

# FOREST SCHOOL FOR A DAY PROGRAMS

## Adaptation

This program is action-packed and full of games, stories and exploration. Explore the complex concept of adaptation in a fun and simple way. Learn how mice build nests, how foxes stalk, how geese migrate, and what animal signs to look for.

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## Tracking and Trailing

Everywhere animals go, they leave subtle signs of their presence. The art of tracking and trailing is a lifelong endeavour that begins with this program. Find out about the various tracks animals leave behind. Try on our giant animal footprints. Follow our mystery trails. This is an interactive, hands-on program that requires students to use problem-solving and observation skills. Appropriate for students of all ages.

## Honing in on Homes

That might look like a plain hole in a tree to you, but to a black-capped chickadee or to a red squirrel, it is an important refuge from danger and cold. And a home is every bit as important to them as yours is to you. In this program, students become familiar with what characteristics make for an effective shelter. Students will have an opportunity investigate various nest designs, examine a variety of real bird nests, and participate in some fun and educational bird nest games.

They also learn about the critical components of habitat, recognizing that habitat depletion is the single most important reason for the loss of wildlife in Canada. Investigating tree cavities, exploring galls, hiding under thickets, students come to experience firsthand the importance of shelter, food and space in a well-structured ecosystem. We'll also discuss how students can enhance the habitat of their backyards and schoolyards.

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# Wetland Wonders

Wetlands are vibrant ecosystems among the richest and most diverse of all natural habitats. We'll visit a nearby pond. There we'll see evidence of beavers at work; we'll catch water bugs and discover some of the amazing adaptations of aquatic invertebrates. If time permits, we'll use a digital microscope to showcase how bugs breathe, swim and catch their prey. We'll also listen and look for the many wetland birds that inhabit this beautiful wetland.



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## Instincts for Survival

Ever wonder why a squirrel is constantly on the lookout, head darting from side to side, nose twitching and ears scanning for sounds? All it takes is one moment of carelessness and a squirrel could find itself caught in the claws of a hungry red-tailed hawk. To survive means to be wary. In this fun and interactive game developed by a Professor from the University of Waterloo, students experience firsthand the challenges that animals face while trying to survive. They learn to stalk, to find food and water, and avoid disease and the hunter. Lots of rich ecological learning occurs as the game unfolds.

## Landforms Liars Club

Put your students' mapping skills and natural knowledge to the test! Explore a unique alvar ecosystem while looking for geological clues to help solve the mysteries of this fascinating place. Discover fossils that are over 420 million years old – before the time of the dinosaurs. See an erratic: a large granite bolder dropped off by the glaciers more than 13,000 years ago. This program uses critical thinking and analytical skills to determine the geomorphological story of the area around Camp Kawartha.

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## Nature Arts and Crafts

Using found natural objects, make a unique art piece. From creating beautiful nature sculptures to forest weaving, from weaving nature into a small branch loom to creating a unique seasonal nature craft, this is a wonderful way for kids to connect more deeply with the natural environment. Check with our staff to see what activities and crafts are available.



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## Traditional Ecological Knowledge

For thousands of years First Nations sustained and nourished their cultures by harvesting what they needed on the land. They used plants and animals for medicine, for food, clothing and for building material. Their survival depended on having a positive relationship with the natural world. This ethic of stewardship became an important part of their belief-system and culture. The land around Camp Kawartha is the traditional land of the Anishinaabe. In this program, we'll explore some of the traditional foods, medicines and skills used by the Anishinaabe. We'll also participate in a series of traditional games. This program was developed in consultation with Curve Lake First Nations.

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## Quest for Fire

Here is a great way to combine adventure, map reading skills and fire making. Students use maps to locate wooden boxes hidden along the trail of our range area. Each box has a little something to start a fire. Find all the boxes and be the first to start a fire and boil up a taste of the woods (forest tea).



## Double A - Archery and Atlatl

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With a steady aim and a determined stance anything is possible. Can you hit the bullseye? In this exciting program, students learn the basics of archery from how to correctly string a bow, to how to satisfy and release an arrow. As well as archery, we also provide students with an opportunity to try out our "atlatl," a traditional spear thrower than can hurl a feathered spear for distances of more than 100 meters.



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## Lost in the Woods

Ever wonder what to do if you are lost? In this engaging, hands-on program, students learn about lost-proofing (how not to get lost), shelter building, using natural materials to keep warm, edible wild, cordage and other survival skills. This program teaches an important set of outdoor skills as well as helping students to feel more comfortable in the woods. In the winter, we will focus on simple skills to help students stay warm by building a debris hut or a quinzhee.

## Teambuilding

Participate in a series of creative problems which the group, as a team, must solve. They become more difficult as the program progresses. Tasks may involve creating the highest free-standing tube tower, walking on land skis six students at a time, or moving a marble through fitted PVC tubing from one location to another (the tubes fit together only in a certain way). These tasks demand strategic thinking, effective communication, leadership and, most importantly, cooperation. We'll also provide some fun and challenging cooperative games that emphasize working together positively in a team.

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## Treeific and Plantastic

They provide an elegant and beautiful backdrop to our daily lives, but few people stop and consider plants: the only living organism that can manufacture their own food and supply the world with oxygen. In this introduction to the world of plants, your students will learn about the various parts and functions of a tree in a tree drama exercise, identify coniferous trees and deciduous trees, and discover which local plants are edible and many more activities. During the spring, students will have a chance to gather sap and help make maple syrup at our sugar shack!

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