

How we develop

CHARACTER & RESILIENCE

at Longtown



Health & Wellbeing

We develop children and young people's emotional resilience, confidence and independence through engagement in adventurous activities.

We design outdoor activity programmes that focus on empowering children and young people and promote the benefits of an active healthy lifestyle.

We provide a welcoming and safe environment with clear routines that give children and young people a sense of security.



Activity as Therapy

We support children and young people to establish and develop self-efficacy, improve skill acquisition and performance in a wide range of activities.

We provide challenge with an element of perceived risk, that will develop children and young people's insight into their abilities and potential.

We use mindfulness approaches to encourage children and young people to connect to their senses.



Social Interactions

We support children and young people to create positive relationships and promote positive behaviour.

We highlight and celebrate achievements together.

We believe that shared experiences, which allow for group reflection, support the feeling of belonging and being valued.



Learning

We encourage autonomy and choice that give children and young people a sense of self worth and encourages self-directed learning.

We develop children and young people's ability to overcome challenges, which builds motivation, perseverance and commitment.

We increase children and young people's cultural capital by enabling them to experience awe and wonder in the natural world.



Physical Activity

We are committed to promoting the link between physical exercise and improved mental health and wellbeing.

We encourage children and young people to explore their physical capabilities, interests and talents and we provide a progressive challenge for all.



Environment

We believe that connecting with nature supports children and young people to establish strong and supportive relationships and nurtures creative play.

We also support children and young people to develop confidence in unfamiliar environments and build their resilience to challenging situations, which supports them to manage their own risks in the outdoor environment.