



Quarrybrook

EXPERIENTIAL EDUCATION CENTER

Program Title: **Let's Hike!**

Audience: All Grades, pre-K through 12th

Program Theme: In this introductory lesson, students will have the opportunity to acclimate themselves to the Quarrybrook forest while learning the basics of hiking. Students will also learn how to reduce their impact in a natural area.

Program Goals: Students will know what to take with them on a hike to be comfortable and safe. Students will know how to hike in a forest in a way that protects the natural resources around them.

Next Generation/Common Core Connections:

Topic: ESS3 Earth and Human Activity

Dimensions: Patterns, Cause and Effect, Stability and Change

Program Outline:

Activity 1: PREPARATION (15 min.)

Objectives: Students will learn about proper preparedness for a forest hike. Students will learn our expectations for their conduct on the trails, for their safety and for the preservation of Quarrybrook's natural spaces.

Intended Outcome: Students will be able to generate a list of essential items for a safe hike in a natural place.



Teachers are always welcome to make any classroom-connecting comments that contribute to student understanding.

Activity 2: FOREST FOOTPRINTS (15 min.)

Objective: Students will learn about the importance of trails on durable surfaces in heavy-use areas.

Intended Outcome: Students will make a poster with their feet, comparing the impact of random foot traffic versus single-file walking on a trail.

Activity 3: HIKE! (60-90 min.)

Objective: Students will visit the Quarrybrook trails while keeping an eye out for wildlife and history!

Intended Outcomes: Students will have hiked through the forest. Students will model applicable Leave No Trace ethics on the trail. Students will be able to discuss how they can help protect our forest resources.



Teachers and other adults will be helpful in reinforcing our expectations for trail conduct, and in reminding students of the relevant Leave No Trace principles.

Conclusion/Wrap-up: Students will discuss what they may have done differently to prepare themselves for the hike this day, and what they are looking forward to on their next visit.