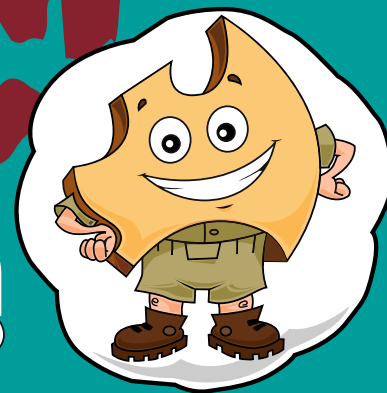


# Empowering your students through our

# rock and water

# Program



An innovative **ANTI BULLYING** Program.



Where learning is fun



# The Great Aussie Bush Camp offers your students tailor made programs using the principles of Rock and Water to develop

## Body awareness Emotional awareness Self-awareness

### The ROCK AND WATER program

Rock and Water is an evidenced based program that offers students a framework for recognising and dealing with their sense of self, their purpose and motivation in life, as well as dealing with the actions of others.

The Great Aussie Bush Camp Rock and Water program allows you to continue your own Rock and Water experiences or start your new program with us and then take it back to school. By mixing your program with adventure based activities, your students will have the added benefit of trying their new skills within a challenging environment that is free from the distractions of daily school life.

Our Rock and Water program teaches students:

- How to centre and ground themselves
- The knowledge they need to be able to diffuse situations
- Self-defence
- Focus
- Communication skills.

Depending upon the age and duration of your program, choose from topics including:

- intuition
- mental strength
- empathetic feeling
- positive feeling
- positive thinking and visualisation
- bullying
- sexual harassment
- homophobia
- life goals.

All of our programs are developed by our highly trained team members who are always happy to tailor a program to suit your needs. Team members are also available for presentations to teachers, parents and students at your school.

### Sample Program

#### Day One

- Arrive at Camp/Welcome
- Introduction to Rock and Water
- Lunch
- Adventure Activity ie. Team Challenge
- Afternoon Tea
- Rock and Water session One, focus on grounding and centre ie. fencing
- Dinner
- Night Activity
- Camp Fire

#### Day Two

- Rise and Shine/Breakfast
- Adventure Activity ie. Survivor Challenge
- Morning Tea
- Rock and Water session Two, conflict resolution and Principles of Rock and Water
- Lunch
- Beach Activities ie. initiative exercises
- Beach BBQ
- Night Rock and Water session Three, self defense
- Campfire

#### Day Three

- Rise and Shine/Breakfast - Pack up
- Adventure Activity ie. Canoeing
- Morning Tea
- Rock and Water session Four, pushing hands and tournament debrief
- Lunch
- Depart Camp

The Great Aussie Bush Camp provides tailor made and curriculum-centred outdoor education programs free from the stresses associated with planning school camps. As industry leaders, we offer consistently great service, the widest choice of activities available in Australia, and a family friendly atmosphere; all in an authentic Aussie environment.



**For bookings and general enquiries: Free Call 1800 887 717 Now!**

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