



TEACHER PLANNING GUIDE

Outdoor Discovery Program

The Wildlands Conservancy's Oak Glen Preserve
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THE WILDLANDS
— CONSERVANCY —

Outdoor Discovery Program

Since 1995, **The Wildlands Conservancy (TWC)**, a California 501(c)(3) public benefit corporation, has been dedicated to its dual mission to preserve the beauty and biodiversity of the earth and to provide programs so that children may know the wonder and joy of nature. The goal of the Outdoor Discovery Program is to provide an outdoor experience for children who might not otherwise have the opportunity to visit and explore some of California's most spectacular and diverse landscapes. Through hands-on activities, the students will take an active role in their own learning, sparking excitement and a thirst for knowledge inspired by nature.

The Outdoor Discovery Program is a **five-hour nature** adventure field trip experience enabling each child to have a chance to learn, explore, and gain a new respect for nature while having fun. We offer an S.A.F.E. experience. We emphasize Safe Practices, Adventure, and Fun, while having an Educational experience. The curriculum for each grade supports the California Science Content Standards and NGSS.

All grade levels include a *Conservation* and *Appreciation* component with topics and activities about saving landscapes, how plants and animals are affected by loss of habitat and enjoying nature's beauty.

The following pages will provide details regarding grade level lesson plans and information to assist in your field trip planning. Read over the following guidelines so you, your chaperones, and your students can get the most of your upcoming visit.

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The Wildlands Conservancy's Oak Glen

ACTIVITY COMPONENTS

Activity Name: New Nature Encounters

Grade Suggestion: Second Grade

Emphasis: Students will discover how pollinators such as bees and hummingbirds benefit from flowers and how plants, in turn, benefit from pollination. Students will also have the opportunity to observe different animal skins and furs to learn about and discuss how animals have adapted for survival. They will identify the basic components of habitats such as food, water, shelter, and space; and generalize that all living creatures need these components. Other activities include wildlife games, a scavenger hunt, and an insect activity/craft.



Activity Name: Animal Discoveries and Nature Cycles

Grade Suggestion: Third Grade

Emphasis: Students are introduced to the concept of predator and prey by observing animal skulls and identifying adaptations, such as sharp or flat teeth, to help them understand how animals are adapted for survival. They will also be able to explore animal life cycles and will learn about some of the animals and insects that go through metamorphosis. Finally, students will participate in an interactive game and craft by simulating the movement of water within the water cycle.



Activity Name: Native Ways and Ancient Evidence

Grade Suggestion: Fourth and Fifth Grade

Emphasis: Students will investigate the energy of water and the challenges of engineering by participating in a hands-on experiment to calculate the speed of water flowing downhill. A geology lesson will teach about the rock cycle while students create their own rock identification card to take home. In the Tree Lab, students identify the different parts of a tree's anatomy and how each part supports a tree's life. Lastly, students learn about the history of our local Native American tribe, the Serrano Indians, and how we can learn about conservation through examples of their traditions and lifestyle.



Activity Name: Nature Interactions and Inspiration

Grade Suggestion: Fifth and Sixth Grade

Emphasis: This lesson plan highlights some ways in which human activities impact the natural world. Using the scientific method, students perform an experiment analyzing the water quality in our ponds by collecting and identifying aquatic invertebrates. Students will also participate in an experiment to demonstrate the mechanics of seed dispersal, by working in small groups, students will engineer a prototype for a seed that is able to successfully disperse. Lastly, students learn about how all living things are producers, consumers, or decomposers and how biotic and abiotic factors contribute to energy movement through the environment.



Activity Name: Find Your Way through Orienteering

Grade Suggestion: Sixth, Seventh, Eighth, and Ninth Grade

Emphasis: This program is an introduction to basic compass and navigation skills. Students apply these skills in small groups to find their way around the preserve while conducting a plant identification and tally count. The program continues with a focus on wilderness exploration, utilizing “Leave No Trace” principles, and how to be prepared for wilderness hiking by packing the “Ten

Essentials.” Lastly, in a hands-on activity, students will work together to build a water filter, test it, and investigate different methods for removing pollutants from the water.

General Information

Field Trip

- **Chaperones:** TWC requires at least one adult chaperone, 21 years or older, for every group of students. Notify chaperones that we will be hiking up to two miles at an elevation of 5,000 feet. In addition, they must remain with their assigned student group during the entire visit, and they should always monitor their group's conduct.
- **Emergencies:** Each naturalist carries a radio to communicate with other trail groups and the preserve office in the case of an emergency.
- **Time:** The program time is from 9:00 a.m. to 2:00 p.m. with approximately 30 minutes for lunch. If there are any requests for time modifications, please contact the office at least a month prior to your scheduled trip.
- **Cost:** There is no charge to participating school groups; however, donations are accepted.
- **Clothing:** For the safety of all participants, everyone on the field trip is required to wear closed-toe and closed-heel shoes. Please check the weather in the days leading up to your trip. In general, we suggest bringing layered clothing, a hat, and sunscreen. Bring a light jacket in the spring and early summer, and a heavy jacket, hat, and gloves for fall and winter. Long pants should be worn to protect against weather, plants and insects. Oak Glen is in the mountains at 5,000 feet elevation, and the temperatures may be 10 to 20 degrees cooler than in the valleys and desert.
- **Nametags:** Each student, chaperone, and teacher, should wear a nametag. You can design your own tags or use the template available on our website.
- **Food, Smoking, etc.:** Smoking is prohibited on the Preserve. Eating or drinking, other than water, is not allowed on the trail during the field trip. Drinking of water is recommended to maintain hydration.
- **Facilities:** No food or drinks are available from facilities on the Preserve before or during the program. All participants should bring a sack lunch.
- **Parking Private Cars:** As you come down the Los Rios Rancho entry driveway, turn right into the Preserve parking lot. Do not park near the low rock wall by the botanic garden gate / trail entrance, as this is our student greeting area.
- **Remain in buses or stand by vehicles until a staff member arrives with instructions.**
- **Restrooms** are available on the trail near the lunch site. There will be bathroom break once the initial introductions are completed, one during the lunch break, and one before boarding the bus at the end of the day. Remind students to leave all facilities in clean and tidy condition. An adult must be always present while children are using the facilities. The adults are to help check the facilities after the group has finished and are to ensure cleanliness.
- Do not carry an umbrella on the trail.
- For the safety of all participants, no pets are allowed unless it's a service dog.
- **No chaperone may bring a child who is not a student attending the program or school.**
- **Cancellation** due to environmental factors such as heavy rain, snow, extreme heat, wind, fire, icy road conditions, etc. will be determined the day before the field trip (in some cases, the day of the field trip).

LETTER TO CHAPERONES

By signing up as a chaperone for this field trip, your role will assist in supervising a group of approximately 25 students during their visit to Oak Glen Preserve.

Outdoor Discovery Program Guidelines

- You will be hiking up to two miles at 5,000' elevation.
- Chaperones must always stay with their group.
- If there is more than one adult accompanying the group, please do not "socialize" while the naturalist is conducting lessons.
- **Do not remove student(s)** from the group to take photographs or to explore different parts of the preserve, etc.
- Keep the group together and always stay with the students. Our naturalists are there to provide the program, while you are responsible for the behavior of all students you are chaperoning.
- Give the students "think time." Let the students answer questions, unless the naturalist specifically asks you for input.
- Follow your naturalist. Chaperones are to stay at the back of the group.

What else do I need to know?

- Your lunch should be packed in appropriate group boxes. All boxes will be delivered to the lunch site by our staff.
- Remember that there may be other visitors enjoying our Preserve. Please be considerate.
- No smoking anywhere on the Preserve.
- No eating or drinking on the trail except for water.
- Cell phones are to be used to take pictures or briefly check messages only. The focus must be on the students.
- For the safety of all participants, no pets are allowed, unless it's a service dog.
- Children who are not part of the program **are not allowed** to accompany chaperones. **Any adult arriving with another child will no longer be considered a chaperone and will not be able to accompany the group.**

NOTE: THE WILDLANDS CONSERVANCY IS NOT RESPONSIBLE FOR PERSONAL ITEMS.

For weather information, visit the NOAA website at <http://forecast.weather.gov>
Under local forecast type in Oak Glen, CA; and then click on Oak Glen, San Bernardino County

LETTER TO PARENTS

Great news! Your child will attend an Oak Glen Preserve Outdoor Education program! The Oak Glen Preserve is located at an elevation of 5,000 feet. We will be hiking throughout the day, and everyone attending should be prepared for all weather conditions. It can be cold in the mornings, on overcast days, and in winter. It can also become hot in early fall and late spring. Everyone should **dress in layers** that can be removed or added as needed.

Closed toe and closed heel shoes are required, NO SANDALS.

Essential Items for the Field Trip:

- A full water bottle or canteen: **Encourage reusable water bottle/canteens**
- Tennis shoes or hiking boots (no sandals)
- Long pants are recommended.
- Sweater or jacket
- Lunch and extra snacks
- Hat and sunscreen
- Raincoat/ponchos (no umbrellas) if rain is forecasted
- Any necessary prescribed medications

DO NOT BRING

- Candy or gum
- Mp3 players, iPods, iPads, 3DS, headphones, etc.
- Electronic games
- Walking sticks
- Backpacks (**naturalist will ask that all backpacks remain on the bus**)

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Getting to the Wildlands Conservancy's Oak Glen Preserve

From LA/Redlands: Travel east on Interstate 10, exit at Live Oak Canyon/Oak Glen Road, turn left (north) on Oak Glen Rd, and travel 11 miles through Yucaipa and Oak Glen to Oak Glen Preserve/Los Rios Rancho; turn right into the preserve and take a right at the stop sign into the Preserve's upper parking lot.

From Palm Springs / Beaumont: Travel west on Interstate 10, exit 94 (Beaumont Ave / CA 79) turn right (north) and follow Beaumont Ave about 3.5 mi, where it veers right and turns into Oak Glen Road; travel about 5.5 miles until you come to the top of the hill after the hairpin turn. The driveway for Oak Glen Preserve/Los Rios Rancho is on the left (9.2 miles from the interstate); turn right at stop sign into the upper parking lot.

