discover all sorts of natural wonders you may not have noticed before. Collect a few special objects to create an original work of art.

DAY 6

SOLO TIME

Reflect on what you've experienced, learned, and accomplished in the past week by writing in a journal, and taking part in our "Rock-Stick-Leaf" challenge.



GRADUATION: YOU MADE IT!

Celebrate your efforts by requesting an official OB pin and graduation certificate. You'll also have a chance to win some awesome OB gear!

Be sure to watch our Daily Videos as you go through your Outward Break adventure:
<https://www.outwardboundchesapeake.org/outwardbreak-home/>






PREP + PACK

Your Goal: Learn about Chesapeake Bay Outward Bound School (CB OBS) and get ready for the week.

Every good adventure requires some prep-work. But we promise, this is the fun kind of prep. Because today, all you have to do is read this page, watch a few videos, and get excited. Really! The official adventure starts tomorrow, when you kick-off your Outward Break week filled with activities that encourage you to step outside your [comfort zone](#) and try something new—from mapping and exploring local parks you've never visited before, to testing your skills at making an authentic trail lunch.

Each day, this guidebook will lead you through an activity that you can do all on your own (or with a friend—masks on, of course). And parents, we'll give YOU some fun ideas for engaging with your OB Explorers afterwards, too.

We'll also include an [Evening Meeting](#) question to make it feel even more like a real OB Expedition, where we gather together at the end of each day to reflect on our experiences and share what we've learned.

 **Ready to get started?**



ACTIVITIES

- Prep for your Outward Break adventure by watching some of our [expedition videos here](#). Which parts would you be most excited to try for yourself?
- Get familiar with the 5 daily activities on the following pages.



PARENT PROMPT

Look through the daily activities together with your OB Explorer. Are there any supplies you need to gather, or arrangements you need to make, in order for this week to be a success?

EXTRA CREDIT



- [Watch this video](#) about Outward Bound to learn more about what our school does.
- 'Have a question? Give us a shout at info@outwardboundchesapeake.org



EVENING MEETING QUESTION

- What's a personal goal you can set for yourself this week?



Examples: I want to commit to doing this every day. I want to learn something new. I want to just get outside and have fun!!

"One important key to success is self-confidence. An important key to self-confidence is preparation."

-ARTHUR ASH



NAVIGATE YOUR WAY

Your Goal: Plan a route to a new outdoor area and go for a walk/hike

A big part of any Outward Bound Expedition is getting the opportunity to navigate and trailfind for your [crew](#). Get ready to break out your best mapping skills!

ACTIVITIES

- Use a paper map (whaaat?), Google, or other mapping app to find a nearby park or greenspace you've never been to before.
 - Here's the [DPR Parks Map](#)
- Research the most easily accessible way to get there (walk, bike, train, etc), then plan your route
- Once you have your route planned, write down some key tips to help keep you going the right way. (Ex. 3 blocks then turn L, McDonalds on the corner)
- Decide what you want to do once you get there...and get your parents on board for the next part!



PARENT PROMPT

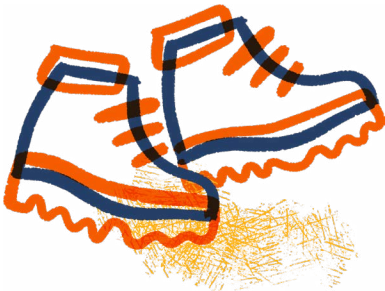
Make time for you and your OB Explorer (invite friends too, if you can) to trailblaze your way to the new greenspace together. What new things can YOU discover along the way?

EXTRA CREDIT

Use your new navigation skills to find a hiking trail nearby that you and your family/friends can explore sometime this Spring. Then, plan a date to do it—and mark it down on the calendar so you don't forget!

EVENING MEETING QUESTION

What was something you did today that you're super proud of?
How can you apply that to tomorrow's challenge?



**"I have discovered in life that there are ways of getting almost anywhere you want to go,
if you really want to go."**

-LANGSTON HUGHES



SET UP CAMP

Your Goal: Practice your campcraft and learn a simple way to build a shelter outside.

Campcraft is an artform that draws on creativity and an attention to detail (we know you've got both!). When you're out on an OB Expedition, knowing the right way to set up camp can make all the difference between peacefully sleeping through a storm...and waking up soaked.

ACTIVITIES

- Try building an A-frame yourself, with the tips below:
 - Find a rope and sheet or tarp.
 - Utilize the 'bowline knot' and a 'adjustable grip hitch' to fix the rope between two sturdy and unmovable objects.
 - HINT: this [knot list](#) might help:
 - Throw your tarp or sheet over the top, and fix the edges out to make the A-frame.
 - Try this outside between trees, or even inside to make the coolest living room fort!



PARENT PROMPT

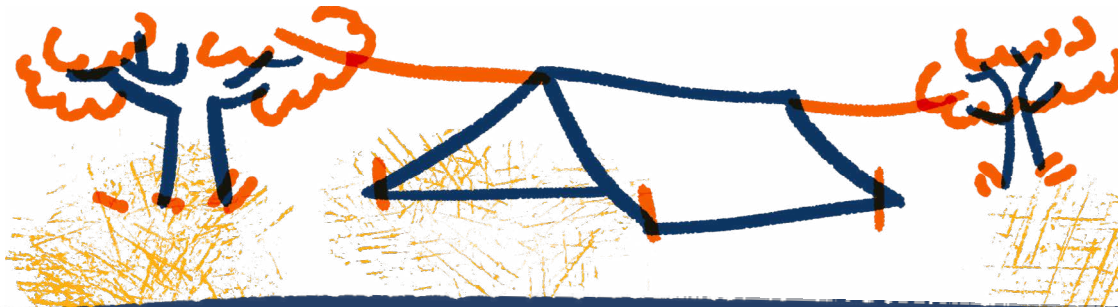
While this is the most 'technical challenge' for students, there's no right or wrong way to do it. And, overcoming challenges is a great way to build [character](#). To encourage your OB Explorer's creativity and follow-through, share a time when you had to get crafty to solve a problem, and what you learned from the experience!

EXTRA CREDIT

Find another type of knot on [animatedknots.com](https://www.animatedknots.com) and master it. Could you then teach it to someone else?

EVENING MEETING QUESTION

What was the most challenging part about setting up camp?



"Dreams don't have timelines, deadlines, and aren't always in straight lines."

-JASON REYNOLDS



WHAT'S FOR LUNCH?!

Your Goal: Prepare a meal (preferably outside) following a simple recipe

After spending all morning hiking or paddling, enjoying a nice simple meal can feel like the best thing in the world. Not only because you're hungry, though. Prepping your own lunch, and eating it with your crew, gives you a minute to pause and appreciate the food, the scenery, and the people around you.

ACTIVITIES

- Get your campsite cookout on! Pick from one of [these two recipes](#), gather all your ingredients and supplies, and get ready to make a meal outdoors.
- Try to do as much of the cooking outside as you can. If you don't have access to a fire or campstove, though, it's 100% OK! You can still prep your ingredients outside, and just bring them back in for the cooking part.
- Once your lunch is ready, get creative with setting up your outside eating spot. What can you use from the environment around you to sit on? Do you want to be in the shade, or under the sun?
- Dig in! Gather 'round with your parents or friends to enjoy your camp-cooked meal together.



PARENT PROMPT

While eating lunch on OB Expeditions, crews will often share [Go-Around-Questions \(GAQ\)](#) with each other. Here are few to get you going:

- If you could have only one condiment the rest of your life, what would it be?
- Would you rather travel to space or to the bottom of the ocean?

EXTRA CREDIT

Can you make-up your own recipe for a meal you'd like to eat on an Outward Bound Expedition? What are the ingredients? What's the process? Write it down or draw it out, and ask a parent to share it on Instagram or Facebook with the hashtag #outwardbreak.

EVENING MEETING QUESTION

What's something new you tried today? How'd you feel while you were doing it? How'd you feel after you accomplished it?



"The heart is cooking a pot of food for you. Be patient until it is cooked."

-RUMI



THE NATURALIST HUNT

Your Goal: Build a piece of art using only things you find outside

You don't need to be on a wilderness expedition to find some amazing, and unexpectedly beautiful things in nature. Sometimes all you need to do is take a closer look at what's already around you.



ACTIVITIES

- Grab a notebook, and find a greenspace where you can sit, observe, and wander for a while. It could be a park, or your own backyard!
- Once you've settled in, explore your space and find as many items on the Scavenger Hunt list below as you can. Start with the Observation Round first, but remember, try not to disturb any animals or plants in their natural habitats!
- Document your findings by taking a photo—or trying to draw them!
- Next, start looking for the objects in the Collection Round. Here's where it's OK to pick them up, and find a safe spot to keep them for your art piece.

OBSERVATION ROUND

- ☐ Something that flies
- ☐ A plant that is not green
- ☐ Something that smells good
- ☐ An animal with 4 legs
- ☐ A flower
- ☐ A bird that you can hear
- ☐ A tree bark that looks like camouflage
- ☐ A natural object that is soft

COLLECTION ROUND

USE THESE OBJECTS FOR YOUR ART PIECE:

- ☐ A natural object that describes how you feel today
- ☐ 3 unique stones
- ☐ Something natural that makes you think of growth
- ☐ 4 sticks
- ☐ A leaf
- ☐ A seed/ acorn/ pod

PARENT PROMPT

Partner with your OB Explorer to build something out of the collected items that tells a story about your family, your space, or your experience of today's activity. When you're done, snap a photo to document your work, then carefully take it apart and recycle what you can.



EXTRA CREDIT

- Learn about the [7 principles of Leave No Trace \(LNT\)](#) and try your hand at #3 by properly disposing of any waste you can find around your neighborhood.
- Share a photo of your art piece on Instagram or Facebook with the hashtag #outwardbreak



EVENING MEETING QUESTION

How did it feel to go out and observe nature today? What's something new you discovered that you'd never seen before?



"Find the good. It's all around you. Find it, showcase it, and you'll start believing in it."

-JESSE OWENS



SOLO TIME

Your Goal: Reflect on the week

Solo reflection time is a part of every Outward Bound Expedition.

Learning can only happen when we have time to reflect on an experience.

ACTIVITIES

- Grab a notebook or journal, and a pen, and find a place where you can comfortably sit for a while by yourself (preferably outside).
- Set a timer on your phone or watch. You decide how long.
- Try to free yourself from any distractions, and write about your experiences to reflect on the week. Some questions to get you started:
 - Which activity was the most fun? Which was the most challenging?
 - Was there anything unexpected that I learned?
 - How would I describe this week to a friend?
- Wrap-up your reflections with the “Rock-Stick-Leaf” challenge. Just like the name says, take a few minutes to find a rock, stick, and a leaf in the environment around you. Then, use these objects to think about:
 1. What activities or challenges you rocked this week
 2. A new skill or way of thinking you want to stick with when you go back to school
 3. Something you want to leaf (ok, leave) behind

PARENT PROMPT

Start a dialogue by sharing your own experiences from the week, and asking your OB Explorer to share some of theirs, as well (but only if they want). Bring other friends who participated in Outward Break into the conversation, too!

EXTRA CREDIT

If you're up for it, ask a parent to share your “Rock-Stick-Leaf” challenge on Facebook, Instagram, or Twitter with the hashtag #outwardbreak

EVENING MEETING QUESTION

What was an “aha!” moment that you had during your solo reflection time? Did any unexpected thoughts or feelings come up?



“The difference between loneliness and solitude is your perception of who you are alone with and who made the choice.”

-ANONYMOUS



YOU MADE IT TO GRADUATION DAY!

Your Goal: Celebrate your success and request your pin

Welcome to the official Outward Bound crew. We're proud of the effort you put in this week, and hope to see you and your school on a full OB Expedition in the future!

ACTIVITIES

- With your reflections from yesterday in mind, decide if you think you've earned your Outward Break pin. Be honest about any challenges, but also, don't be too hard on yourself!
- [REQUEST YOUR PIN!](#) If you feel like you gave it your all, complete our graduation form to download your Graduation Certificate, request your official pin, and be entered to win an awesome OB prize pack. Go ahead, you've earned it!



PARENT PROMPT

Find a unique way to celebrate your OB Explorer's accomplishments from this past week. Take them out for their favorite ice cream, plan a movie night on the couch, or make it a "kid's choice" activity. No matter what you decide to do, try to remember to acknowledge their effort, and appreciate the time you're spending together.

EVENING MEETING QUESTION

Now that you've completed your Outward Break adventure, what do you think you'd look forward to the most on a real Outward Bound expedition?



"A ship in harbor is safe, but that is not what ships are built for."

-J.A. SHEDD

GLOSSARY

Crew: These are the people you'll travel with on your Outward Bound Expedition. Over the course of your adventure, you'll get to know each other really well—overcoming obstacles together, celebrating your accomplishments, and sharing amazing experiences that can be hard to describe to others. The bonds you form with your crew can be pretty incredible, and often last far beyond the Expedition itself.

Leave No Trace (LNT): [Leave No Trace](#) is the guiding philosophy we use on OB Expeditions when it comes to taking care of the environment around us. Our goal is to leave each place we visit just as clean—if not cleaner—than we found it, so that everyone who comes after us can also enjoy its natural wonder.

Character: Our character is made up of the personal traits that define us. Building positive character traits is at the core of all our Outward Bound programs, and can help create confidence and feelings of personal success. Now that's worthy of some practice!

Outdoors / Greenspace: The outdoors can be many different things: big beautiful forests, high towering mountains, your local city park, or even your Grandma's backyard. Science shows the benefits of enjoying nature (like feeling calm, sleeping better, staying focused) can happen in greenspaces of every size and shape, so get out there and soak it up!

Reflection: Reflection is an important part of the learning process. Thinking back on what you experienced and felt earlier in the day allows you to process, and take ownership of, the new things you learned or tried. Reflection is incorporated into every Outward Bound Expedition, whether through group discussion or solo time.

G-A-Q (Go Around Question): Have you ever thought about what animal you would be for a day? Or what type of kitchen utensil best describes you? GAs are just one of the many types of conversations we dive into on the trail. The crazier the questions, the better!

Comfort Zone: Picture yourself relaxed, and doing something you love. It feels familiar, right? Doesn't stress you out? Whatever you're picturing, this activity is in your comfort zone. While having a comfort zone is a good thing, research tells us that most of our learning comes from stepping beyond our comfort zone into our challenge zone. It may sometimes feel a bit harder or scarier, but with practice, activities that push you into your challenge zone help to build more confidence in the long run.

Expedition: Different than a regular everyday trip, Outward Bound Expeditions are incredible experiences where groups of students travel together to explore the wilderness—and discover more about themselves along the way. Each day, as you set off for a new location, you'll develop your leadership skills, practice navigating for your crew, learn how to take care of yourself and each other, and gain tactical experience cooking and setting up or camp for the night.

Evening Meeting: With so much happening each day on an Expedition, it's nice to come together with your crew for an Evening Meeting and reflect on the highs and lows of the day. This quieter time together gives everyone the chance to appreciate their crew, celebrate challenges you overcame together, and look forward to the many awesome adventures still to come.

ABOUT US

Chesapeake Bay Outward

Bound School is a non-profit

educational organization and expedition school that serves people of all ages and backgrounds through active learning expeditions that inspire character development, self-discovery and service both in and out of the classroom. Outward Bound delivers programs using unfamiliar settings as a way for participants across the country to experience adventure and challenge in a way that helps students realize they can do more than they thought possible. To learn more, we invite you to watch our [Many Trails, Same Destination](#) video.

