



# LOW MILL OUTDOOR CENTRE



THIS JOURNAL BELONGS TO:.....



## Welcome to your Low Mill Journal

This journal has been given to you so that you can make a record of your time here at Low Mill.

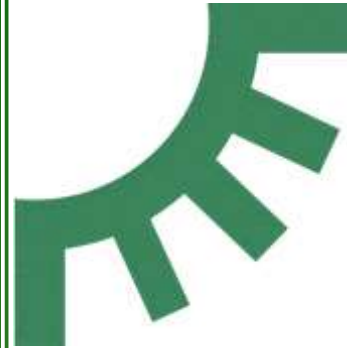
You can use it to:

- Set goals for yourself throughout your stay
- Record your achievements as you go along
- Create an everlasting memory of your time here at Low Mill



This is **YOUR** journal. Record **YOUR** feelings, **YOUR** thoughts, **YOUR** experiences and **YOUR** achievements.

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## What did I achieve whilst at Low Mill?

Without looking at your original marks, re-mark yourself, using the same scoring system as before, on your personal abilities after your course at Low Mill. Remember to be honest with yourself!

Working with people I don't normally work with:

Asking for help when I need it:

Trying new activities:

Overcoming fears:

Being away from home:

My communication skills (talking and listening):

Accepting responsibility for what I do:

Helping others when they need it:

Knowing how to cope when things go wrong:

Being responsible for my own safety:

How did you do? Did any of your marks improve? Can you give any reasons to why this might be?

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## How do you feel about coming to Low Mill?

Spending a week at Low Mill can help you develop some very useful skills which can be used when you return to school. Be honest

with yourself and record your own ability in the areas below.

You can give yourself a mark out of 10,  use a

describing word  or draw a face to describe how you

feel

**GOOD**

Working with people I don't normally work with:

Asking for help when I need it:

Trying new activities:

Overcoming fears:

Being away from home:

My communication skills (talking and listening):

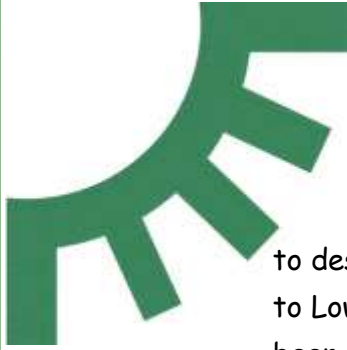
Accepting responsibility for what I do:

Helping others when they need it:

Knowing how to cope when things go wrong:

Being responsible for my own safety:

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## How do you feel about coming to Low Mill?

Fill in the blanks in the paragraph below to describe how you are feeling about your trip to Low Mill. Try to think about why you have been brought to Low Mill and what you hope to learn whilst you are here.

I think that I have come to Low Mill to.....

.....Whilst at Low Mill I hope

to overcome my fear of.....

I plan to do this by.....

I feel that I am good at working with other people because I

.....

I am most looking forward to.....

because.....

I cope with new challenges by.....

.....

I know that good talking and listening skills are important

because.....

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## What did I achieve whilst at Low Mill?

Use the boxes below to help you see what you have achieved during your stay at Low Mill. Include everything about your stay from the moment that you arrived to the moment that you left!

How did you work well within a team? Give as many examples as you can!

What was your favourite activity and why?

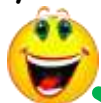
Give an example of when you helped or supported someone:

Did you overcome any fears? If so what?

If you were to relive your experience at Low Mill would you do anything differently? If so what?

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How do you feel about what you have achieved?



Monday PM

Tuesday AM

Tuesday PM

Wednesday AM

Wednesday PM

Thursday AM

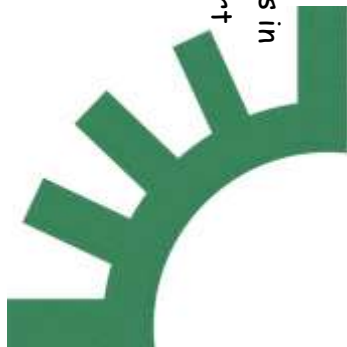
Thursday PM

Friday AM

### Personal progress chart

Plot your daily progress on the chart below. Try to record reasons in your diary about why there are high or low points within your chart

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### Low Mill Diary

Fill in your diary on a daily basis to help you remember what you have done each day at Low Mill. If you need to split the box into AM and PM you can. Below are some questions to help you with this:

Overcame a fear?

Where did you go?

Who helped you?

What did you do?

What was the weather like?

Learn anything?

Worked as a team?

Completed a challenge?

Personal Achievements?

Took responsibility?

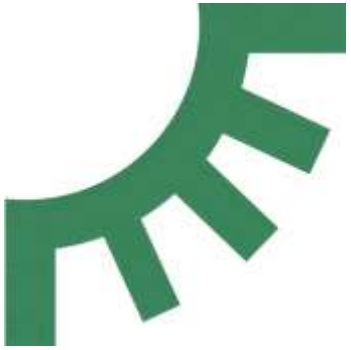
Did something you did not think you could do?

Helped anybody?

Monday

Empty box for diary entry

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# Low Mill Diary

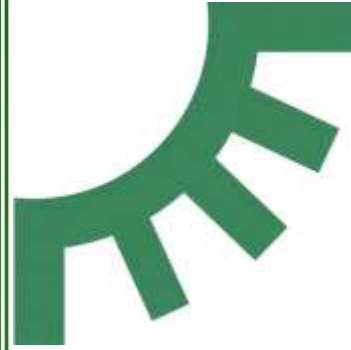
Tuesday

Blank area for writing the diary entry for Tuesday.

Wednesday

Blank area for writing the diary entry for Wednesday.

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# Low Mill Diary

Thursday

Blank area for writing the diary entry for Thursday.

Friday

Blank area for writing the diary entry for Friday.

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