



Root River Hike

Class Outline

Brief Synopsis: Experience the outdoors in a unique and personal way! Participants will become “naturally” immersed while traversing across the Root River landscape. By utilizing the senses and sharpening interpretative skills, students will unveil what lies beyond the hiking trail. Interactive games and a variety of drawing and writing exercises are incorporated within the class to promote creative and imaginative expression using nature as the inspiration.

Outcomes:

1. Students will actively investigate the natural environment through the senses.
2. Students will use a journal to document findings and record impressions and feelings.
3. Students will learn of an individual who’s personal experience with the outdoors impacted others.
4. Through this class students will begin to shape their values, behaviors, and attitudes towards the environment and themselves.

Outline:

I. Journal Preparation (15 min.)

A journal is a place to record impressions, feelings, and observations. Each students will personalize a journal which will be used exclusively during the class. The unique collection of journal pages provides opportunities for students to reflect upon their experience through reflective writing, poetry, and art.

II. Meet an Outdoor Enthusists (10 min.)

Did you know Jim Brandenburg took his first wildlife photograph at age 14? Or Tom Brown Jr., now teacher, spent 10 years living in the wild learning the skill of tracking and survival? Each student will discover an individual who’s interest of the outdoors has made an impact to both humans and the environment in an unique way.

III. On the Trail (2 hrs, 35 min.)

Nature holds many secrets that can only be discovered with curiosity, time, and experience in the outdoors. Students will travel approximately 2 miles along the beautiful bluffs and banks of the Root River. Along the way students will engage in activities and journal exercises designed to promote a better understanding of the experience. Such activities include; hug a tree, nature scavenger hunt, sketch the Root, what’s that sound, poetry, and more.

Quick Facts

Class Length: 3 hours

Ages: 4th -8th grade

Season offered:

Mid-March through December

Time outside: 2.5 hours

Hike length/physical activity:
2 miles, moderate

Pre-requisite/prior knowledge:
None

Minnesota Academic Standards:

Science: 5.I.C.2

History & Social St. 4-8.4.C.1

Language Arts:

4th: I.A.1, I.C.4, II.A.1, III.A.2

5th: I.C.3, II.A.1, III.A.2

6th: III.A.3

7-8th: II.A.1, II.E.1