



The Adventure Mile
Social & Emotional Journal

OPEN



TOOLS FOR LEARNING THE **ADVENTURE MILE**

SOCIAL & EMOTIONAL JOURNAL

NAME: _____

CLASS: _____ YEAR: _____



RISING NEW YORK ROAD RUNNERS

OPEN

in collaboration with



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NEW YORK
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Personal Notes



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DAY 1 Date: _____ **Out and Back Warm-Up & Shadow Running**

Mindful (adjective) A state of awareness relating to one's individual state of being, immediate surroundings, and the activity happening within those surroundings.

- Think back to just before today's lesson began. List the feelings/emotions (positive and negative) that you felt about participating in an Adventure Mile lesson.
- Based on today's Adventure Mile lesson, how would you describe the way your body physically feels as a result of your participation?
- How would you describe the way you feel mentally and emotionally?

Self-Regulation (noun) The process through which a person controls behavior, emotions, and thoughts in the pursuit of long-term goals. It includes strategies for maintaining optimism with a focus on situational solutions, while disrupting self-destructive emotions and impulses.

Everyone can control and self-regulate personal effort.

Rank your effort in today's activities from 1 to 10 (1 = no effort; 10 = maximum effort).

1 2 3 4 5 6 7 8 9 10

- List 3 reasons why you made the decision to give the amount of effort that you gave.

Reason 1)

Reason 2)

Reason 3)

Optimism (noun) Hopefulness and confidence about the future or the successful outcome of something.

- Write 1 goal that you will work toward during the Adventure Mile instructional unit. This goal may focus on personal fitness, mindful participation, or the social benefits of being active with others.
- Now, write a statement of optimism that illustrates a feeling of hopefulness and confidence relating to your goal.



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DAY 2

Date: _____

Walk/Jog Scavenger Hunt

Mental Health (noun) A component of overall health focused on emotional and social well-being. It includes the feelings, thoughts, choices and actions influenced by one's response to both social and environmental conditions.

- In your own words, describe why mental health is important.

Emotional Health (noun) A component of mental health focused on emotional awareness and one's ability to manage response to emotions, whether they are positive or negative.

- List and describe 1 emotional health benefit that you hope to gain through your participation in Adventure Mile activities.

Encourage (verb) To give support, confidence and/or hope.

- Create a list of short statements that someone could say to you in order to encourage you to give your best effort in Adventure Mile activities and lessons.

Statement 1)

Statement 2)

Statement 3)

Statement 4)

Statement 5)

- Describe 1 thing that you've done, or 1 thing that you have observed a classmate do, that has encouraged someone to give their best effort.

- Create 1 encouraging statement that you can say to yourself to help motivate you to give your best effort.



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DAY 3

Date: _____

Form 101 Jigsaw

Physical Health (noun) A component of overall health focused on the absence of disease and the health-related fitness of an individual.

- Describe how you feel when your body is physically healthy.
- How is physical health related to mental and emotional health?
- Other than yourself, name the person in your life that is most concerned about your physical health.
- Write a 3 sentence thank you note to that person, thanking them for caring about your physical health.

Cooperate (verb) To act with others toward the same end or purpose.

- How would you describe your team's cooperation during today's learning jigsaw activity?
- Everyone brings unique skills, abilities, and experiences with them into all activities and interactions. How did your attitude about the unique differences of your teammates affect the way that you cooperated with them?
- Write one encouraging statement that someone did or could say to you that would let you know that they respected your unique skills, abilities, and experiences.



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DAY 4

Date: _____

Continuous Relay

Feedback (noun) Information provided in reaction to a performance, action, or piece of work.

- Make a list of words that you could use to give someone positive feedback on their running performance.

- How would you summarize the overall attitude of your entire team during the Continuous Relay activity?

Teammate (noun) An individual member of a group who works toward a common goal or purpose.

- How would you describe a good teammate?

- Based on your description, are you a good teammate? Why or why not?
(Give specific evidence)

- How is respect related to being a good teammate?

- How is encouragement related to being a good teammate?

- List 2 things that you will do during the next class that will help you become a better teammate.



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DAY 5

Date: _____

800-Meter Time Trial

Challenge (noun) A task or situation that tests the abilities and resilience of an individual or team.

All of the activities included in our Adventure Mile experience are designed to prepare us for a 3K Marathon. In that event we will complete 7.5 laps around the track. For most people, running that many laps will present a challenge.

- List 1 way that you will demonstrate optimism as you prepare for the 3K Marathon.

- How is self-regulation related to your ability to work toward and then overcome a challenge?

Self-Talk (noun) An inner voice that combines conscious thought with unconscious beliefs and biases. Its purpose is to help the brain interpret and process daily experiences.

Self-talk can be an important tool for encouraging and motivating yourself.

- Write 2 positive self-talk statements that you can repeat to yourself while you work hard to overcome a challenge.

Statement 1)

Statement 2)

- List 3 positive words or phrases that you can say to yourself in order to stop negative self-talk from repeating in a noisy loop.

Positive Phrase 1)

Positive Phrase 2)

Positive Phrase 3)



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DAY 6

Date: _____

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Community (noun) A group of people who share common attitudes, interests, and goals, and oftentimes lives in close geographic proximity.

- How would you describe your school community?
- How does your attitude, behavior and effort affect your school community? (positively and negatively)
- How can you adapt or modify your attitude, behavior, or effort in order to positively impact your school community?

Social Benefit (noun) An advantage or profit gained for a connected or related group of people.

- How can you recognize a social benefit?
- How might an event like The Adventure Mile provide a social benefit to your class and school communities?
- What is another event which provides a social benefit to your school community?
- List 1 way that you can and will participate in the activity that you just listed above and write 1 sentence that describes how your participation will be beneficial.



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DAY 7

Date: _____

The 3K Marathon

Courage (noun) Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.

- Who is the most courageous person that you know?
- How would you describe that person?
- Name and describe 1 quality of that person that you see in yourself.

Personal Best (noun) A performance marked by a best time or score ever achieved by an individual or team.

The purpose of the 3K Marathon was to face a challenge with courage and resolve in order to record a personal best time. You were not competing against another runner; you were competing against a challenge to the strength of your spirit.

- How would you describe how you felt after completing the 3K Marathon?
- If you could run this event again in 2 weeks, how would you change your performance or preparation in order to beat your personal best?

Optimism (noun) Hopefulness and confidence about the future or the successful outcome of something.

- How can you recognize the feeling of optimism?
- List 2 things in your life (other than fitness running) that you feel optimistic about.

Optimistic Thing 1)

Optimistic Thing 2)

Continue to the next page for a final reflection...



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DAY 7

Date: _____

Final Reflection

- What did your participation in The Adventure Mile lessons teach you about optimism?

- Use the remaining space on this page to write your final reflection. This is a free writing exercise. Use it to express yourself and your feelings with respect to Adventure Mile participation.