



AW facilitator resource kit.

CHALLENGE NIGHT

purpose.

Challenge is something everyone experiences. Building the resilience to navigate challenges and growing the skills and strengths to practice resilience are key outcomes of a successful AW program. During Into Adulthood programs, one night will often be set aside as a Challenge Night. The function of Challenge Night is to push participants to overcome something they did not think was possible. Challenges can vary from individual to team challenges. Below is a selection of challenges to choose from, as well as a link to the more challenge night options.

delivery.

The decision about which challenge to run will be dependent on what the group needs. If connection and comradery are low, consider a challenge that requires the group to work together. If there are distinct groupings within the cohort, consider an individual/solo challenge. Ultimately, any of the below will challenge a group

CHALLENGE ONE: SOLO

Blind trail – Blindfold participants. March out into the bush. Sit them alone. Call them back after 30 mins – 1 hr.

Variation: Unblindfolded, challenge participants to march themselves out into the bush and sit alone. Return to the sound of the drum / guitar / whatever.

CHALLENGE TWO: SOLO

Hamish and Andy Challenge – as above, but the aim is to guess when 60min is up and be the student that comes back to camp as close to an hour later as possible.

CHALLENGE THREE: TEAM

Fire Challenge – Keep a tea light in a bowl alight all night.

CHALLENGE FOUR: TEAM

Chinese whispers - building on the fire challenge, have participants form groups to take watch shifts. Facilitator whispers a story to the first group. That group listens closely and can ask questions. Then they whisper the story on to the next group. And so on. In the morning, the last group tells the story to the whole group.

success looks like.

- ✓ Everything falls apart and goes to sh*t. No really – challenge night can agitate previously unspoken conflict and bring it to the surface. This is a great opportunity to grow from challenge. Time to turn [sh*t to gold!](#)
- ✓ A cohesive, bonded group who are elated to have survived an epic challenge they never thought they would.
- ✓ Deeper connections expressed (verbally, physically, emotionally) the next day during activities
- ✓ Individual group members being able to articulate openly and honestly about how they were challenged and what it took to overcome challenge