

Blog Guidelines

1. Go to www.commreextreme.wordpress.com
2. Find the correct adventure outing.
3. Click on “comment”
4. Write your blog and submit.

Your blog must be written in the form of a letter to one of your teachers. When writing your blog, it must be a minimum of 100 words. It could/should include not just your description of the event, but your thoughts and emotions during it. What did you learn? What did you learn about yourself? What do you wish had gone differently? How would you prepare for the adventure differently next time? Be detailed and descriptive.

You can complete and submit the below assignments when finished your blogs.

Hypothermia

What is it?

When might you be in danger of getting it?

How do you prevent it?

How do you treat it?

Dehydration

What is it?

When might you be in danger of getting it?

How do you prevent it?

How do you treat it?

Plan the perfect adventure outing.

Include the details...when do we leave...where do we stay...when do we return...cost...etc.

Why would this be perfect?

Could we do this within the comm. Rec program? Why? Why not?

Each blog or assignment submitted will be worth a bonus 3% on your term 4 mark.