



Root River Hike Post-visit

Classroom Activity

Brief Synopsis

The time spent at Eagle Bluff has given students a chance to experience the outdoors. Experience such as these have the potential to influence individuals, thus changing their outlook and behaviors. In these activities, students will reflect on their experience and see how others have been inspired to protect the environment.

Ages: Designed for 4th–8th grade

Activity Lengths:

Activity 1: 10-15 minutes once a day or week

Activity 2: 1-2 hours for research

Materials:

Activity 1: *Reflections*

- Pencils
- Journal or other space to reflect
- Outside destination (optional)
- Reflection questions

Activity 2: *Environmental Enthusiasts*

- Environmental Enthusiast List
- Access to Internet or library

Vocabulary:

Reflection, Enthusiast, Inspire

Outcomes:

1. Students will reflect on their time at Eagle Bluff and draw relations to their life at home and school.
2. Students will learn of the many ways the environment has inspired individuals and potentially themselves.

Minnesota Academic Standards:

Activity 1: *Reflections*

Background: Spending time at Eagle Bluff has likely given students new perspectives on the environment and their surroundings. Reflecting on their time away will help students process their experience at Eagle Bluff and help them relate it to their every day lives.

Procedures: There are many options for leading reflection in the classroom. If you did the Activity 1 in the pre-visit, you can structure the activity the same as before or change things up. Listed below are a few ideas:

- Pick one question and have the students answer it at a set time (each morning, once a week, etc.). Reflections can be made on an individual basis in a journal or writing assignment. Another option is for the class to pick one question, reflect together and keep a running list.
- Have each student pick a spot outside where they reflect on a specific question(s).
- Students can make a collage using old magazines and newspapers. The pictures can be used to describe nature or answer a question from the included list.

Discussion:

Giving students the opportunity to share their growth and experiences at Eagle Bluff will allow students to relate the trip to their every day lives. It is also interesting to hear how students identify changes in themselves!

New questions for Reflection:

- How did you experience nature at Eagle Bluff?
- What did you enjoy about being outdoors while at Eagle Bluff?
- How can you have similar outdoor experiences closer to home?
- How did your views on nature change while at Eagle Bluff?

Additional Questions for Reflection (Same as Pre-visit Activity 1)

- How did you experience nature today?
- What changes have you seen outside?
- Describe the weather today.
- How do you enjoy nature?
- What do you like about the outdoors?
- How do you impact the environment?
- Describe your favorite nature place.
- Look around you/outside. What do you see?



Activity 2: *Environmental Enthusiasts*

Background: During the Root River Hike, students were briefly introduced to a number of environmental enthusiasts. While the information provided gave a glimpse of what this individual has done, there is much more to the picture! Students will be able to study these individuals more in depth and learn ways in which the environment can inspire people to do amazing things.

Procedure:

1. Assign students to an environmental enthusiasts. Names can be assigned, picked at random, or be the same as the one on their clipboard while they were at Eagle Bluff. Enthusiasts names and brief descriptions are at the end of this document.
2. Together with the students, brainstorm questions and ideas that they should investigate during their research. Questions could include:
 - How did the environment inspire this person?
 - What did this person do to help the environment?
 - How old were they when they began to work for the environment?
3. Have students research their environmental enthusiasts online or in the library. Final projects could be in essay form, a report, or a poster that is displayed in the classroom or the hall.

Discussion: If desired, students can present their materials to the class. A discussion covering themes, common factors, and ideas of what the students themselves can do to have a positive impact on the environment can help round out the activity.

Alternate Activities:

- Take a nature hike in the area around school.
- Encourage the students to take a family member on a nature hike and do some of the activities from their experiences at Eagle Bluff.
- Have students write an essay about a project they could create that would benefit the environment.

Teacher Tips

- Revisiting the same journal questions after the trip will make it easy to identify how views and perceptions have change.
- The environmental enthusiast descriptions are the same as those located on the clipboards used during Root River Hike.
- If possible while at Eagle Bluff, keep track of which environmental enthusiast each student had.



Root River Hike Nature Enthusiasts

Julia Butterfly Hill

Birth: Feb. 18, 1974

On Dec. 10th, 1997, Julia climbed into a thousand year old redwood tree she nicknamed Luna. Her aim was to prevent the destruction of the redwood trees and forests. Two years later, she climbed down after striking a deal with a California timber company. They agreed to save the tree and 3 acres surrounding it.

“The question is not, can you make a difference. You already do. It’s just a matter of what kind of a difference do you want to make during your life on this planet.”

John Muir

Birth: April 21, 1838

Death: Dec. 24, 1914

John loved to explore new and wild places. As more and more people began to settle in the West, John became concerned that the wild places would disappear forever. Together with President Roosevelt, many natural areas became federally protected. Voyageur is Minnesota’s only National Park covering over 200,000 acres of lakes and land in Northern Minnesota.

“When we try to pick out anything by itself, we find it hitched to everything in the universe.”

Sigrid Olson

Birth: April 4, 1899

Death: Jan. 13, 1982

Sigrid Olson is one of America’s most beloved nature writers. Sigrid thoroughly enjoyed spending time outdoors and discovering all of its wonders. His goal was to write essays that expressed the joy he felt when outdoors and to show how humans and nature are all connected. His book titled “The Singing Wilderness” has sold over 70,000 copies.

“You can’t touch the country, without taking something away from it that can never be replaced.”

Lois Gibbs

Birth: June 25, 1951

Lois lived in a New York community just three blocks away from an area that had 20,000 tons of chemicals buried underground. When her youngest son became sick, she grew concerned that the cause of the sickness was due to the dump site. Lois organized her community to fight the toxic dumpsite, sparking a nationwide movement.

“There is no excuse for any company not to clean up whatever chemical messes it has created.”

Tom Brown Jr.

Birth: Jan. 29, 1950

Tom Brown is America’s premier outdoorsman, tracker, teacher, and author. When Tom was only 7 years old, he was taught how to live in the wild by “Stalking Wolf”, an Apache teacher. When Tom turned 17, he spent 10 years living in the wilderness with no modern conveniences or tools. Not even a knife! Today Tom teaches men, women, and teens how to survive in the wilderness.

“Everything is valued in this place. The smallest insect is as important as the largest bear.”

Henry David Thoreau

Birth: July 12, 1817

Death: May 6, 1862

Henry Thoreau was a man of simplicity. Choosing to live away from people, Thoreau spent many hours outdoors connecting with the natural world. He then shared those experiences with others through his writings. Many claim Thoreau was the first true environmentalist who placed high value on the environment and its preservation.

“Every creature is better alive than dead, men and moose and pine trees. And the man who understands it aright will rather preserve its life than destroy it.”

Gary Paulsen

Birth: May 17, 1939

Gary grew up in Minneapolis Minnesota. As a young boy growing up in a difficult home, Gary would spend many hours outdoors walking. On one cold winter’s day, he walked into a library to stay warm and became hooked on books. This joy of reading led to a career in writing. Today, Gary is one of America’s most popular writers for young people. In his book titled “Hatchet”, Gary tries to encourage readers to observe and care about the world around them.

“I think nature is elegant in that [it] shows you how things can be right, and the human species shows how to do it wrong.”



Terry Tempest Williams

Birth: 1955

Growing up in Utah, Terry had a passion for the desert and its preservation and protection. Terry is a female leader in the ongoing battle to save the wild from over development. Terry has written many books encouraging readers to embrace the beauty of wild places and become active in preserving those places for generations to come.

“Wilderness reminds us what it means to be human, what we are connected to rather than what we are separate from.”

Wangari Maathai (Wahn –Gahr-ee Mah-Tie)

Birth: Feb. 18, 1974

Living in Kenya Africa, Wangari noticed how many the women depended on trees for their homes and cooking fires. Yet trees were disappearing at a fast rate. Wangari, with many other women, began to plant young saplings. Although she was arrested, imprisoned, and even beaten for doing so, Wangari continued to plant trees. Today Kenya has over 30 million trees that have been planted by women across Kenya.

“If we conserved our resources better, fighting over them would not occur.”

Chico Mendes

Birth: Dec. 14, 1944

Death: Dec. 22 1988

Chico grew up in a family of rubber tappers in Brazil. In the 1960’s, Chico became disturbed at the amount of deforestation he was seeing. The Brazilian rainforests were being cleared for ranching. Chico Mendez quickly became a leader, fighting the ranching industry against the destruction of the rainforest. On December 22, Chico was mysteriously murdered on his front door step.

“First I thought I was fighting for the rubber tappers: then I thought I was fighting for the Amazon, then I realized I was fighting for humanity”.

Gaylord Nelson

Birth: June 4, 1916

Death: July 3, 2005

Gaylord was an U.S. Senator from Wisconsin who came up with one of the most powerful ideas of his time: **EARTH DAY**. It became an instant success drawing 20 million participants in its first year in 1970. Today it is celebrated in 175 countries with over ½ billion men, women, and children who spend the day learning and caring for the earth.

“We must recognize that we are all part of the web of life around the world.

Anytime you extinguish a species, the consequences are serious”.

Joshua Davis

Birth: Unknown

Joshua attends Irondale High School in Mounds View Minnesota. In 2005, Joshua won the “best of show” in Minnesota’s Junior Duck Stamp Contest. His drawing of a female mallard duck with ducklings ranked first among 688 drawings and will compete for the national title. By purchasing a duck stamp for \$1.00 dollar, \$.90 cents goes directly to purchase vital wetland habitat in Minnesota.

“Keep the beauty alive.”

Jim Brandenburg

Birth: Nov. 11, 1945

Nature has fascinated Jim since childhood. At age 14, Jim bought a \$3 dollar camera and took a picture of a red fox. Little did he know, taking that picture would change the course of his life. Today he is a world re-known wildlife photographer living in Minnesota. Jim has won a multitude of national and international awards for his photographs of timber wolves

“Ever since I was a boy, I have had a passion for telling stories about the forest and the prairies.”

Jane Goodall

Birth: April 3, 1934

Jane loved spending time outdoors as a child. She also enjoyed reading about the jungle and of course watching the movie “Tarzan”. By age 11, Jane had already decided she wanted to live in Africa. Jane has spent over 38 years studying the behavior of chimpanzees in the wild. She knows more about chimpanzees than any other human.

“Chimpanzees have given me so much. The time spent with them in the forest has enriched my life beyond measure.”

Aldo Leopold

Birth: Jan. 11, 1887

Death: April 12, 1948

Aldo Leopold is considered the father of conservation and wildlife ecology. He spent countless hours exploring brooks, forests, and prairies. In 1935, Aldo bought a run down farm in Wisconsin and changed the chicken coop into a cabin. While living there, he wrote his most famous book, “The



Sand County Almanac”, which captures the wonders of nature.

“We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect.”

John James Audubon

Birth: April 26, 1785

Death: Jan. 27, 1851

At a very young age, John had a strong interest in music, birds, and drawing. This intense interest guided John down the path of becoming America’s dominant wildlife artist attempting to paint and describe all the bird species in America. Today many nature magazines and bird clubs are named after him.

“A true conservationist is a man who knows that the world is not given by his fathers, but borrowed from his children.”

Theodore Roosevelt

Birth: Oct 27, 1858

Death: Jan. 5, 1919

No other president has made such a great effort to protect wild lands than Theodore Roosevelt. Theodore was an avid hunter and outdoorsman. During his adventures he began to notice the loss of land habitat which resulted in fewer animals. During his presidency, Theodore set aside 230,000,000 acres of land creating national parks, preserves, and forests.

“There can be no greater issue then that of conservation in this country.”

Melissa Poe

Birth: 1980

At age 9, Melissa became the founder of the world’s largest youth-led environmental organization called Kids F.A.C.E. (Kids For a Clean Environment). Today there are over 300,000 members who are active planting trees, picking up trash, and creating backyard nature areas.

“We try to tell kids that its not okay to be a slacker. You need to start being a responsible, environmental friendly person now, pronto, before you become a resource-sucking adult”.

Ann Bancroft

Birth: Sept. 29, 1955

Ann became the first woman to cross the ice of both the North and South pole. Growing up in Mendota Heights, Minnesota, Ann loved spending time outdoors hiking, camping, and canoeing. As a child, Ann even led small “expeditions” into her backyard. Today she inspires and encourages school children and women through her explorations.

“For every successful dream, there is one that you don’t make...When you fail, you learn so much and it makes you stronger.”

David Mech

Birth: Unknown

If you have a question about wolves, talk to David Mech. David is an internationally recognized wolf expert accumulating over 30 years of research studying wolves in MN, WI, and Alaska. David was a founder for the “International Wolf Center” located in Ely Minnesota which is dedicated to educating the public about wolves.

“One of the most fascinating creatures inhabiting the Artic is the artic wolf.”

John Denver

Birth: Dec. 31 1943

Death: Oct. 12, 1997

John Denver is an American folk singer and songwriter who has recorded over 289 songs. John’s love for the outdoors inspired much of his music and lyrics. As John grew to popularity, he used his music and lyrics to promote protection of the places he loved.

“I think it is so important that we always remember that nature, environment, wild places, and wild things are a big part of what makes us who we are.”

Rachel Carson

Birth: May 27, 1907

Death: April 14, 1964

Rachel grew up on a small farm in Pennsylvania. As a young girl, Rachel would explore the ponds, fields, and forests with her mother. This passion guided Rachel to pursue work in zoology and biology. Rachel Carson is best known for her book titled “Silent Springs”. This book draws attention to the use of pesticides and its impact on the environment and humans.

“Those who contemplate [think about] the beauty of the earth find reserves of strength that will endure for as long as life last.”



Sylvia Earle

Birth: Aug. 30, 1935

Sylvia was raised on a small farm in New Jersey. As a very young girl, Sylvia loved to explore the woods near her home. She was fascinated by the animals and plants that lived in the wild. Later her family moved to Florida where she learned how to scuba dive and became a marine biologist. Her lifetime goal is to record every species of plant living in the Gulf of Mexico.

“You have to love it before you are moved to save it.”

Carolus Linnaeus

Birth: May 23, 1707

Death: Jan. 10, 1778

Carolus loved nature deeply and always kept a sense of wonder of living things. Although his parents wanted him to become a priest, Carolus pursued a career in botany (study of plants).

Carolus developed a system for classifying all plants and animals using two Latin words. This is known as the “Linnaean System”.

“If a tree dies, plant another in its place.”

Christine Thomas

Birth: Sept. 5, 1951

As a young girl, Christine was encouraged to fish in the pond, hike in the woods, and hunt for deer. As an adult, spending time outdoors gave her great joy. Wanting to share this experience with others, Christine developed a program that teaches women outdoor skills like camping, fishing, and hunting. Today BOW® (Becoming an Outdoors-Women) is held throughout the U.S. and in many countries.

“My time in the outdoors has raised my self-confidence and increased my knowledge.”

Amir Nadav

Birth: Unknown

In 2002, Amir, a seventeen year old teenager from Eagan MN, initiated and led a campaign to reduce MN student’s exposure to dangerous diesel exhaust. Thanks to his effort, Minnesota passed a law requiring schools to adopt no bus- idling practices.

“I have learned that making a difference is often a long and arduous path full of obstacles, setbacks, and tough decisions...nevertheless it is worth every bit of effort”.

Charles Darwin

Birth: February 12, 1809

Died: April 19, 1882

When Darwin entered University in 1825, he wanted to study medicine. He soon realized that if he couldn’t watch an operation, he wouldn’t be able to be a doctor so he searched for another subject to study. After attending a course in botany, Darwin he found his true passion. As a naturalist on the second voyage of the H.M.S. Beagle, Darwin traveled to South America and studied plants and animals along the coast. His findings were used to explain “survival of the fittest.” These theories are still discussed today.

“How paramount the future is to the present when one is surrounded by children.”

Jacques Cousteau

Birth: June 11, 1910

Death: June 25, 1997

When Jacques was a child, he was often sick and doctors advised his parents to prevent him from being active. Ignoring this advice, Jacques learned to swim and developed a love of the ocean. He also dreamed of a way to allow humans to breathe underwater; in 1942 he designed the first underwater breathing device called the “Aqua Lung.” His passion for the sea led him to write novels, create television documentaries, and take beautiful photos that he could share. Through these mediums, Jacques Cousteau worked to increase awareness of the effects of pollution on the ocean.

“When one man, for whatever reason, has the opportunity to lead an extraordinary life, he has no right to keep it to himself.”

Maya Lin

Born: October 5, 1959

Maya spent much of her childhood reading, building miniature towns, hiking, and bird watching. Her ability to do math and interest in buildings led her to become an architect and her best known work is the Vietnam Veterans’ Memorial in Washington D.C. Recent projects have used green glass to reflect her environmentalist nature and in 1997 she designed a 20,000 square-foot recycling plant.

“How we are using up our home, how we are living and polluting the planet is frightening. It was evident when I was a child. It’s more evident now.”