

**FIT OA**  
**Outdoor and Adventure**  
**Module 1 Worksheet 2**

**Activity 2:** Through an infographic, show your personal appreciation of the impact of outdoor and adventure activities by focusing on its benefits. You can also consider the benefits that it can give to your own community.

The rubric below will further guide you in creating this task. (30pts)

<b>Infographic Rubric (appreciation of the impact of outdoor and adventure activities)</b>				
	Exceptional 10pts	Admirable 7- 9pts	Marginal 5 -6 pts	Unacceptable 4 and below
<b>Content</b>	<p>Appropriate details support main idea</p> <p>Accurate and detailed information</p> <p>Information adequately supports purpose of visual</p> <p><b>(Foci: appreciation of the impact of outdoor and adventure activities to you and to the community by focusing on its benefits)</b></p>	<p>Most details support main idea</p> <p>Accurate information for almost all subject matter</p> <p>Information is mostly adequate and supportive of visual's purpose</p>	<p>Few details support main idea</p> <p>Lacking accurate information</p> <p>Inadequate information is not clearly supportive of visual's purpose</p>	<p>No details to support main idea</p> <p>Information is not accurate</p> <p>Information does not support the visual's purpose</p>
<b>Visual Appeal</b>	<p>Outstanding use of color, design, and space</p> <p>Original and creative design</p> <p>Overall design is pleasing and harmonious</p>	<p>Adequate use of color, design, and space</p> <p>Design is adequate</p>	<p>Inappropriate use of color, design, and space</p> <p>Design lacks creativity</p>	<p>Little attempt to use color, design and space appropriately</p> <p>Design is dull</p>

		Overall design is mostly pleasing and harmonious	Lack of harmonious design presentation in	Project has sloppy appearance
<b>Mechanics</b>	Words are legible and pertinent to topic	Most words are legible and pertinent to topic	Presentation is illegible and confusing	Distractive elements make illustration ineffective

**\*\*Use THIS page for your infographic**

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## IT IMPROVES WHAT?

### BOOSTS SELF-ESTEEM



- Our self-esteem increases exponentially when we spend time doing different outdoor activities. This effect is particularly strong when we spend time near green areas, near water, and within sounds of nature.
- Different outdoor activities such as fishing, gardening and other moderate-intensity physical activities are worthy activities that gives us a renewed sense of accomplishment, which is a major confidence boost.

### IMPROVES YOUR MENTAL WELLBEING

- Our mental wellbeing greatly improves whenever we do our exercises and activities outdoor. One reason for this is that the awareness of our mind has throughout the exercises and activities, particularly in regard to the changing terrain and weather.



### IMPROVES AND PROMOTES MEMORY

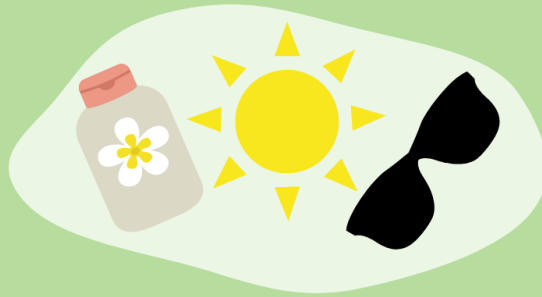


- We are all aware how the outside world works its magic when it comes to our growth and development when it comes to both our physical and mental state. This is because we are exposed to fresh air and a natural environment which helps improves our brain.

# BENEFITS:

# 1

BEST WAY TO GET VITAMIN D



IMPROVES THE QUALITY OF YOUR SLEEP

# 2



# 3

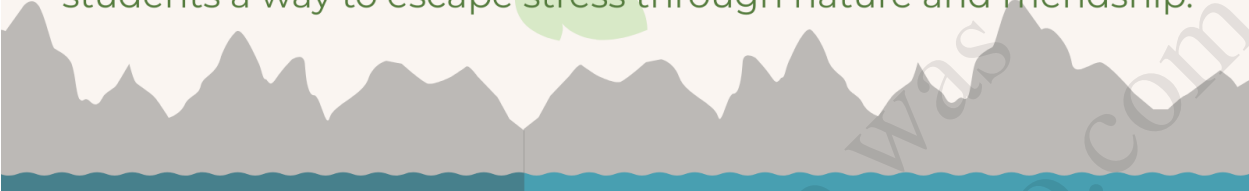
DEVELOP NEW HOBBIES





## CONCLUSION

Outdoor activities is highly vital to the growth of an individual. Recreational activities increase an optimistic perspective for life, and it's a perfect way to cope with stress and anxiety. School outdoor activities are a perfect way for students to deal with the stresses of school. These outdoor programs give students a way to escape stress through nature and friendship.



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