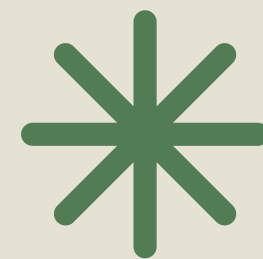


NOTHING IS BETTER THAN GETTING A LETTER[BOX]!

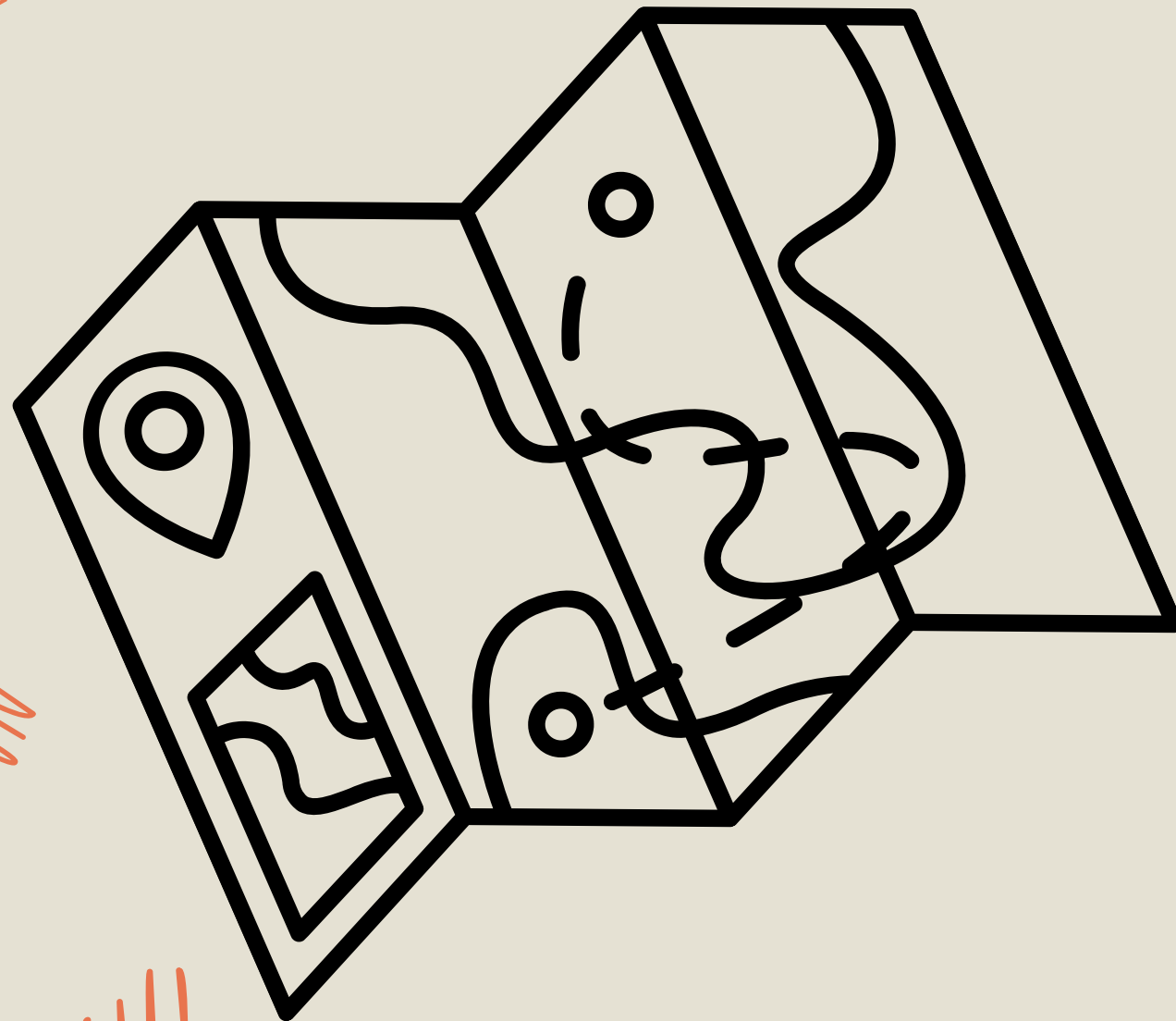
Liz Theriot and K-Lynn McKey
UL Lafayette



WHAT IS LETTERBOXING?

Letterboxing is a scavenger-hunt-style outdoor activity that predates the (now more popular) geocaching.

For letterboxing, the seekers follow riddle-type clues to find their way to a marked area. In this area, there will be some sort of container that houses a rubber stamp.



LETTERBOX COMPONENTS



Each letterbox should contain a stamp.



You need a journal & pen/pencil.



You might need your own inkpad.



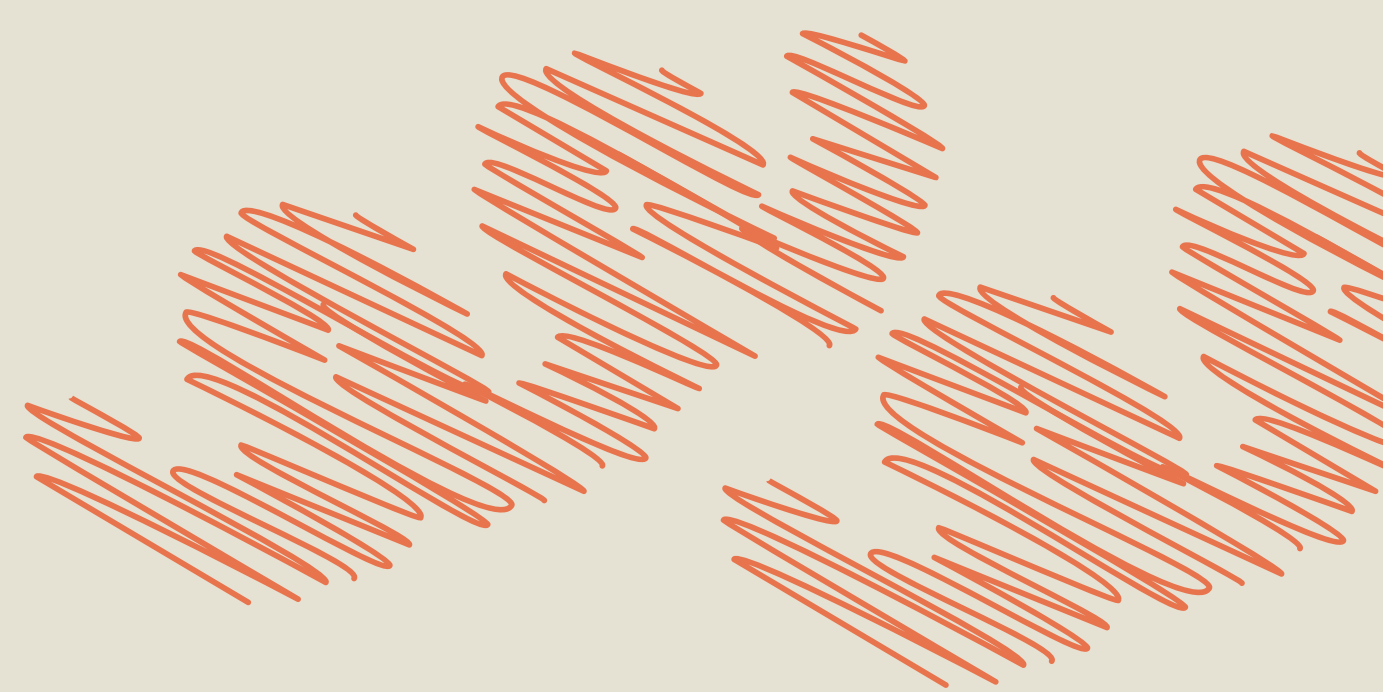
Map and/or clues of activity design



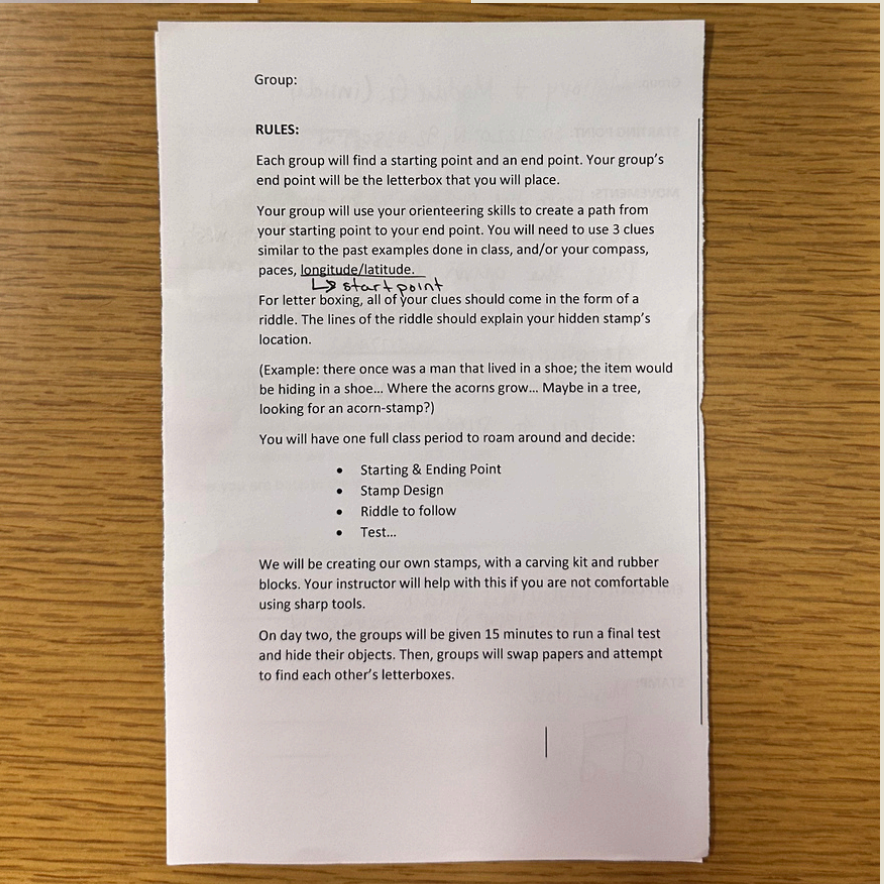
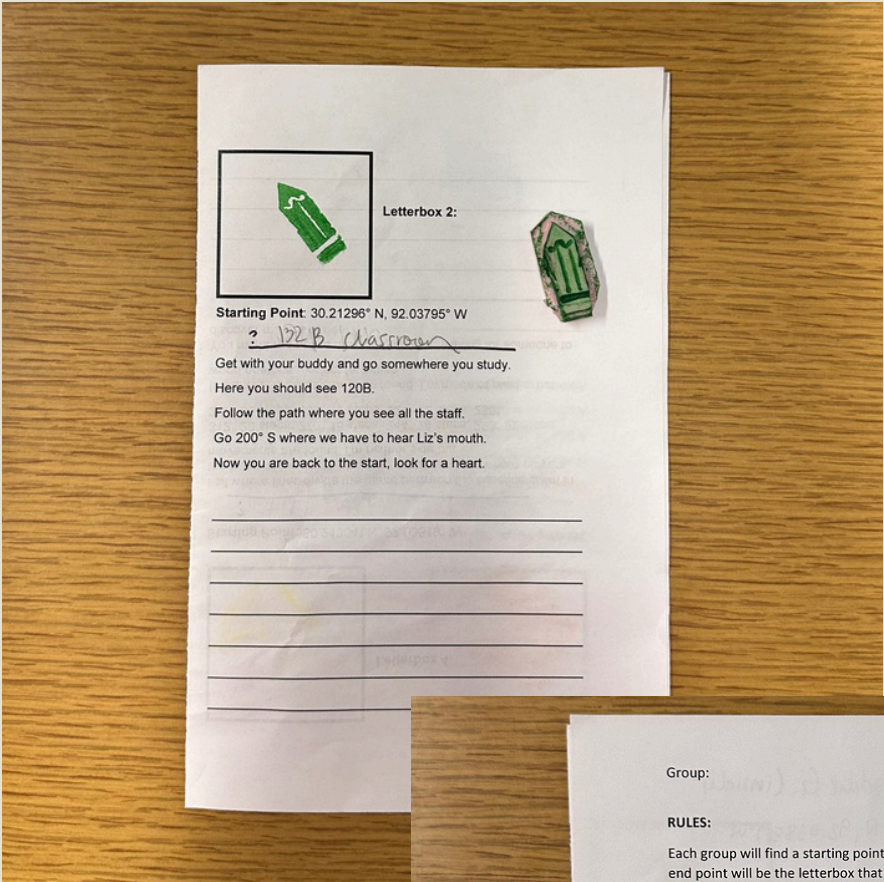
Proper shoes or clothing for activity



Additional materials needed for fitness component



LETTERBOX EXAMPLES




Here is a place you can walk,
Going round in circles while you talk.
It is great for rainy days or hot ones,
A great place to still get in a your runs.
Suggestions are great but for this promotion,
Look for a box for our Program in Motion.

FUN LETTERBOXING ACTIVITIES


 Wellness Week

 Physical Activity Journal

 Student-led projects/cross-curricular activities



What is Letterboxing?



Letterboxing is a scavenger-hunt-style outdoor activity that predates the (now more popular) geocaching.

For letterboxing, the seekers follow riddle-type clues to find their way to a marked area. In this area, there will be some sort of container that houses a rubber stamp.

Using your letterboxing journal (this brochure) and the ink-pad provided, you will mark your journal with the stamp. In addition to this, people will often write tips for themselves next to the stamp about their adventure; possibly dealing with the affective domain (hint hint).

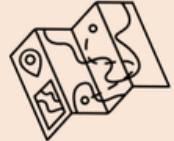
Important tips to remember for outdoor education:


Be aware of possible risk factors of the environment: bugs, tripping hazards, etc.

Focus on your personal and group development. Hold on to your individuality while using team-building skills.


This focuses on your affective domain; i.e. what is the social-emotional aspect of this activity?

Please note:
All materials in the letterboxing locations should be left where they are found, and no property around these locations should be caused damage in any way.

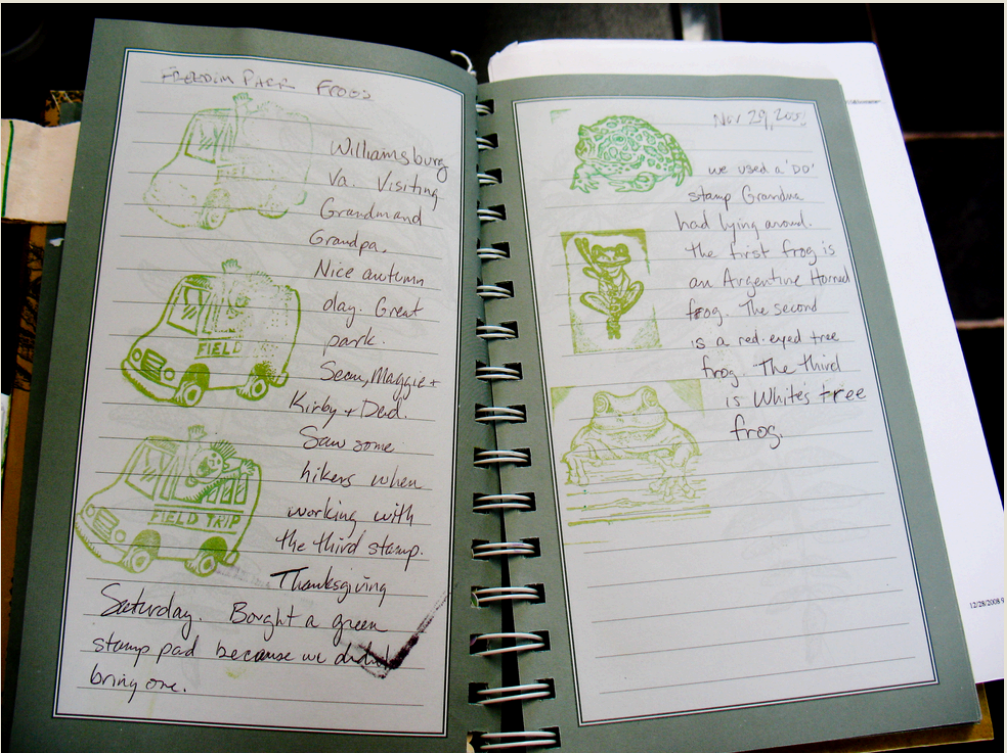




KNES APREESH Scavenger Hunt



Outdoor Letterboxing Activity



ACTIVITY TIME

Using your letterboxing journal, you will mark your journal with the stamp. In addition to this, write a tip or comment for yourself next to the stamp about your adventure.

1 Just like knowledge, I have to be fed to grow. Water and sunlight are what allow me to do so. Find this letterbox stuck under my shade, waiting to help with this activity we made.

2 You went here to receive your personal label (name-tag),
Make sure to check in at the _____.

3 This letterbox would be great for this curricular resource,
Go to the exhibitors and find the right course.



BENEFITS OF LETTERBOXING

PHYSICAL HEALTH (PSYCHOMOTOR)

- Cardiovascular fitness: HR, Step count
- Lifetime fitness activity
- Orienteering/Outdoor unit

SOCIAL BONDING (AFFECTIVE)

- Teamwork
- Acknowledgement of peer differences/skill levels
- Appreciation for physical activity & environment

INTELLECTUAL CHALLENGE (COGNITIVE)

- Problem solving & creative thinking
- Environmental research/understanding
- Applying strategic planning to physical skills

WHAT ELSE?

- Provides a break from technology.



IMPORTANT TIPS TO REMEMBER



LOCATION

Be aware of possible risk factors of the environment: bugs, tripping hazards, animal habitats, etc.

STANDARDS

This can focus on all domains, but the affective domain is priority; i.e. what is the social-emotional aspect of this activity?

RELATIONSHIPS

Focus on your personal and group development.
Hold on to your individuality while using team-building skills.

BE A GOOD SCOUT

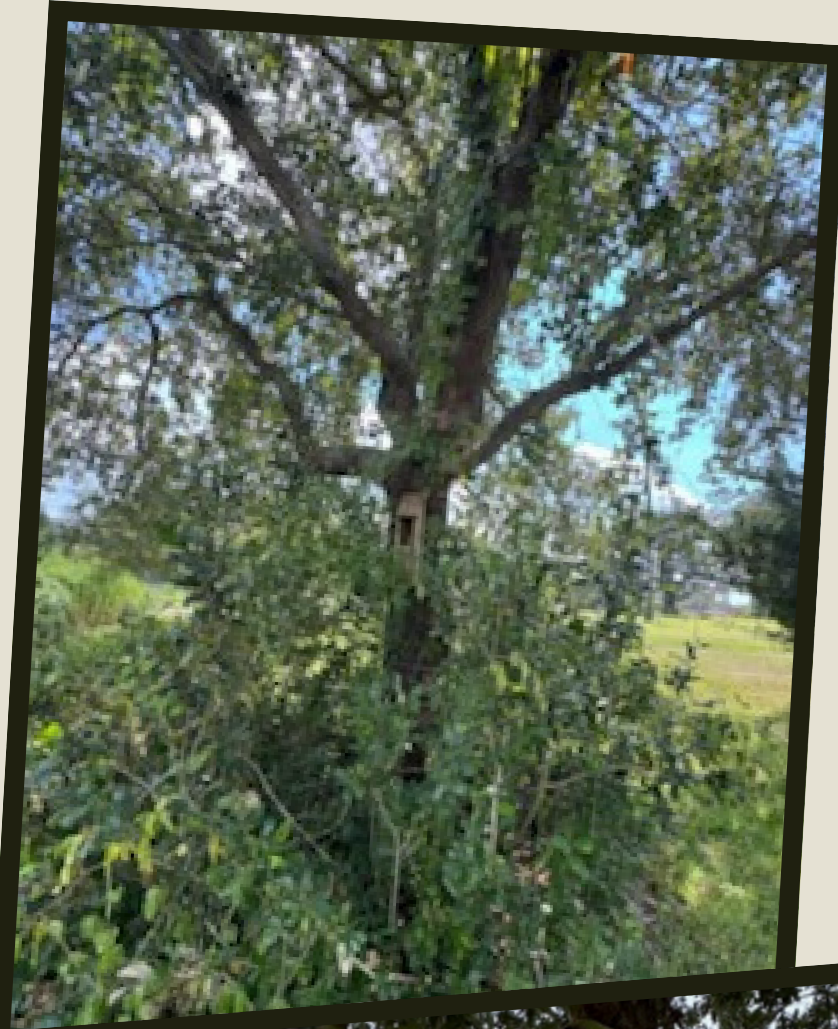
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CREATING A LETTERBOX

- 01** Plan ahead: location, materials, environmental factor
- 02** Write your riddle...
- 03** What will you be hiding? Create your stamp.
Stamp Making Materials
- 04** Buy stamps or use kneadable erasers.
- 05** Hide and have fun!



OVERCOMING LETTERBOXING CHALLENGES



BAD WEATHER?

Just like with anything, have a back-up plan.

THINK ABOUT YOUR ENVIRONMENT.

Trees grow, paint fades, etc.

THINGS WILL GET TAKEN.

Do administrators/facilities services know of activity and approve?

THERE IS A LEARNING CURVE.

This takes time to plan and teach. Have others read your riddles and be patient with students.





CONCLUSION & FINAL THOUGHTS

Our students have really enjoyed this activity.

- Field trips (e.g., zoo)
- Home-fun/journal
- Structured recess/before/after school activity

