

# CAMP KAWARTHA OUTDOOR EDUCATION CENTRE

*Inspiring Environmental Stewardship*

# PROGRAM GUIDE



## Camp Kawartha inspires stewardship by:

- + Connecting students to their local environment
- + Providing innovative examples of sustainable living in action
- + Building knowledge about ecology, sustainable living and environmental issues
- + Teaching skills to enjoy the outdoors
- + Working with community partners to coordinate our stewardship efforts
- + Encouraging citizen science and local action
- + Fostering environmental leadership skills

*Inside this guide you'll find a wide range of curriculum-linked environmental programming.*

## Program Summary:

Our programs are divided into 5 broad categories:

1. Environmental Science
2. Adventure and Leadership
3. Canadian History and Social Studies
4. Physical Education and Recreation
5. Environmental Arts



# Camp Kawartha's Environmental Framework

## STEWARDSHIP CONCEPTS

DEVELOPING AN ETHIC OF STEWARDSHIP

Social justice · Global issues  
 Exploring sustainable living  
 Advocacy & action: planning & implementing projects  
 Advancing skills for outdoor recreation  
 Developing leadership & teamwork skills  
 Participating in citizen science  
 Expanding Indigenous ways of knowing

### DEVELOPING AGENCY & ACTION

GradeS 9-12

GradeS 7-8

Understanding resource use & product life cycle  
 Building outdoor recreation skills  
 Expanding awareness of Indigenous ways of knowing  
 Planning & conducting local habitat remediation projects  
 Exploring human impacts – problems & solutions  
 Investigating ecosystems – interactions & connections · Exploring biodiversity

### DEVELOPING ECO-SYSTEMS AWARENESS & UNDERSTANDING

GradeS 4-6

Seeing sustainability in action · Outdoor living & recreation  
 Exploring Indigenous ways of knowing  
 Learning about renewable & non-renewable sources of energy  
 Discovering local habitats & communities of living things  
 Integrated learning: exploring local issues with language, math, arts, history, science  
 Participating in local action projects (school recycling, pollinator gardens, citizen science)  
 Learning age-appropriate tools, strategies & knowledge to make positive change  
 Expanding inquiry & critical thinking skills

### DEVELOPING RELATIONAL SKILLS – EMPOWERMENT & HOPE

GradeS 2-3

Developing empathy for other living things (care, concern, compassion)  
 Exploring local plants & animals · Visiting a magic spot · Expanding awareness of Indigenous ways of knowing  
 Making connections through music, stories & other arts · Encouraging curiosity & creativity  
 Outdoor recreation skills · Nature play · Developing knowledge & feelings of security in nearby nature

### EXPLORATION & EMPATHY: A STRONG FOUNDATION FOR STEWARDSHIP

JK-GRADE 1

Expression through stories, art & drama · Developing a sense of place & belonging  
 Experiencing the wonder & awe of nature · Sensory awareness · Experiences with animals & pets  
 Exploring weather, seasonal changes & rhythms · Needs of all living things · Nature stories  
 Nature play: exploring & discovering nearby nature · Introduction to Indigenous ways of knowing

### DISCOVERING THE JOY & WONDER OF NATURE

# About the Sustainable Development Goals

The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice. The 17 Goals are all interconnected, and in order to leave no one behind, it is important that we achieve them all by 2030.

Many of our education programs address these ambitions in their own modest way, and so throughout our program guide we highlight these contributions with a number which corresponds to those listed United Nation goals.



<https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

ENVIRONMENTAL SCIENCE	SEASONS			CURRICULUM LINKS BY GRADE										
	Fall	Winter	Spring	K	1	2	3	4	5	6	7	8	9-12	
Adaptation	✿	❄	✿			2		4						
Am I Alive?	✿		✿		1									
Amphibians	✿		✿			2								
Astronomy (evening program option)	✿	❄	✿							6				
Be a Bird Brain	✿	❄	✿			2		4						
Beyond Carbon - The Green Energy Future	✿	❄	✿										9-12	
Biodiversity	✿		✿							6			9-12	
Creatures of the Night (evening program option)	✿	❄	✿					4		6				
Diamonds of Water (Snow)		❄										8		
Dramatized Animal (or Bird) Hikes	✿	❄	✿	K		2		4						
Endangered and Invasive Species	✿	❄	✿							6			9-12	
Flying High	✿	❄	✿							6				
Habitat Enhancement	✿		✿							6		8	9-12	
Hide and Seek: A Program about Camouflage	✿	❄	✿	K	1									
Honing in on Homes	✿	❄	✿					4		6				
Instincts for Survival: The Survival Game	✿	❄	✿					4	5	6	7	8	9-12	
It's a Bug's Life	✿		✿			2								
Land Forms Liars Club	✿	❄	✿					4		6	7		9-12	
Local Eats - The Importance of Healthy Food	✿		✿				3			6	7	8	9-12	
Mind Your Mammals	✿	❄	✿			2								
Mom, it's not Dirt, it's Soil!	✿		✿				3							
Natural Neighbours	✿	❄	✿	K	1									
Patterns in Nature	✿	❄	✿							5				
Renewable Energy	✿	❄	✿							5	6			
Rocks and Fossils	✿		✿					4						
Seeds and Seed Dispersal	✿		✿				3							
Signs of the Seasons	✿	❄	✿	K	1									
Snow Wonder		❄				2								
Sustainable Living	✿	❄	✿							5		7	8	9-12
Taming the Wildflower	✿		✿				3							
The Web of Life	✿	❄	✿					4		6				
Tracking and Trailing	✿	❄	✿			2		4		6			9-12	
"Treeific": A Program about Plants and Trees	✿	❄	✿				3	4		6				
Water Cycle: "What goes around comes around"	✿		✿				3							
Water Stewardship	✿		✿								7		9-12	
Weather or Not!	✿	❄	✿								7			
Wetland Wonders	✿		✿					4		6				
Where is Your Backbone? An Invertebrate Study	✿		✿							6				

ENVIRONMENTAL ARTS	SEASONS			CURRICULUM LINKS BY GRADE									
	Fall	Winter	Spring	K	1	2	3	4	5	6	7	8	9-12
Nature Arts and Crafts	✱	✱	✱	Suitable for all grades									
Nature Music	✱	✱	✱	K	1	2	3	4					
Nature Sculpting	✱	✱	✱	Suitable for all grades									
Sensorama	✱	✱	✱	K	1	2	3	4					
CANADIAN HISTORY & SOCIAL STUDIES				CURRICULUM LINKS BY GRADE									
First Nations Awareness and Traditional Ecological Knowledge	✱	✱	✱				3	4	5	6			9-12
Fur Trade Program (2½ day program)	✱	✱	✱						5	6			9-12
Adventures of a Coureur Du Bois	✱	✱	✱						5	6			9-12
Traditional Skills and Games	✱	✱	✱						5	6			9-12
ADVENTURE & LEADERSHIP				CURRICULUM LINKS BY GRADE									
Character Education & Leadership (2½ day program)	✱	✱	✱						5	6	7	8	9-12
Accessible Climbing Wall	✱		✱				3	4	5	6	7	8	9-12
Co-operative Games	✱	✱	✱	Physical Education Curriculum links for all grades									
High Ropes	✱		✱					4	5	6	7	8	9-12
Initiative Tasks	✱	✱	✱				3	4	5	6	7	8	9-12
Trust Activities and Low Ropes	✱	✱	✱					4	5	6	7	8	9-12
PHYSICAL EDUCATION & RECREATION				CURRICULUM LINKS BY GRADE									
Single A - Archery	✱		✱				3	4	5	6	7	8	9-12
Double A - Archery and Atlatl	✱		✱							6	7	8	9-12
Triple A - Archery, Atlatl and Axe Throwing	✱		✱	'Triple A' not suitable for younger grades									9-12
Canoeing or Voyageur Canoeing	✱		✱				3	4	5	6	7	8	9-12
Cross Country Skiing		✱					3	4	5	6	7	8	9-12
Lost in the Woods	✱	✱	✱			2	3	4	5	6	7	8	9-12
Maps and Mapping	✱	✱	✱			2		4	5	6	7	8	11-12
Quest for Fire	✱	✱	✱						5	6	7	8	9-12
Snowshoeing		✱		Physical Education Curriculum links for all grades									
Orienteering	✱	✱	✱					4	5	6	7	8	9-12
Geo Caching - GPS	✱	✱	✱						5	6	7	8	9-12



In many cases, programs can be modified to suit older or younger students. Just ask us how we can best assist you. Or if there is an environmental topic you'd like us to teach, contact us and we'll do our best to meet your needs.

# Environmental Science

## Adaptation

*Curriculum links for Grades 2, 4* | *SD Goals # 4, 15*



This program is action-packed, full of games, stories and exploration. Understand 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.

## Am I Alive?

*Curriculum links for Grades 1* | *SD Goals # 4, 15*



Living things move and grow, right? A stick floating down the river moves and a crystal grows – but are they alive? In this interactive program, primary students explore the world of living and nonliving things via a scavenger hunt. To reinforce the difference between living and nonliving things, we'll end the program by planting seeds and growing crystals for your classroom. As both the crystals and plants change over time, children can be challenged to ponder what it means to be part of the living world.

## Amphibians

*Curriculum links for Grades 7* | *SD Goals # 4, 14, 15*



Ever wonder where salamanders might lurk and how frogs catch insects? Discover this and more, by observing real frogs and amphibians in action! We sing genuine frog songs and call for them in our local wetland. We show you the different stages of a frog's life cycle and we hunt for red-backed salamanders in a nearby deciduous forest.

## Astronomy (an evening program option)

*Curriculum links for Grades 6* | *SD Goals # 4*



For thousands of years people have been fascinated by the night sky. Explore the universe using a variety of games and activities. Use a telescope to see the man in the moon, the planets and the stars in distant galaxies. Hear tales of ancient constellations and the northern lights under a blanket of stars (weather permitting). Elements of this program can also be incorporated into our Night Hike Program.

## Be a Bird Brain

*Curriculum links for Grades 2, 4* | *SD Goals # 4, 15*



Everyday experiences can become unique if you approach them with a new perspective. Help your students gain an entirely new perspective on birds, with this engaging hands-on bird program. Learn how birds protect themselves from danger, participate in some intricate bird dances and sing with the birds using tapes and special bird callers. We'll watch birds forage at the feeders and we'll stalk wild birds in the woods with binoculars. Let us take away some of the dryness associated with bird watching, by giving your students a taste of our bird program.

## Beyond Carbon - the Green Energy Future

*Curriculum links for Grades 9 - 12* | *SD Goals # 4, 12, 13*



Most scientists agree that the world's dependence on fossil fuels has resulted in serious and perhaps irreversible, climate change. As sources of fossil fuels run out, our need to find alternative sources of clean energy becomes that more urgent. This program familiarizes students with the kinds of clean, renewable sources of energy that will create a greener future. Students will calculate their carbon footprint, experiment with working models of wind turbines and other sources of renewable energy.



## Biodiversity

*Curriculum links for Grades 6, and 9 to 12* | *SD Goals # 4, 14, 15*



The world is a diverse place. There are over 400,000 species of beetles, 8,000 species of reptiles and an estimated 1.5 million different species populate this planet. The number of species that live in a particular area is a measure of its biodiversity. Diverse ecosystems tend to be healthier and more stable than less diverse systems. In this program, students will conduct a short biophysical inventory in two different areas to examine the variety of life. Using field guides and dichotomous keys, they will attempt to identify as many species as possible and they will collectively make a determination of which area is the most diverse.

## Creatures of the Night (an evening program option)

*Curriculum links for Grade 4, 6* | *SD Goals # 4, 15*



Ever wonder how an owl can see in the dark. How does a fox stalk and find its prey under the cover of darkness? How does a bat locate a moth as it twists and weaves? In this creative program, students learn about the amazing adaptations nocturnal animals have to help them survive in low light. Elements of this program can also be incorporated into our Night Hike.

## Diamonds of Water (Snow)

*Curriculum links for Grade 8* | *SD Goals # 4*



Unravel some of the mysteries of one of Canada's most ubiquitous substances - snow! Capture snowflakes and examine their crystalline structure up close. Discover the many different types of snow and learn what kind of snow insulates animals the most effectively. Find out how much water is in snow. Make some accurate and beautiful six-sided snowflakes to take home. Loads of learning packed into two hours.

## Dramatized Animal (or Bird) Hikes

*Curriculum links for Grades K, 2, 4* | *SD Goals # 4, 15*



Experience a year in the life of one of the following: squirrel, coyote, beaver or chickadee. These are creative programs designed to provide students with a first-hand, realistic depiction of what these animals do during the course of a year. Students will move like these animals, forage for food, hide from danger and construct authentic animal shelters. We use music, story telling, drama and a host of other teaching techniques to foster an awareness and appreciation of our native animals and birds. One of our favourite programs!

## Endangered and Invasive Species

*Curriculum links for Grade 6, and 9 to 12* | *SD Goals # 4, 12, 14, 15*



The latest UN report on Biodiversity states that of the Earth's 8 million species, over 1 million are in danger of becoming extinct! When does a species become endangered, extirpated, threatened or vulnerable and what can we do to protect these animals from further decline? What happens when a species kept in check by natural predators is moved to an entirely new location? In this interactive program, you'll find out how invasive species affect ecosystems, which animals are endangered in this area and how important cover, range and a diverse habitat are for animals. We'll use games, activities and hands-on exploration to expose your students to some of the complex issues involved in protecting wildlife.

## Flying High

*Curriculum links for Grade 6* | *SD Goals # 4, 15*



Just how do birds, insects and some mammals (bats, flying squirrels) do it? How do they conquer gravity and soar through the air? In this fascinating program, learn about the basic principles of natural flight. Find out how a bird's wing is structured, how bumblebees hover and flying squirrels glide. Role-play the different flight techniques of hawks and songbirds. We'll also study how other living organisms such as spiders, caterpillars and even seeds make use of air currents to move from one location to another. An informative and interactive introduction to flight!

## Habitat Enhancement

*Curriculum links for Grades 6, 8, and 9 to 12* | *SD Goals # 4, 13, 14, 15*



The eminent Ecologist E.O. Wilson estimates that we are losing 3 species every single hour. Not since the time of the mass extinction of the dinosaurs have so many species disappeared so quickly. One of the principle reasons is habitat loss. During this program, we'll explore why many of our local species are in decline. For example, because there are less natural cavities in snags (old dead trees are removed as a hazard), Tree Swallow numbers have declined by 1 percent per year between 1966 and 2010, a 36% loss in population. We want to empower students to make a difference. That is why we'll be spending time during this program providing students with direct action to enhance schoolyard and backyard habitats. We'll be building one or more of the following: bird boxes, butterfly houses and bat houses. Please give us plenty of advance notice if you would like to select this program.

## Hide and Seek: A Program about Camouflage

*Curriculum links for Grades K, 1* | *SD Goals # 4*



Most of us have had the experience of walking through the woods and then something suddenly scurries away right in front of us. We didn't see them, but they sure noticed us! Camouflage is the art of staying hidden. In this program children learn how animals and insects use colour, pattern and behaviour to melt into the landscape. They also learn that certain colours mean poison or are used to attract a mate.

## Honing in on Homes (the importance of habitat)

*Curriculum links for Grades 4, 6* | *SD Goals # 4, 9, 14, 15*



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 to construct accurate robin nests, 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 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.

## Instincts for Survival: The Survival Game

*Curriculum links for Grades 4 to 12* | *SD Goals # 4, 15*



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.





## It's a Bug's Life

*Curriculum links for Grade 2* | SD Goals # 4, 13, 15



This we know, kids love bugs! Our popular insect program capitalizes on students' enthusiasm for invertebrates of all kinds, from centipedes to cicadas. Students learn to stridulate (sing) like crickets, hunt like a praying mantis and play exciting games based on insect movements. And of course they will have the opportunity to catch, observe and release a variety of invertebrates.

## Landform Liars Club

*Curriculum links for Grades 4, 6, 7, and 9 to 12* | SD Goals # 4, 15



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. This program uses critical thinking and analytical skills to determine the geomorphological story of the area around Camp Kawartha

## Local Eats: The Importance of Healthy Food

*Curriculum links for Grades 3, 6, 7, 8, and 9 to 12* | SD Goals # 4, 6, 11, 11



"The healthiest food" argued writer Wendell Berry "is the shortest distance from the earth to your mouth." In this program, children will learn where their food comes from through interactive and educational activities. They'll visit our organic garden and solar straw bale greenhouse. Students will harvest fresh herbs and they'll make a healthy snack using our solar oven. Subjects such as the benefits of active lifestyle and healthy eating will be emphasized so that students will gain a new appreciation for healthy local food and make more informed choices the next time they are choosing their meals.

## Mind Your Mammals

*Curriculum links for Grade 2* | SD Goals # 4, 15



From the lessons taught by real animals, to specimens, skulls, scat and track replicas, learn the characteristics that make mammals unique in the animal kingdom. Observe squirrels and chipmunks in action, simulate the walking and running gaits of predator and prey animals. Hunker down and stalk like a fox, follow vole tunnels through the grass or snow, and discover some of the unique and surprising escape techniques of mice and rabbits.

## Mom, it's not Dirt, it's Soil!

*Curriculum links for Grade 3* | SD Goals # 4, 15



Mom, it's not Dirt, it's Soil!... One cubic centimeter of soil contains more life than people on Earth! Learn all about the creation of soil, the critters that inhabit it, and its importance in terrestrial ecosystems.

## Natural Neighbours

*Curriculum links for Grades K, 1* | SD Goals # 4, 14, 15



Just who are the critters in your 'Neighbourhood'? In this interactive program, we explore the natural history of the commoners, animals, birds and insects we see every day. They are part of our neighbourhood too! That is why we call the area around where we live our 'neighbourhood'. We use stories, games, activities and exploration as a way for us to reveal the fascinating world of our natural neighbours

# Environmental Science

## Patterns in Nature

*Curriculum links for Grade 5* | [SD Goals # 4, 14, 15](#)



From the whorls of branches on a red pine tree to the delicate plume of a dandelion seed, nature exhibits beauty and symmetry in a variety of striking patterns. Help your students develop an “eye” for discovering micro and macro patterns in the field, forest and wetland ecosystems that are an integral part of our natural communities. Participate in a “Patterns in Nature” scavenger hunt. Learn about symmetry, the Fibonacci sequence and pattering of branches on trees.

## Renewal Energy

*Curriculum links for Grades 5, 6* | [SD Goals # 4, 7, 9, 11, 12](#)



We’ll explore what sources of energy are renewable and non-renewable. Through a series of interactive games and activities, students come to understand how renewable energy works. Students will have an opportunity to design, build and race solar electric model cars. If time and weather permits, we’ll end off by demonstrating our solar parabolic cooker in action.

## Rocks and Fossils

*Curriculum links for Grade 4* | [SD Goals # 4, 15](#)



It is hard to imagine touching something that is 450 million years old, but with the help of the many fossils found here, students can hold the remnants of creatures that once swam in ancient seas. Students find out how fossils are made, cast their own fossils from plaster, and explore with magnifying glasses the imprints of shells, brachiopods, crinoids and cephalopods embedded in layers of limestone. Students also participate in a simulated “dig”, locating bones and reconstructing a skeleton of a mystery animal. We’ll also explore some of the unique land features and rocks on Camp Kawartha’s range area. Who knows what future palaeontologist might be inspired?

## Seeds and Seed Dispersal

*Curriculum links for Grade 3* | [SD Goals # 4, 15](#)



Some pop, some glide, some stick and many float in the air or on the water. Every spring we see that there is enduring evidence of our local plant’s ability to survive and spread in the vibrant new growth that carpets our forests and fields. How seeds travel merits closer investigation! Some, incredibly, are spread by animal scat (poop). Your students will participate in some hands-on activities, which simulate the dispersal of seeds (except the scat one!), sort and collect wildflower seeds and examine in detail their methods of dispersal.

## Signs of the Seasons

*Curriculum links for Grades K, 1* | [SD Goals # 4, 15](#)



Crunching leaves underfoot, ice on the pond, flowers in the field and geese migrating south. How do we know what season we are in? In this program students begin to understand phenology or seasonal change. We measure the length of shadows, the temperature and we embark on a seasons scavenger hunt. By tuning children into the rhythms of seasonal change, we encourage them to appreciate the wonderful interconnectedness of the natural world.

## Snow Wonder!

*Curriculum links for Grade 2* | [SD Goals # 4](#)



Snow can keep animals warm in winter? In this program, students will explore how water changes form by making a cloud, witnessing water condensing and studying the different shapes of snow crystals. They’ll make a snug winter home using natural materials and snow - while trying to keep their “mouse” warm and safe. Can they fair better than the nest a real mouse made?



## Sustainable Living

*Curriculum links for Grades 5, 7, 8, and 9 to 12* | [SD Goals # 4, 7, 9, 11, 12, 13](#)



Camp Kawartha has a number of sustainable features including examples of straw bale construction, passive solar design and solar and wind energy. Discover how a straw bale building can be stronger, more fire resistant and warmer than a conventional home. Students will examine their own lifestyle choices and how these impact the environment. Camp Kawartha provides an inspiring venue for students to discover how the green design and construction of buildings can significantly reduce our impact on the environment.

## Taming the Wildflower

*Curriculum links for Grade 3* | [SD Goals # 4, 15](#)



With storytelling, a little detective work and dramatic movement, we help to generate enthusiasm for Ontario's wildflowers. Students re-enact how flowers are pollinated, how bees dance to find wildflowers, and by following a series of clues, students discover the beauty and diversity of 6 local species

## The Web of Life

*Curriculum links for Grades 4, 6* | [SD Goals # 4, 14, 15](#)



*"When you tug at a single thing in nature", wrote John Muir, "you'll find it attached to the rest of the world."*

The study of wildlife involves much more than the study of individual species; it means attending to the connection between species, their habitat and of course, the impacts of human activity on wildlife. In this simulation activity, students follow several food chains, beginning with the sun's energy and ending in nutrient-rich soil. All the student's food chains are symbolically depicted in a large hand-held, interconnected food web.

## Tracking and Trailing

*Curriculum links for Grades 2, 4, 6, and 9 to 12* | [SD Goals # 4, 15](#)



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. Take home a realistic track cast. This is an interactive, hands-on program that requires students to use problem-solving and observation skills. Appropriate for students of all ages.

## "Treeific" - a Program about Plants and Trees

*Curriculum links for Grades 3, 4, 6* | [SD Goals # 4, 15](#)



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 to make maple syrup at our sugar shack.

# Environmental Science

## Water Cycle: "What goes around comes around!"

*Curriculum links for Grade 3* | *SD Goals # 4, 6, 14*



Water is amazing! It is a substance that can travel through air, it can wear away the hardest rock and it gives life to every living thing. With over 2 million lakes and rivers in Canada, we sometimes forget that water is a limited and precious resource. Less than 1/10 of a percent of all the water in the world is available as fresh water. In this unique program, kids follow the complete water cycle using drama, games and hands-on exploration.

## Water Stewardship

*Curriculum links for Grades 7, and 9 to 12* | *SD Goals # 3, 4, 6, 11, 12, 13*



Water is as life-giving as it is fragile. Over 70% of the earth's surface is covered with water. And yet, the amount of fresh water available for humans to use is a mere 1%. In this hands-on program, students use an interactive watershed model to learn about the importance of watersheds in maintaining water quality. They also participate in a variety of investigative activities to assess water quality and the biodiversity of a local watershed.

## Weather or Not!

*Curriculum links for Grade 7* | *SD Goals # 4, 9*



Wouldn't you like to make a cloud? How would you like to explore the factors that contribute to distinct micro-climates and formulate a scientific prediction for the next day's weather just like a real meteorologist? In this program, your students will learn how to construct and use a variety of homemade weather instruments including a hygrometer, a barometer and a thermometer. Students will also investigate how animals deal with challenging weather conditions and search for effective shelter spots. An interactive and engaging program with plenty of follow-up ideas.

## Wetland Wonders

*Curriculum links for Grades 4, 6* | *SD Goals # 4, 14*



Wetlands are vibrant ecosystems, among the most rich and 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.

## Where's your Backbone? An Invertebrate Study

*Curriculum links for Grade 6* | *SD Goals # 4, 14, 15*



How do invertebrates breathe, forage for food and escape from danger? Find out in this fascinating program, which compares and contrasts the physiological and behavioural characteristics of invertebrates found in aquatic and terrestrial ecosystems.

# Environmental Arts

## From the Ontario Curriculum

- “There are many opportunities to integrate environmental education into the teaching of the arts. Nature often provides an inspirational starting point for creativity in both representational and more abstract art forms”
- “The arts can also be used as powerful forms of expression for students to use to explore and articulate the social and political impact of issues related to the environment. They can also serve as effective media to advocate protection of and respect for the environment. As well, the actual use of arts materials can be related to environmental education.”

## Nature Arts and Crafts

*Suitable for All Grades* | SD Goals # 3, 4



Using found natural objects, make a unique craft to take home. From clay bowls, to felting and making walking sticks, from forest weaving to natural dyeing, this is a wonderful way for kids to connect with the natural environment. Check with our staff to see what craft is available.

## Nature Music

*Suitable for Grades K to 4* | SD Goals # 3, 4



There is music in the woods! From the rustling of leaves, the ethereal call of the loon, to the wind sweeping through pine trees, there are a variety of musical tones to discover in the natural world. By experimenting with the sound qualities of found natural materials, students create a musical piece that we record. Students also learn nature songs led by our talented staff and will join in by using simple musical instruments. This program is dependent upon the availability of specific staff.

## Nature Sculpting

*Suitable for All Grades* | SD Goals # 3, 4



Using a variety of found materials, students plan and design a series of 3-dimensional sculptures. Students learn how to use nature’s colours, textures and patterns to create an artistic piece that depicts a set of feelings and impressions. Inspired by the work of Andy Goldsworthy, we capture these pictures digitally to be shared by classmates and parents.

## Sensorama

*Best suited for Grades K to 4* | SD Goals # 3, 4



One of the best ways to facilitate a life-long appreciation for natural places is to enhance a child’s sensory awareness. Based on the ground-breaking “acclimatization” work of Steve Van Matre, these activities encourage children to explore the natural environment by using all of their senses. Tune into the soundscape of a field and listen to richly textured nature sounds with specially constructed animal ears and reproduce this experience in an eco-symphony. This is just one example of the many activities in this imaginative and interactive program. A wonderful program for younger grades!

# Canadian History

## First Nations and Traditional Ecological Knowledge

*Curriculum links for Grades 3, 4, 5, 6, and 9 to 12 | SD Goals # 3, 4, 5*



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 suggest resources that will help you extend your First Nations awareness.

## Fur Trade Program (2½ day program)

*Curriculum links for Grades 5, 6, and 9 to 12 | SD Goals # 3, 4, 5*



Bring history to life for your students by having them participate in a simulated historical fur trade from New France. A wonderful learning opportunity that leaves textbooks and overheads far behind as students re-enact an exchange of trade goods and fur. Students become a "Coureur du Bois" and outfit themselves with "trade goods" that they barter for "fur." Students learn about the differing social, cultural and economic approaches to trade by Europeans and Indigenous people. This is a remarkable program that involves role-playing, strategic thinking, planning and teamwork. Our site has a log trading post outfitted with replicas of many of the trade goods used in the fur trade.

## Adventures of a Coureur Du Bois

*Curriculum links for Grades 5, 6, and 9 to 12 | SD Goals # 3, 4, 5*



Now here is a creative approach to historical education! In this all-day program, students "live" the life of a voyageur by donning simple costumes, eating authentic food and paddling a 26' Voyageur Canoe under the guidance of an historical persona. In the winter, students experience the thrill of being part of a student-powered dog team. Students sing French-Canadian songs, listen to stories and participate in an unforgettable adventure from Canada's past.

## Traditional Skills & Games

*Curriculum links for Grades 5, 6, and 9 to 12 | SD Goals # 3, 4, 5*



First Nations, Metis and Inuit people love to play games. Many traditional games helped to hone hunting skills. Some require strength, balance and agility. Others were just plain fun. From the Inuit blanket toss, to the challenge of the knee jump, try out these amazing games. Learn how traditional people survived in harsh northern conditions. Learn to build a fire by using the bow drill, hand drill and the flint and steel method. An exciting hands-on program taught by our talented staff.



# Adventure & Leadership

## Character Education and Leadership Program

*Curriculum links for Grades 5 to 12* | SD Goals # 3, 4, 5, 10



Teaching students about leadership and responsibility is a fundamental precept of good citizenship. We spend 2½ days in this special program building trust, developing effective communication skills and promoting respect through a series of creative activities. Character education includes challenging initiative tasks in which students must strategize in order to solve problems, our climbing wall and high ropes course. These climbing experiences teach students about commitment, support and the nature of challenge. During this leadership experience, students discover what kind of personal attributes are important in fostering a close knit and trusting team.

## Accessible Climbing Wall

*Suitable for Grades 3 to 12* | SD Goals # 3, 4, 5, 10



Strive to do your best while learning to support others. We use our 32 foot accessible climbing wall as a way to help students become aware of the nature of trust, to teach students how to give and receive effective support and how to honour and respect the efforts of each team member. Students also become aware of “edgework”, how personal striving and challenge makes each of us more effective members of a team. The wall is designed so even those with limited mobility or in a wheelchair can participate.

## Co-operative Games

*Physical Education Curriculum links All Grades* | SD Goals # 3, 4, 5, 10



In a series of fun and action-packed games, students explore how working together in a team accomplishes far more than any individual effort. Students also participate in games and activities that encourage each team member to depend upon and trust their fellow teammates.

## High Ropes

*Suitable for Grades 4 to 12* | SD Goals # 3, 4, 5, 10



Our two high ropes courses help students to learn about the importance of setting goals. By being involved in a perceived “high risk” activity (actual risk is very low), students come to understand the various roles team members play in a group environment. These exciting elements bring the idea of “teamwork” to life in a way which cannot be replicated by other activities. Some elements are available year round.

## Initiative Tasks

*Suitable for Grades 3 to 12* | SD Goals # 3, 4, 5, 10



Initiative Tasks are 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 6 students at a time, or moving a marble through fitted PCV 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. Our debriefing techniques are thought-provoking and engaging. We can emphasize themes such as inclusion and bullying.

## Trust Activities and Low Ropes

*Suitable for Grades 4 to 12* | SD Goals # 3, 4, 5, 10



Through increasingly more complex activities, students experience the power and potential of trust and especially what it means to honour the trust of others. We begin with a series of trust activities and we end by using a number of creative low-rope elements that emphasize mindfulness, focus and group commitment. Low rope elements can also be combined with initiative tasks. Feel free to ask our educators to focus on key themes you would like to emphasize for your class (for example, positive communication).

# Physical Education and Recreation

## From The Ontario Curriculum Health and Physical Education Curriculum:

- “Health and physical education offers many opportunities for accomplishing these goals. The learning environments for health and physical education include the school grounds, fields and trails in the vicinity of the school, and various other outdoor venues. Teaching students to appreciate and respect the environment is an integral part of being active in these spaces.”
- “Living skills, which are integrated throughout the health and physical education curriculum, are also closely tied to environmental education. As students learn more about themselves through the development of personal skills, they learn to work effectively and respectfully with others through the development of interpersonal skills, and acquire the capacity for systems thinking through the development of critical and creative thinking skills, they increase their capacity to make connections with the world around them and to become environmentally responsible citizens.”

### Single A – Archery

*Curriculum links for Grades 3 to 12* | SD Goals # 3, 4, 5, 10



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.

### Double A – Archery & Atlatl

*Curriculum links for Grades 6 to 12* | SD Goals # 3, 4, 5, 10



As well as archery (see above), 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.

### Triple A – Archery, Atlatl and Axe Throwing

*Curriculum links for Grades 9 to 12* | SD Goals # 3, 4, 5, 10



As well as trying our Archery and Atlatl, students can try their hand at traditional axe-throwing. Students try to embed the axe in a target 3 meters away. Please note, we use stringent safety protocols as outlined by the Ontario Physical Education Association for all throwing activities.

### Canoeing or Voyageur Canoeing

*Curriculum links for Grades 3 to 12* | SD Goals # 3, 4, 5, 10



Learn the basic skills of canoeing from our qualified instructors

### Cross Country Skiing

*Curriculum links for Grades 3 to 12* | SD Goals # 3, 4, 5, 10



Don't be driven indoors by snow! Discover an exhilarating way to experience the wonders of a winter landscape and work on your fitness level at the same time. Students learn basic ski techniques (the diagonal stride, double poling, how to descend and ascend hills), as well as how to ski safely. We'll explore our 180 acres of field and forests on the “range” area using skis. Students will participate in a series of fun interactive games and activities to help them feel more comfortable on skis.





## Lost in the Woods

*Curriculum links for Grades 2 to 12* | SD Goals # 3, 4, 5, 10



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 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.

## Maps and Mapping

*Curriculum links for Grades 2 to 12* | SD Goals # 3, 4, 5, 10



Where am I? Where am I going and how do I get there? These are important questions that help us navigate the landscape. In this program, children learn how to orient themselves using a three-dimensional model of the Camp. They then find hidden objects and markers using a simple map. A great way for younger students to learn the art of orienteering

## Quest for Fire

*Curriculum links for Grades 5 to 12* | SD Goals # 3, 4, 5, 10



Here is a great way to combine adventure, map reading skills and fire making. Students use maps and/or GPS units 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)..

## Snowshoeing

*Physical Education Curriculum Links for All Grades* | SD Goals # 3, 4, 5, 10



We begin by teaching students what traditional types of snowshoes were used by First Nation people in this area. We use our modern snowshoes to explore the trails of our 180 acres of forests and fields. This is a fun and invigorating way to enjoy the winter landscape and a great way to promote fresh air and exercise

## Orienteering

*Curriculum links for Grades 4 to 12* | SD Goals # 3, 4, 5, 10



"Well, I am not lost! I just don't know where I am." Move beyond this excuse with our tried and true orienteering program. Learn the language of a map, how to orient a map, how a compass works and the best way to use one. Can you find the hidden markers in record-breaking time? This is a wonderful introduction to orienteering, a unique and challenging sport that combines physical fitness, strategy and persistence.

*For older students we have a more advanced Map and Compass course.*

## Geo Caching Global Position Systems Mapping (GPS)

*Curriculum links for Grades 5 to 12* | SD Goals # 3, 4, 5, 10



You've always wondered, now is your chance. Just how do those GPS systems work? Students will be introduced to a basic Garmin GPS unit. They'll use the GPS units to find hidden boxes with prizes inside. A wonderful way to weave together technology and exercise along with an exciting treasure hunt! Students will learn about the fine art of geocaching and how to find out if there is a course near your school.

# 2½ Day School Trip Package

## Our comprehensive fees include:

- + typical 2½ day booking is Monday 9:30am - Wednesday 1:15pm, OR Wednesday 1:30pm - Friday 2:00pm
- + a teacher's planning guide
- + three (3) program choices rotating through three program periods, plus our popular "Survival Game", all led by our instructors
- + two (2) evening programs led by our staff, example campfire and night hike
- + low student to instructor ratio – your group will be assigned one of our instructors for every 10-12 students
- + two (2) nights accommodation
- + six (6) wholesome meals made with fresh ingredients and local produce, served family style, plus nutritious snacks
- + people with special dietary needs are given individual attention and alternate menu options. Please note: our facility prohibits any foods with nuts or traces of nuts.
- + exclusive use of the site and facilities (only one group in residence at a time)
- + complimentary use of sports equipment (basketball, volleyball, soccer, broomball, lacrosse, frisbee, skis, snowshoes, crazy carpets) for use during free time
- + teachers and parent volunteers free of charge at a ratio of one free adult for every six students
- + wireless internet access – teachers & parent volunteers can bring their laptops and check their email
- + and coffee is always on during the daytime for adults!

## Typical Monday to Wednesday Schedule

Day One (Mon)	Day Two (Tues)	Day Three (Wed)
9:30 a.m. - Arrival	8:00 a.m. - Breakfast	8:00 a.m. - Breakfast
Tour & Co-operative Games	9:30 a.m. - <b>Program Period Two</b>	9:30 a.m. <b>Survival Game</b>
12:00 noon - Lunch	12:30 p.m. - Lunch	12:00 noon - Lunch
1:30 p.m. - <b>Program Period One</b>	1:45 p.m. - <b>Program Period Three</b>	1:15 p.m. - Departure
4:00 p.m. - Recreation/Free-time	4:00 p.m. - Recreation/Free-time	
5:00 p.m. - Dinner	5:00 p.m. - Dinner	
6:30 p.m. - Teacher-Led Program	6:30 p.m. - Teacher-Led Program	
7:30 p.m. - <b>Campfire</b>	7:30 p.m. - <b>Night Hike</b>	
9:15 p.m. - Evening Snack	9:15 p.m. - Evening Snack	



# Teacher Testimonials

We are committed to providing students, teachers and parent volunteers with the best outdoor education experience possible. Below are some letters and comments we have received from teachers about their visit to our Centre. View more testimonials at: [campkawartha.ca/outdoor-education/teacher-testimonials/](http://campkawartha.ca/outdoor-education/teacher-testimonials/)

"I have taken my class to MANY outdoor education camps over the last 15 years and Camp Kawartha is, by far, the BEST. The educators, staff, facilities and focus on REAL outdoor EDUCATION are unmatched. Thank you."

- Grade 4-6, Glebe Montessori School, Ottawa

"Programs such as this one are essential for students who are looking for an experience that can teach them leadership & wilderness skills, educate them about nature, and let them learn about Canadian history. This facility is one of a kind and I am grateful to be able to offer this experience to our community @ New College (UofT)"

- 1st-4th year, University of Toronto

"We have been coming here for a number of years to be with our Columbian penpals (15 yrs) and it continues to be an important highlight for our Gr. 5 students/school community. We greatly appreciate the enormous efforts of the Camp K staff to integrate/encourage both groups of students."

- Grade 5, Edmison Heights Public School, Peterborough

"I have brought students from three different schools for over ten years now. Every year students claim their CK experience is the best part of the year. I have students from years gone by who keep in touch & still talk about the trip to CK. A jewel that needs to be treasured. Every child should get the opportunity to go at least once."

- Grade 6, North Cavan Public School, Cavan-Monaghan

"Experiential learning in the outdoor environment is not something we can provide within our school, therefore having facilities like this one greatly improves our student's education."

- Grade 10 Academic, Emery Collegiate Institute, North York

Our students have said: "I wish school was always like this." "The staff here are so friendly!" "The campfire program was so fun!" "I Loved the night hike!"

- Grade 11, Milton District High School

"Camp Kawartha is a treasure allowing children the opportunity to interact with the natural environment in a positive way. Students absolutely love Camp Kawartha and remember their experiences forever."

- Grade 6, North Cavan Public School

"Camp Kawartha is a rich learning experience for all students. Learning goes beyond the curriculum and includes life skills such as: community building, curiosity, and a joy of our Ontario environment. I will always bring my students here."

- Grade 6, Westmount Public School, Peterborough

# ONTARIO MINISTRY OF EDUCATION ENVIRONMENTAL EDUCATION POLICY STATEMENT

"Environmental Education is the responsibility of the entire education community. It is a content area and can be taught. It is an approach to critical thinking, citizenship, and personal responsibility, and can be modelled. It is a context that can enrich and enliven education in all subject areas, and offer students the opportunity to develop a deeper connection with themselves, their role in society, and their interdependence on one another and the Earth's natural systems."

*Imagine a community where all children grow up respecting each other and the natural world around them – one in which every child values human and environmental health. Imagine our children learning how to help make their neighbourhoods more vibrant and sustainable, a place where each child is guided and inspired to create a diverse and healthy community where all living things can thrive.*

*That is the vision behind Camp Kawartha's award-winning environmental programming. We are striving to nurture stewards – caretakers of the earth and caretakers of each other.*



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Camp Kawartha

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# CAMP KAWARTHA OUTDOOR EDUCATION CENTRE

