

# COWSTAILS AND COBRAS II

A Guide to Games, Initiatives, Ropes Courses,  
& Adventure Curriculum

*Karl Rohnke*



# Cowstails And Cobras Ii

**M Woodhall**



## **Cowstails And Cobras II:**

**Cowstails and Cobras II** Karl Rohnke, Project Adventure, Inc, 1989 Cowstails and Cobras II is a rewrite of Karl Rohnke's classic guide to games initiative problems and adventure activities. It contains much and more of what made up the original standard in Adventure Education including sample curricula and leadership debriefing skills. The Evaluation of Adventure Based Counseling with at Risk Youth Sheila E. Combs, 2001 *Resources in Education*, 1993-07 **Affordable Portables** Chris Cavert, 1999 A must for educators, counselors and trainers who enjoy and understand the benefits of adventure based activities. This is a book of initiative activities and problem solving elements that you can create and use to start your own portable experiential challenge program or enhance the program you already have. All of the ideas here are presented with a tight budget in mind. The purpose is to provide a way for human services providers to afford the benefits challenge programming can offer. Cover *Effective Leadership in Adventure Programming* Simon Priest, Michael Gass, 2018-10-30 Some books address outdoor leadership, others focus on adventure programming. None delve into the specifics of both topics like *Effective Leadership in Adventure Programming* Third Edition does. The first edition of this book helped define the body of knowledge for an emerging profession. Two editions later, this groundbreaking text, now in full color, provides adventure leaders with the tools and evidence they need to show that their outdoor programs are effective and have a lasting impact on their participants. Internationally renowned authors Simon Priest and Michael Gass have significantly updated the content based on the latest research, issues and trends in the field of adventure education and leadership. They have reorganized chapters to conform to their new model of building core competencies. In addition, this third edition includes the following features: Material on technology, social justice, cultural adaptation, sustainability and facilitation techniques. An online instructor guide that offers activities, discussion questions and assessments compiled from a group of acclaimed instructors. A digital field handbook that offers quick reference to key models, concepts and checklists covered in the text. An expanded version of global perspectives valuable for long standing programs as well as those just beginning to enter the field. *Effective Leadership in Adventure Programming* details both the art and science of adventure leadership, helping a new generation of outdoor leaders develop their skills. The text extends the focus on evidence based models, theories and best practices, showing that science and research are as important to the profession as the natural beauty of the environment. The book describes the core competencies of outdoor leadership, providing a framework that helps leaders connect with participants in meaningful ways based on mutual goals. The focus on the science side is invaluable to new leaders and less experienced leaders, and it is a great refresher for leaders with more experience. This new edition offers a more detailed look at diversity and cultural competencies, preparing leaders to effectively manage diverse populations of participants. In addition, the content is in line with the updated accreditation standards from the Association for Experiential Education. The opening chapters of *Effective Leadership in Adventure Programming* supply a solid foundation in the research, philosophy, ethics and history of outdoor

leadership Numerous chapters explore the skills leaders need with topics that include technical activity safety and risk management environment organization instruction and facilitation The authors also examine leadership styles and conditional leadership issues communication sound judgment decision making problem solving and the trends and issues in adventure programming Effective Leadership in Adventure Programming will help readers understand the four adventure program areas recreation education development and therapy and how they influence the delivery of outdoor leadership The book is a valuable resource for the training and education of future outdoor leaders It will help readers know why they should work in the profession and understand how they can make a difference by being an effective outdoor leader **Teaching**

**Physical Activity** Jim Stiehl, G. S. Don Morris, Christina Sinclair, 2008 Teaching Physical Activity Change Challenge and Choice guides you in designing activities and games through which you can meet your objectives while engaging all the participants in your class or group Including foundational material on teaching activities and games 45 ready to use games and activities to get you started right away numerous tips ideas and strategies to help you fully understand and implement this approach *Handbook of Group Counseling and Psychotherapy* Janice L. DeLucia-Waack, Cynthia R. Kalodner, Maria Riva, 2013-12-02 The most comprehensive and thoroughly researched text available on this topic Handbook of Group Counseling and Psychotherapy Second Edition underscores the notion that group work is improved through increased collaboration between researchers and practitioners Edited by renowned leaders in the field this thoroughly updated and revised Second Edition explores current literature and research and offers suggestions for practice in psycho educational counseling and therapy groups The Handbook is divided into five main sections current and historical perspectives best practices multicultural and diverse groups groups in special settings and an introduction to special topics *Adventure Education as Cultural-Historical Activity* Jayson Owen Seaman, 2006-04-17 The present study aims to illuminate the way participant learning in adventure experiences intersects with broader social cultural and institutional contexts and was guided by the following questions How is participant experience constructed in a facilitated small group adventure setting How is the construction of the adventure experience related to the intentions and orchestrations of the trainer How is the construction of the adventure experience related to the institutional and social context in which it occurs This study used grounded theory methodology Strauss Leontiev 1977 Vygotsky 1978 Activity as an analytic device facilitates the mapping of historical social and cultural influences on local action while grounded theory helps maintain close attention to local phenomena Aside from making methodological advances I develop several major concepts First I identify the object of adventure education as the morally improved and socially interdependent subject It is this object that defines and establishes the conditions toward which the activity is oriented and must be understood Second Participation frameworks position the subjects as interested actors who negotiate and align with one another through the course of different exercises As an analytic device participation frameworks help identify the way subjects expect the workshop to conform with their goals and

act on the basis of their expectations Third collaborative ideation is the process through which the object of adventure education is realized There are two sub parts to collaborative ideation vertically mediated action or the ways participants encounters with speech kinesthetic poses and physical instruments are orchestrated by the trainer for particular effect and horizontally mediated action or the ways participants become resources for each other s learning These factors reflect a complex process of interaction in which participants experience contradictions between the actions required for involvement in the adventure and the social expectations they have for situations The Ultimate Icebreaker and Teambuilder Guide Jon Tucker,2007 The Ultimate Icebreaker and Teambuilder Guide offers over 200 different activities for you to use in a variety of contexts If you are looking for a 5 minute warm up activity or you are building a team there are exercises to meet your every need Built upon practice in higher education this book provides countless options for the business world nonprofits education or high school environments Easily indexed and offering facilitation questions this book will help you energize and organize your group **The Therapist's Notebook, Volume 2** Lorna L. Hecker,Catherine Ford Sori,2007 The Therapist s Notebook Volume 2 More Homework Handouts and Activities for Use in Psychotherapy is the updated classic that provides mental health clinicians with hands on tools to use in daily practice This essential resource includes helpful homework assignments reproducible handouts and activities and interventions that can be applied to a wide variety of client and client problems Useful case studies illustrate how the activities can be effectively applied The book employs a consistent chapter format making finding the right activity easy **The Ultimate Jewish Teacher's Handbook** Nachama Skolnik Moskowitz,2003 This complete and comprehensive resource for teachers new and experienced alike offers a big picture look at the goals of Jewish education *The Impact of Adventure-Based Training on Team Cohesion and Psychological Skills Development in Elite Sporting Teams* Ian T. Boyle,2003 Adventure based training has become an effective medium for delivering experiential training programs within a variety of disciplines such as school outdoor education corporate teamwork development youth at risk and psychological counseling In addition Meyer modifications to this theory were suggested Recommendations were outlined for improving sport psychology teaching practice along with improved facilitation of adventure programming

**Sticks n' Stones... Improving Group Dynamics Through the Use of Cooperative and Leadership Games - an Integrated Approach** Sandra Lauer,2014-04-08 An action research project that includes an instructional model with activities On a small scale this work explored the variables which were contributing to a complete shutdown of a 5th grade class toward another member creating a marginalization of that child Using a three phase interdisciplinary strategy this class was coached on interpersonal skills in the classroom with journal writing and participated in supportive physical education activities The objective of this study was to develop an interdisciplinary educational program with a global perspective designed to help increase awareness of self and others provide for the development of effective communication and listening skills encourage the use of critical thinking and promote the development of leadership abilities through the use of

cooperative and small group activities role playing and journal writing

Controversial Issues in Adventure Programming Bruce Martin, Mark Wagstaff, 2012-05-04 Controversial Issues in Adventure Programming offers an engaging approach to the consideration of enduring current and emerging issues in the field Written primarily for upper level undergraduate and graduate students the text presents 20 issues in a debate format challenging students to participate in critical discourse concerning these issues as practitioners in the field of adventure programming Respected authors Bruce Martin and Mark Wagstaff have assembled a team of more than 50 contributors from around the globe to reassess some of the underlying assumptions on which adventure programming is based They have critically examined implications of new developments for emerging practice and discussed how best to position the field of adventure programming in addressing broader societal concerns To set the stage for the debate each issue is prefaced with a general overview including the evolution of the issue and its significance in light of broader social concerns Then contributors present the pros and cons of each issue A debate format helps students develop an understanding of the key points around each issue while also becoming familiar with current research pertinent to these issues This approach also encourages students to grapple with these issues and begin to develop their own informed thoughtful perspectives as they prepare for careers in adventure programming Controversial Issues in Adventure Programming is divided into two parts Part I begins by discussing issues of ongoing concern in the field including the certification debate motorized versus nonmotorized forms of outdoor recreation and program accreditation In part II contemporary and emerging issues are presented such as the use of online educational programming in the field of adventure programming As a reference for practitioners and policy makers Controversial Issues in Adventure Programming offers new and updated perspectives on enduring and emerging issues as well as a synthesis of the most recent related scholarly literature In addition the text serves as a resource in understanding how the adventure programming industry can contribute to addressing issues of broad concern in society such as public health global climate change stewardship of public lands and waterways and education reform Controversial Issues in Adventure Programming encourages readers to participate in some of the central debates occurring in the field In particular this timely resource will help students broaden their understanding of the field as they critically examine and respond to a range of enduring contemporary and emerging topics in adventure programming

A Comparison of Two Outdoor Adventure Centres Pete McDonald, 2014-05-30 In 1983 the author spent a year working as an exchange teacher at Rubicon School Camp Victoria Australia This paper written towards the end of that year compared many aspects of Rubicon School Camp and White Hall Centre Derbyshire UK The paper was digitised and heavily edited or rewritten in 2014

*Kooperative Abenteuer Spiele 2* Rüdiger Gilsdorf, Günter Kistner, 2025-09-25 Spiele für die Arbeit mit Gruppen und Teams Nur wer seine körperlichen und geistigen Fähigkeiten im Team einbringt wer miteinander und nicht gegeneinander agiert erfährt in den kooperativen Abenteuerspielen die besondere Befriedigung die im gemeinsamen Lösen und Überwinden von Problemen und Herausforderungen besteht Der zweite Band der

Kooperativen Abenteuerspiele erweitert die Spielpalette des ersten um zahlreiche neue und spannende Spiele bei denen es u a wieder darum geht sich einer Herausforderung zu stellen Vertrauen zu entwickeln und gemeinsam ein Ziel zu erreichen In der ausführlichen Einleitung werden die Spiele in ihren theoretischen Kontext eingeordnet Mit Illustrationen von Katharina Becker *Working the Patrol Method* Rob Faris, 2008 **Rock Climbing: The AMGA Single Pitch Manual** Bob Gaines, Jason D. Martin, 2014-05-20 Rock Climbing The AMGA Single Pitch Manual is intended to serve as a textbook for past and future participants of the AMGA SPI program The book more specifically address the needs of the professional climbing instructor and advanced recreational climbers It presents the most current internationally recognized standards for technical climbing systems used in single pitch rock terrain Included are chapters on effective teaching in the outdoor environment risk management professionalism environmental awareness and rescue Adapted Games & Activities Pattie Rouse, 2004 Nothing sparks a child s or adolescent s interest like a new game Adapted Games Activities From Tag to Team Building provides a wealth of games to get your students and participants moving and having fun regardless of their cognitive or physical ability levels By offering exciting activities that entice your students to participate you ll not only help them reap the enormous physical benefits of exercise but you ll also provide opportunities for them to learn to share express feelings set goals and function independently The activities in this book have been proven to work in the real world of school and recreation settings Author Pattie Rouse an experienced adapted physical educator and recreation and sport leader has designed and pilot tested these games to enhance success while challenging participants to think and use their physical abilities The games and activities range from low to high organization from teacher directed to community based You ll find the following in Adapted Games Activities Teacher directed games and activities provide you with a way to work on specific skills and movements with your students and participants and have fun at the same time Success oriented tag chase and dodge games use a nonthreatening interactive approach to give participants a sense of belonging and self confidence regardless of their physical abilities Team building and cooperative games and activities teach group dynamics self esteem respect and trust Higher organization games are for those students and participants who need a greater challenge Lead up sport and leisure activities help your students and participants work toward playing sports in a school or community setting by developing sport specific skills and tactics Except for the higher organization games all games are simple with few rules so they re easy for students to comprehend And since little or no equipment is required your prep time is kept to a minimum Better yet you ll find variations for each game as well as modifications and teaching tips so that you can easily tailor each game to your participants cognitive and physical abilities And all the activities emphasize cooperation and team building to encourage social interactions develop self esteem and build community spirit Participants who enjoy and feel successful in physical activities are more likely to want to participate in the future both in and outside of your program Using Adapted Games Activities will help you provide a foundation of success so that your students may experience a lifetime of physical

fitness and the sense of accomplishment that goes along with it      **ECMLG 2011 Proceedings of the 7th European  
Conference on Management Leadership and Governance** Charles Despres, 2011-06-10



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