

## **SURVIVAL SKILLS**

1.5 or 3 hours; 4<sup>th</sup> grade & up; Moderate ½ mile hike

**OVERVIEW:** This class is designed to teach students how to plan for and travel in wilderness or backcountry. Students will practice individual and teamwork skills needed for trip planning and preparation, being lost and overnight survival.

### **PRINCIPLES:**

- Nature provides everything needed to meet a human's basic needs.
- Key concepts for wilderness survival are: planning, preparation, positive attitude, meeting basic needs and being found if lost or injured.

**KEY TERMS:** Survival, prevention, preparation, basic needs, Leave No Trace, itinerary, positive mental attitude (PMA), S.O.S., dehydration, hypothermia, debris shelter, microorganisms, navigation, topographic map, compass, trail blaze, rule of 3's

## **MEET A MAP**

1.5 hours; 3<sup>rd</sup>-5<sup>th</sup> grade; Moderate walking

**OVERVIEW:** In small teams, students enjoy using a map to locate stations on an established course. They will learn to work together cooperatively and build self-confidence as they practice navigation.

### **SKILLS:**

- Learn and practice basic map skills.
- Use a map to locate stations on a course.
- Experience the value and usefulness of a map.

**KEY TERMS:** scale, symbols, map key (legend) orient, cardinal directions, communication, cooperation, degrees, title

## **COMPASS SKILLS**

1.5 hours; 4<sup>th</sup> -7<sup>th</sup> grade; Moderate walking

**OVERVIEW:** Through demonstrations, explanations and hands-on activities, students gain an understanding of how a compass functions. Students apply their knowledge by completing an outdoor compass course.

### **SKILLS:**

- Use a compass to determine the cardinal directions.
- Read bearings and apply them properly.
- Navigate through a course relying on a compass.

**KEY TERMS:** degrees, bearing, magnetic field, housing, direction of travel arrow, magnetic north, cardinal directions, landmark, base plate, waypoint

## **ORIENTEERING**

3 hours; 6<sup>th</sup> grade & up; Strenuous Hiking- Off Trail

**OVERVIEW:** After reviewing map and compass basics, students hike in the forest. Students apply their skills to establish a bearing and navigate from one point to another.

### **SKILLS:**

- Read a topographic map to determine a safe and practical route.
- Navigate safely using a compass.
- Listen to others, cooperate and make group decisions.

### **PRINCIPLES:**

- Topographic maps are models which represent 3D landscape.
- An understanding of scale, map orientation and landforms are all important in the use of a topographic map.
- Use a map to locate landmarks and a compass to avoid high-risk areas.

**KEY TERMS:** degrees, bearing, magnetic field, orient, scale, symbols, landmark, legend, direction, sighting, contour lines, orient, north, south, east, west

## **CANOEING**

1.5 hours; 5<sup>th</sup> grade & up; Moderate 1/8 mile walk with steep stairs

***\*Students should be prepared to get wet during this activity. Canoeing is not recommended for cold months! In cases of extreme weather, high wind or high water, please choose an alternate activity for your group.***

### **OVERVIEW:**

Paddling below 80-foot bluffs and near cascading waterfalls, students practice teamwork and communication skills. All participants wear life jackets and stay within sight of our trained instructor.

### **SKILLS:**

- Practice basic water safety.
- Learn the proper name, function and care for equipment.
- Practice basic strokes and maneuvers.
- Communicate and work effectively with a partner.

**KEY TERMS:** stern, bow, keel, lifejacket, blade, back paddle, cooperation, communication, t-grip

## **TEAM ADVENTURE**

1.5 hours; 3<sup>rd</sup> -5<sup>th</sup> grade; Moderate physical activity

**OVERVIEW:** Group problem solving activities encourage students to cooperate to reach consensus. Vital components of this class are goal setting, sequencing, processing, cooperation, communication, problem-solving, and trust. Students will be encouraged to review experiences, link them to relevancy in their

daily life and extend new ideas as they approach situations at home or in school.

**\*The challenge course or low ropes elements will not be used. MEC facilitators will choose the activities based on the individual group's needs. Because of this, each student group will have a unique experience using different activities.**

**PRINCIPLES:**

- Working with others to solve problems is a beneficial life skill.
- Active sharing and listening are important for teambuilding.
- There may be a variety of solutions to a problem. Problem-solving skills must be practiced.

**KEY TERMS:** problem-solving, compromise, cooperation, trust, communication, leadership, support, planning, respect, goal, strategy, teamwork

**TEAM CHALLENGE\*\***

3 hours; 5<sup>th</sup> grade & up; Moderate physical activity

**\*\*Risk Acknowledgment Forms are REQUIRED**

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**PRINCIPLES:**

- Working with others to solve problems is a beneficial life skill.
- Active sharing and listening are important for teambuilding.
- There may be a variety of solutions to a problem. Problem-solving skills must be practiced.

**KEY TERMS:** problem-solving, compromise, cooperation, trust, communication, leadership, support, planning, respect, goal, strategy, teamwork, perseverance

**CLIMBING WALL\*\***

1.5 hours; 5<sup>th</sup> grade & up; Moderate mental challenge & significant physical challenge

**\*\*Risk Acknowledgment Forms are REQUIRED**

**OVERVIEW:** Striving to climb a 40-foot wall with hand and foot holds, students not only experience rock climbing, but also feel the exhilaration of attempting a daunting feat. Encouraged by their peers and lead by a trained ropes course instructor, students truly enjoy this thrilling experience.

**\$10.00 equipment fee per field group.**

**PRINCIPLES:**

- Give and receive group encouragement.
- Set and achieve personal goals.
- Confront fear and gain self-confidence in an environment of perceived danger.

**KEY TERMS:** safety, success, belay, fear, personal challenge and choice, goal setting, hardware, harness

## **TRUST SWING\*\***

1.5 hours; 5th grade & up; Moderate mental challenge & moderate physical challenge

**\*\*Risk Acknowledgment Forms are REQUIRED**

**OVERVIEW:** Suspended from cables, like a giant rope swing, students enjoy the thrill of a great ride while developing trust in their group. Participants control the amount of risk they are comfortable with while their classmates use a certified pulley system to hoist them up to 20 feet into the air. This activity requires only minimal physical activity on the part of the participant.

**\$10.00 equipment fee per field group.**

### **PRINCIPLES:**

- Demonstrate trustworthiness through words and actions.
- Provide the group support which is critical for success.
- Develop a trust that is inclusive of all group members.

**KEY TERMS:** safety, trust, group support, hardware, harness, personal choice, trustworthiness

## **POWER POLE\*\***

1.5 hours; 5th grade & up; Moderate physical challenge and significant mental challenge

**\*\*Risk Acknowledgment Forms are REQUIRED**

**OVERVIEW:** Students challenge themselves by climbing a 25-foot high telephone pole and diving for a bell suspended in mid-air! This activity provides our most significant mental/emotional challenge. The group setting offers emotional support while trained ropes course instructors ensure physical safety. Group discussion afterwards helps students apply the lessons learned to everyday life.

**\$10.00 equipment fee per field group.**

### **PRINCIPLES:**

- Set and achieve personal goals.
- Confront fear and gain self-confidence in an environment of perceived danger.
- Trust in oneself, others and safety systems.

**KEY TERMS:** safety, success, trust, belay, courage, fear, personal challenge, self-esteem

## **TRAIL OF DISCOVERY**

6 hours (all day); 6<sup>th</sup> grade and up; Strenuous 3 mile hike

**A packed lunch will be provided. All participants need to bring a backpack, 2 water bottles, and comfortable hiking shoes.**

**Overview:** Hiking into deep sandstone canyons, visiting rock shelters and standing beneath waterfalls, students are immersed in nature. This class is a 6 hour medley of many of the classes offered at McDowell. If this class is chosen, please feel free to share specific objectives for the focus. The class

focuses plant and animal identification for the season, as well as, geology and hydrology of the area. Culture of indigenous peoples and survival skills may also be highlighted as well. If requested, the day will end with journal writing and a time of reflection. The class returns in time for a trip to canteen that afternoon.

**PRINCIPLES *may include:***

- The more that we understand nature, the more we understand everything.
- The “Leave No Trace” wilderness ethic provides model behavior for outdoor pursuits.
- A beautiful natural setting provides a perfect setting for journal writing and reflection.
- Students have an opportunity to explore nature while in a structured and safe environment.
- Students are enlightened with environmental concepts related to the forest community, including geology, hydrology, ecology

**POTENTIAL KEY TERMS:** Leave No Trace, diversity, canyons, rock bluff shelter, wilderness, habitat loss, endangered, extinct, extirpated, geology, rock cycle, erosion, interdependence, community, ground water, spring, hemlock, refuge, decomposer, soil