

# Week of ADVENTURE

## CREATOR SPOTLIGHT: MIKE GASS

### ACTIVITIES

#### **CHANGE GAME**

Involves changing physical appearance using items to explore the idea of change.

#### **THE SYSTEM**

A small group attempts to move a glass of water using only a small napkin.

#### **TURNING OVER A NEW LEAF**

Involves changing physical appearance using items to explore the idea of change.

#### **HELIUM POLE**

Participants try to lower a pole and each person's success is dependent on interconnectedness of group.

#### **PATH OF ADVENTURE THERAPY**

This activity is a metaphor for how participants move from Point A to Point B.

### OUTCOMES

1. These adventurous activities help build confidence and self-efficacy through fun (and achievable!) problem-solving.

2. Spending time in the great outdoors can give you a mood boost and seriously reduce feelings of stress and anxiety!

#### **Sources:**

<https://www.sciencedirect.com/science/article/pii/S0149718915300094>

<https://www.apa.org/monitor/2020/04/nurtured-nature>

### MEET THE CREATOR



#### **MIKE GASS**

Mike Gass is a Professor in the Outdoor Education Program at the University of New Hampshire. He is one of the creators of the Browne Center, a program development center on adventure learning that serves over 8,000 clients a year with educational, therapeutic, and corporate clients.