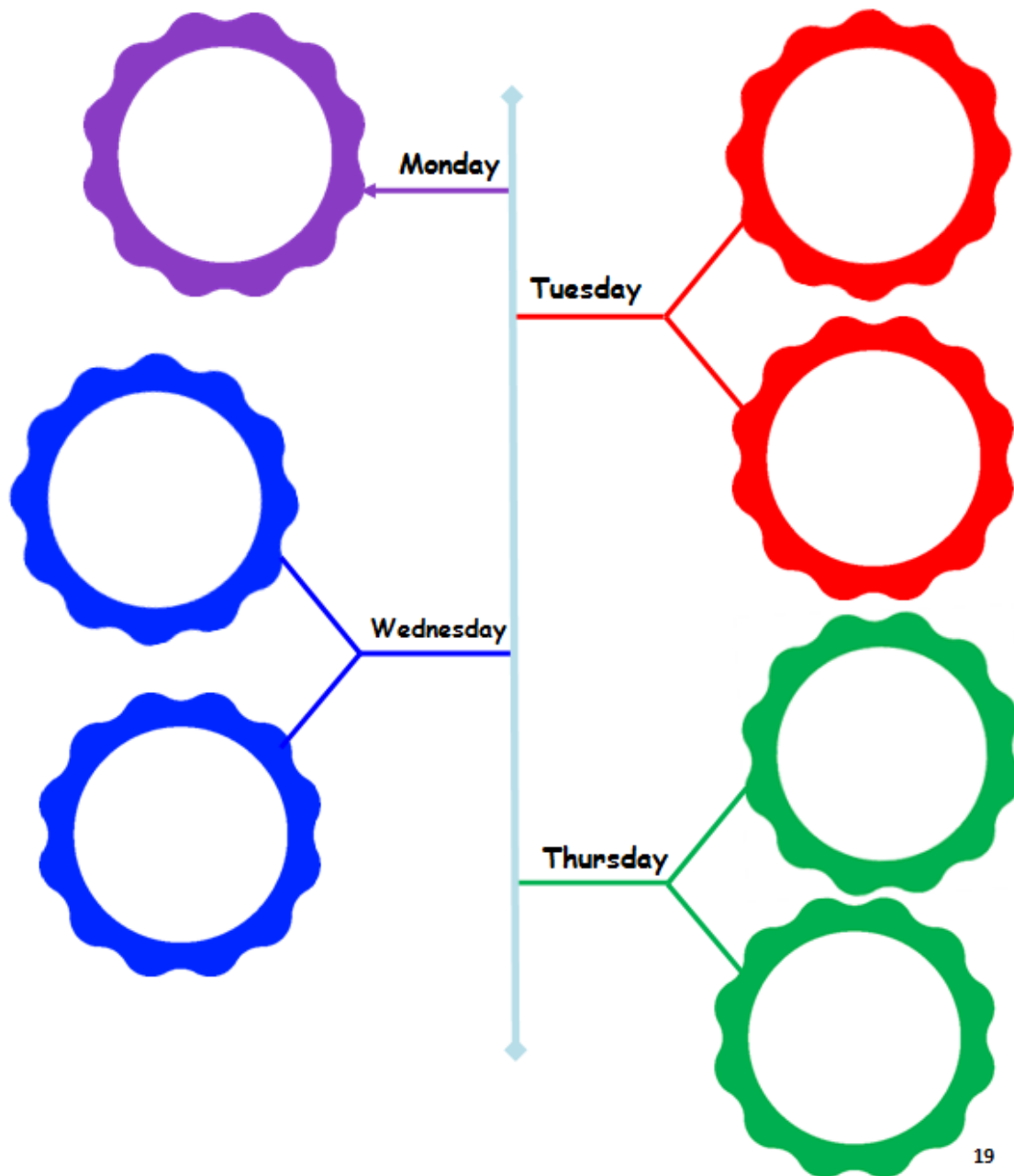


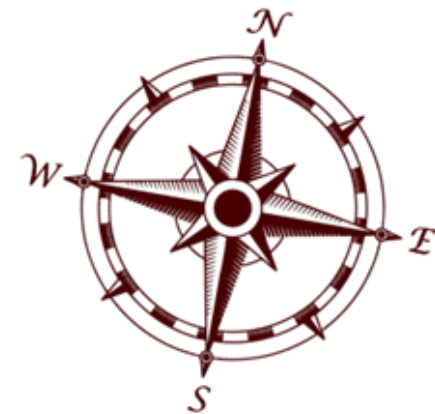
## Your Activity-Journey



# THE Ardentinny

»»»»»»»»»»»» Passport ««««««««««««

Your Diary of Stay

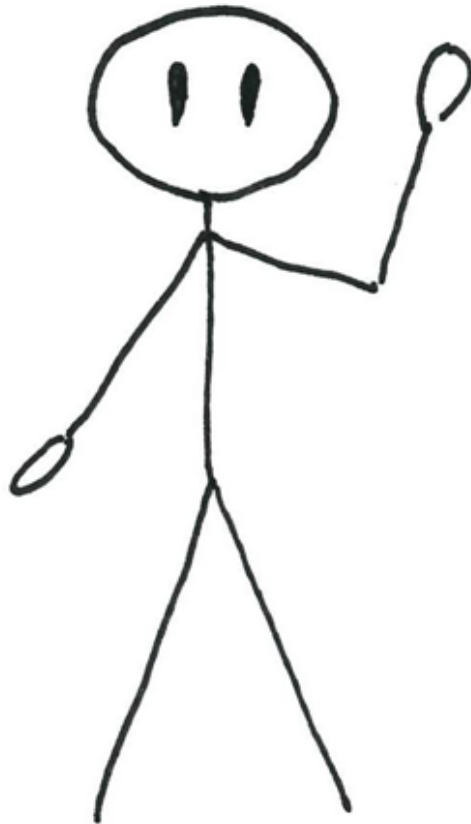


**Name:**

**Group:**  
**School:**

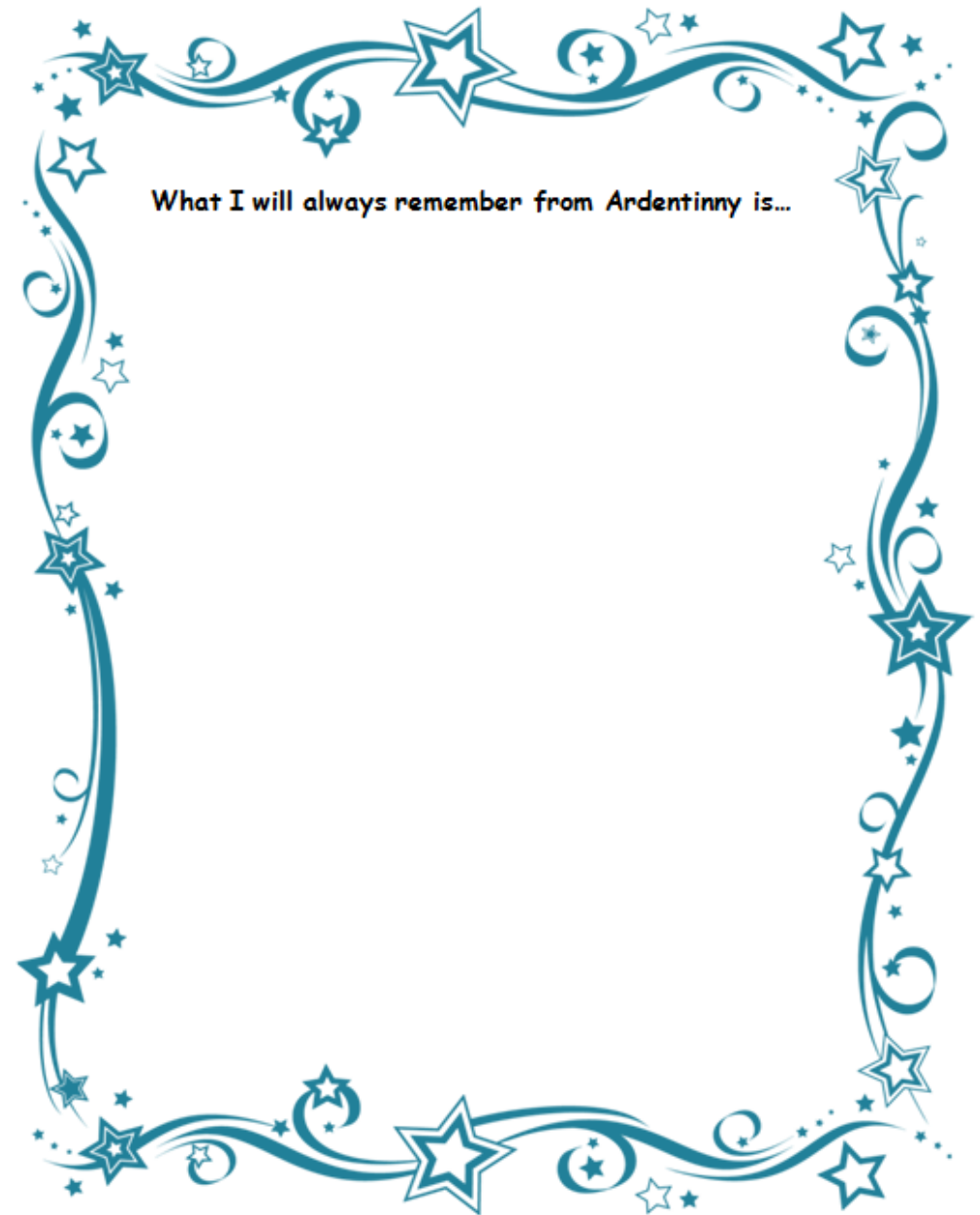
**This is Sticky.**

**Sticky will guide you through your diary.**



**Make Sticky look like you!**

**Just draw the hair, clothes, or anything else you can think of!**



**What I will always remember from Ardentinnny is...**

## PHOTO-TIME!

Here is some space to put a copy of your favourite photograph from your trip, once you're back home!



## NEARLY THERE!!!

Your trip to Ardentinnny is almost here! Are you excited yet?

You have been patiently waiting for this for a while now, and have probably thought about the trip lots! Use the space below to note down any questions you have and help focus your mind.

Questions:



Write some words to describe how you feel about the trip(Draw pictures if you prefer).



## Self-Assessment

What do you want to achieve during your time at Ardentinnny?



## Self-Assessment

Which of your goals did you achieve and how?



## Back at School

Now that you've had a chance to rest and think about all you did and learned at Ardentinnny, look back at the questions and thoughts you wrote down before you came to the centre. Use the space below to put an answer to as many of them as you can, or perhaps your visit has left you asking more questions of yourself.

Answers:



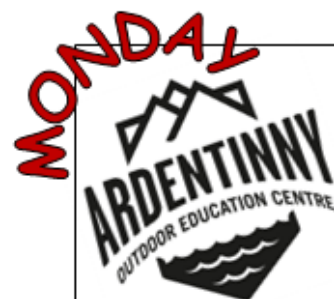
As before, list some words (or draw pictures) to show how you feel now.



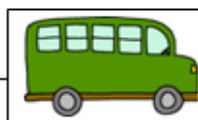
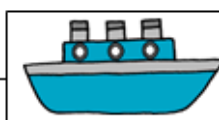
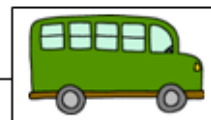
## Welcome to Ardentinnny

Each day use the space provided in this diary to capture your experiences, thoughts and feelings. Write in as much detail as you can so that you can show people back home exactly what your week at the centre was like.

There are also some puzzles at the back for you to have a go at if you get a few minutes spare time.



WEATHER

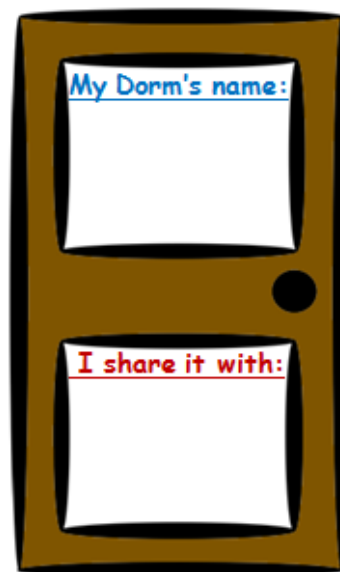


**WEATHER** will play an important part in your week. Make up symbols like these to note how the weather changes each day and draw them in the 3 boxes provided.



## My Info

This is my dorm

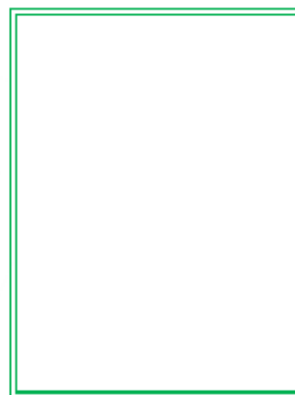


My Dorm's name:

I share it with:



This is my instructor



My instructor is called:



**My activities:** *Fill in which activities you are doing this week!*

	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

I am most looking forward to...

-because...

I am a wee bit unsure about....

-because....

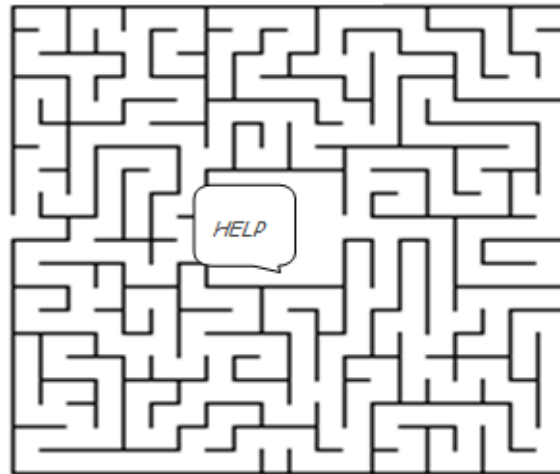
## NOTES

For everything else you want to write down



## Spare Time Teasers

Doh! This instructor has got himself stuck in the bootroom. Can you help him find his way out?



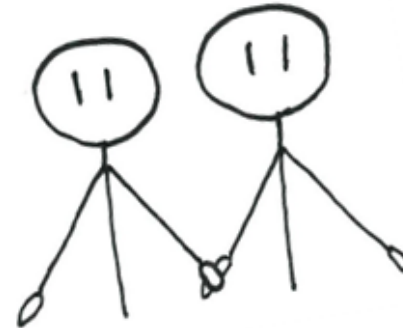
Look carefully at the 2 pictures below, Can you spot 10 differences between them?



**Anagrams:** Below are some words connected with Ardentinn, can you work out what they are?

tsheroineer	nkakgiya	1.
bigalnsie	iwahklgnil	2.
norwagekgig	pchroko	3.
		4.
		5.
		6.

## My Group is Number:





Let every person in your group sign this page





TUESDAY

WEATHER	
 	

Which of the following qualities would make a good team member?


Patient
Helpful
Respects others

Listens well
Angry
Confident
Negative

Colour the ones you think are good qualities!

How many of these have you already demonstrated and when?

What is the difference between a **GROUP** and a **TEAM**?



# Looking Back...

It's Thursday night already, you've almost finished your week at Ardentinnny.  
Now have a wee think back over everything you've done, seen, thought and felt this week.  
Have a go at filling in the spaces below.

My favourite thing was...

I was nervous about...

I was really surprised when...

The person that helped me most was...

I was really excited when...

I was proud of myself when...

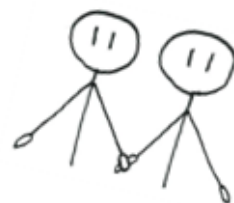
Draw a sketch of a key moment from your week

List 3 thoughts you had at the time.





# Thursday



WEATHER



*Things I have to do before bed*

Get all my stuff from the D..... R..... and B.....

Pack as much as I can into my S.....



**And in the morning...**

S..... all the linen from my B.....  
and take it down to B.....

Tidy my D..... and wait for inspection  
by the I.....

## Wildlife in Ardentinnny

As you know, Ardentinnny is part of the Loch Lomond & the Trossachs National Park. This is because of the rich variety of wildlife that can be found living in the forests and hills around here, and on the sea shore.

Which of the following have you seen or are you likely to see this week?



Remember, just because you don't see the animals, doesn't mean they are not there. Keep an eye out for tell tale signs such as footprints or droppings. Can you identify the footprints below?



F



H




C



Why do you think there are so many different animals living here?



Wednesday



WEATHER

Well, it's the middle of the week and you've probably found some things quite a challenge. Use the Challenge Ladder Scale below to show some of them, start with the LEAST challenging at the bottom to the MOST challenging at the top.

What was challenging about your top answer and how did you overcome this?



## Middle of the week quiz

Your instructor has probably been telling you lots about the activities and the Ardentinnny area, so let's see how much you've learned so far this week.

(Don't worry if you don't know all the answers, you might not have been shown everything yet!!)

1. Name the loch outside the centre? .....
2. Name the Naval Base on the other side of the loch? .....
3. How high is Cnap Reamhar (Hill behind centre)? .....
4. The squirrels here are which colour? .....
5. The name of our Gorge is S..... H..... B.....
6. The clips used for abseiling / climbing are called .....
7. When was Ardentinnny Centre built? .....
8. What is a Figure of 8? .....
9. What's the difference between a deciduous tree and a coniferous tree?  
Can you give an example of each?  
.....  
.....
10. What is for dinner on Thursday? .....

