

FIELD TRIP



PURPOSE:

Why?

Taking a field trip is important for mental health because it provides a break from routine, stimulating the mind with new environments and experiences. Gather your BC2M members to engage in the community outside of school and foster a sense of connection and joy!

HOW TO:

Materials & Budget

Budget varies depending on what your field trip is and how many people are participating. Field trip costs can vary from \$0-100

Instructions

Field Trip Ideas:

- Beach
- Park
- Farm
- Hiking
- Museums
- Botanical Gardens or Community Garden
- Collab with other BC2M clubs in your state
- Music or Theater Performance
- Goat Yoga or Puppy Yoga Class

Before venturing off on your field trip, consider hosting a presentation about the benefits of going to new environments and having new experiences. Some presentation-specific ideas could be the benefits of the outdoors, meditating, and doing self-care.

- Check in with your advisor to see if there are any school rules or regulations around planning a club field trip.
- Once you have received permission from your advisor and/or school administration, start planning!
- Create a sign-up sheet to see how many people are interested in attending
- For a small group, consider organizing a carpool to the location.
- For a large group, consider getting a bus for transportation. You could apply for a local grant, ask your school about a transportation budget, or use some of your grant money.

Timeline

This event might take up to 2 months to plan. The actual field trip can last anywhere from 2 hours to a whole school day.

Impact

This event is great for club members to build strong relationships and connect with one another

Example(s)

Example from RTHS BC2M!



Example from Hart High School BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

