

# Outdoor Education Field Studies

All field studies are at least an hour and a half long including transition times unless otherwise requested and are very hands on, exploratory and experiential.

<b>Shoshone Mountain Retreat</b>
Survival
Interpretive Nature Hike
Helipad Hike + Sack Lunch
Forest Ecology
Wildlife and Habitat
Water Ecology (Rockin' Rivers)
Geocaching
Orienteering
Archery
Challenge Course I
Challenge Course II
Giant Swing
Giant Ladder
Rockwall
Zipline ( <i>dependent on availability</i> )
<i>School-led field study</i>

*Descriptions of each activity included on the following pages.*

# Outdoor Education Overnight Program Options

**All groups are offered:** *(unless otherwise requested by the school)*

Group Games
Campfire
Night Hike

**Optional Evening Activities:** *(1 option per evening)*

Nature Games
Wolf Games
Camp Games Extraordinaire
CRN competition
Town Meeting
Student Skits
Night Awareness

*Descriptions of each activity included on the following pages.*

# Field Study Descriptions

## **Survival**

Students study the necessities for general survival skills. Learn what supplies are essential for survival. Shelter making, leave no trace, and fire building techniques are the major focus in this experiential lesson.

## **Interpretive Nature Hike**

Students are taken on a journey through the mixed evergreen forest. They will explore the ecosystem that makes up Shoshone Mountain Retreat, investigating the characteristics of the forest while identifying various plants and trees in each habitat. Students also practice their observation skills and use all 5 senses to explore.

## **Forest Ecology**

Students learn to identify the numerous species of trees that make up the ecosystem of Shoshone Mountain Retreat. Students learn the difference between conifers and deciduous trees, forest layers, forest as habitat, anatomy of a tree, and more while exploring firsthand the organisms that make up the forest.

## **Helipad Hike + Sack Lunch**

Combine a nature hike with lunch! Your entire group will journey the 20 minute hike up to the helipad. Enjoy your lunch taking in the beautiful scenery of the Panhandle National Forest. There is ample space for lunch and games.

## **Wildlife and Habitat**

Students learn the basic make-up of a habitat and study the habitats of different animals found right here on camp. Campers will feel real animal pelts, learn about food webs and food chains, explore animal adaptations and characteristics, and may go on a hunt for animal tracks around camp!

## **Water Ecology (Rockin' Rivers)**

Students will learn about healthy water ecosystems and watersheds and the important role they play in our world. Students examine the Shoshone Creek and the surrounding riparian area. Students explore concepts such as the water cycle, water quality, water conversation, aquatic life, and pollution prevention.

## **Geocaching**

Students will learn about GPS technology and use handheld GPS navigators to search for hidden boxes around the camp.

## **Orienteering**

Students learn the parts of compass, how to use one for navigation, and get to test their skills!

## **Archery**

Students learn and grow in their archery skills. Learn from our trained instructors about archery equipment, proper technique and accuracy. Celebrate with your classmates as you hit the target!

## **Challenge Course I**

Groups work together to cooperatively solve a variety of challenges with elements geared toward building personal skills and group dynamics. Students begin with a session that challenges them to know one another better and work on specific goals. Common themes are collaboration, communication, leadership, and overcoming adversity.

## **Challenge Course II**

Students build on their learning from the first session by participating in a variety of group challenges (on our extensive low elements course) tailored for their group's needs. In this session, more time is spent on the fixed elements and longer challenges.

## **Giant Swing**

This is almost exactly what it sounds like. Students will harness up, get attached to a pulley and get pulled up in the air to the height of their choosing. When they are as high as they would like to be, they pull a quick-release lever and start swinging back and forth. The rest of their field group hauls them up on a rope and cheers them on!

## **Giant Ladder**

*(8th grade and up)*

This is a unique element that utilizes the full participation of the group. While two participants work together to climb the giant suspended ladder, the rest of the group is on the belay team and offering support and encouragement. This is a great all-inclusive activity.

## **Rock Wall**

The Shoshone Mountain Retreat rock wall is a natural rock face built right into the mountain bordering the camp. Students learn to set goals and encourage each other while they choose their route up the 50-foot rock face, all the while being guided by our trained facilitators!

## **Zipline**

*(3rd grade and up)*

Students will get out of their comfort zone and experience the excitement and thrill of climbing a 40-foot tree/rope ladder with a 200-foot long zipline at the top! Students will learn to set goals for themselves and encourage one another.

## **Design your own**

We do co-programming! If your school is interested in facilitating portions of your visit, let us know! This could be a teacher-led field study, a science experiment that fits in with your science unit, or an epic school-led program. We want to work with you to co-create a schedule that works for you.

# **Overnight Program Option Descriptions**

## **Group Games**

Cooperative games are used to build a foundation for learning throughout the week and teach students the value of fairness and inclusion.

## **Campfire**

The Outdoor Education staff is renowned for their knowledge of fun and engaging songs -

guaranteed you will leave with at least one stuck in your head! Smore-making and silly skits make this activity a favorite.

### **Night Hike**

Students sharpen their senses as they hike through the woods in the dark, listening to night sounds and learning about astronomy, night vision, and nocturnal creatures.

### **Nature Games**

Students participate in exciting, high energy games while learning about food chains, habitats, and how animal species interact in the wild. Games such as life and death in the forest, winter is coming, and predator vs. prey will get students learning without realizing it.

### **Wolf Games**

Students will learn all about wolves and the wolf pack. Students learn how wolves work together to bring down prey. Games include a search for the Alpha Wolf and a predator/prey game where students get to see how wolves behave while hunting and unique adaptations of prey.

### **Camp Games Extraordinaire**

Students experience the joy of being at camp. Games such as sprout ball, capture the flag, freeze tag, mortal noodle and more feature in this high-energy activity block.

### **CRN Competition**

Crazy Random nonsense competition! This activity is crazy, random, and full of nonsense. Students will be split into small groups and use communication, collaboration and a lot of creative thinking to compete against each other in a series of tasks. This is a great group bonding and team-building activity.

### **Town Meeting**

Students are split into small 'focus groups' to determine the fate of a plot of land in a fictitious town. Students plan a presentation, present to other groups, and then vote for the land plot.

## **Student Skits**

Students will be broken into small groups and given a humorous skit topic. Funny props and nonsensical plot lines abound. Students will have the opportunity to present the skits at the evening campfire.

## **Night Awareness**

This is a more comprehensive version of the Night Hike activity listed above. Students will dive deeper into nocturnal animal adaptations while enjoying a night hike. This activity block is very interactive, including various games and activities.