



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 may not have the chance to explore California's diverse landscapes. The program offers a five-hour nature adventure field trip, providing a chance for children to learn, explore, and gain a new respect for nature while having fun. 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 curriculum of the Outdoor Discovery Program is meticulously crafted to align with the California Science Content Standards and the Next Generation Science Standards. This alignment ensures that the educational experience is both comprehensive and impactful. Each field trip includes a Conservation and Appreciation component that is integrated across all grade levels. Through a variety of topics and activities, children learn about the importance of conserving landscapes, the effects of habitat loss on flora and fauna, and how to appreciate the intrinsic beauty of nature. These lessons are vital in fostering environmental stewardship among the younger generations.

To maximize the benefits of the Outdoor Discovery Program, it is crucial for participants to familiarize themselves with the guidelines provided prior to their visit. This preparation will enable educators, chaperones, and students to fully engage with and enjoy the field trip. The program offers lesson plans tailored to different age groups, ensuring that each student's learning experience is age-appropriate and enriching. Participating in the Outdoor Discovery Program is not only a fun and educational outing but also a unique opportunity for students to gain a fresh perspective on the environment, inspiring them to cherish and protect our natural world.

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The Wildlands Conservancy's Oak Glen

ACTIVITY COMPONENTS

Activity Name: New Nature Encounters

Grade Suggestion: Second Grade

Emphasis: Pollinators play a crucial role in our ecosystem. Students will learn about the importance of pollinators such as bees and hummingbirds and how they benefit from flowers. They will also explore the concept of pollination and how it helps plants thrive. In turn, the students will discover how plants benefit pollinators by providing them with food and shelter.



Another topic of exploration will be how animals have adapted for survival. Students will have the opportunity to observe different animal skins and furs and discuss how they have evolved to adapt to their environment. They will also identify the basic components of habitats such as food, water, shelter, and space and generalize that all living creatures need these components to survive.

The program will include various activities such as wildlife games, a scavenger hunt, and an insect activity/craft. These activities will be designed to reinforce the concepts learned during the program while keeping the students engaged and excited about nature. By the end of the program, students will have a deeper understanding and appreciation for the intricate relationships between living organisms and their environment.



Activity Name: Animal Discoveries and Nature Cycles

Grade Suggestion: Third Grade

Emphasis: The concept of predator and prey is effectively introduced to students through engaging activities such as the examination of animal skulls, which helps them identify specific adaptations. This hands-on learning experience allows students to understand how physical features, like the sharpness or flatness of teeth, play a crucial role in an animal's survival. Observing these details encourages students to think critically about the relationship between physical traits and survival strategies in the wild.

Furthermore, the curriculum extends beyond predator-prey dynamics to encompass life cycles of various organisms. Students explore the fascinating transformations of animals and insects that undergo metamorphosis, such as butterflies and frogs. This part of the lesson plan not only broadens their knowledge of biology but also enhances their understanding of growth and change in living organisms.

To make the learning process even more interactive and enjoyable, educators incorporate games and crafts, such as simulating the movement of water within the water cycle. These activities are designed to be both educational and entertaining, providing students with a concrete understanding of complex scientific concepts through creative hands-on experiences.

Activity Name: Unearthing Earth's Secrets

Grade Suggestion: Fourth and Fifth Grade

Emphasis: In this enriching educational program, students will be immersed in a diverse range of science and history topics, each designed to provide both practical and theoretical knowledge. The program kicks off with a dynamic hands-on experiment where students will analyze the energy dynamics of water. By calculating the speed of water flowing downhill, participants will not only understand the physics behind water movement but also explore the complexities of engineering solutions to manage this vital resource. This experiment serves as an excellent introduction to the practical challenges and applications of scientific principles in understanding and harnessing natural resources.



The journey of learning continues with a captivating geology lesson centered on the rock cycle. Students will not just learn about the various stages rocks undergo but will also engage in creating their own rock identification cards. This creative endeavor aims to deepen their connection with the material, making the learning process both interactive and enjoyable. By taking home a personalized rock identification card, students can extend their learning beyond the classroom.

Lastly, students will venture into the Tree Lab, where they will explore tree anatomy. This segment of the program highlights the crucial role trees play in our ecosystem, emphasizing their importance through a detailed examination of how each part of a tree contributes to its overall health and functionality. Concluding the program, students will delve into the history and culture of the local Native American tribe, the Serrano Indians. This session not only enriches their historical knowledge but also ties in lessons on conservation and environmental protection, inspired by the sustainable practices of the Serrano Indians.

Activity Name: Nature Interactions and Inspiration

Grade Suggestion: Fifth and Sixth Grade

Emphasis: This lesson plan is designed to educate students about the impact of human activities on the natural world. By using the scientific method, students will conduct experiments to analyze the water quality of our ponds and identify aquatic invertebrates. They will also explore the mechanics of seed dispersal by engineering a prototype of a seed that can successfully disperse.



The first experiment will require students to collect water samples and examine them for any changes in water quality. They will then identify the presence of aquatic invertebrates in the ponds and analyze how they are affected by the water quality. This experiment will help students understand the impact of human activities on aquatic ecosystems.

The second experiment will focus on seed dispersal. Students will work in small groups to engineer a prototype of a seed that can disperse efficiently. They will learn about the different mechanisms of seed dispersal and the importance of this process for plant reproduction.

Lastly, the lesson plan will cover the concept of energy movement through the environment. Students will learn about the roles of producers, consumers, and decomposers in ecosystems. They will also explore how biotic and abiotic factors contribute to energy movement through the environment.

Overall, this lesson plan is an excellent way to introduce students to the impact of human activities on the natural world and to encourage them to think critically about the environment. By using the scientific method and hands-on experiments, students will gain a deeper understanding of the importance of conservation and the role of humans in preserving our planet.



Activity Name: Find Your Way through Orienteering

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

Emphasis: This lesson is excellent opportunity for students to develop some important skills and knowledge related to outdoor exploration and environmental stewardship.

This lesson students will learn how to use a compass and navigate through a natural environment. These skills will be put to the test as they work in small groups to conduct a plant identification and tally

count. This activity will allow them to learn more about the flora in the area and practice their navigation skills.

This activity will also emphasize the importance of wilderness exploration and the principles of "Leave No Trace." This means that students will learn how to minimize their impact on the environment while still enjoying the benefits of outdoor exploration. In addition, they will learn how to be prepared for wilderness hiking by packing the "Ten Essentials."

Finally, this lesson will conclude with a hands-on activity where students will work together to build a water filter. They will test their filter and investigate different methods for removing pollutants from the water. This activity will help students understand the importance of clean water and the ways in which we can work to protect this valuable resource.

General Information

Field Trip

- **No videotaping is allowed of the program or naturalists.**
- **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 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 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 on 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. **No videotaping is allowed of the program.**
- 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

ANUNCIO PARA ACOMPAÑANTES ADULTOS

Al inscribirse como acompañante para esta excursión, su función ayudara a supervisar a un grupo de aproximadamente 25 estudiantes durante su visita a Oak Glen Preserve.

¿Cuáles son las instrucciones del Programa de Descubrimiento al Aire Libre?

- Caminará hasta dos millas a 5000 pies de altura.
- Los acompañantes siempre deben permanecer con su grupo.
- Si hay más de un adulto acompañando al grupo, no “socialice” mientras la naturalista este impartiendo lecciones.
- **No retire a los estudiantes** del grupo para tomar fotografías o explorar diferentes partes de la reserva, etc.
- Mantenga el grupo unido y este con los estudiantes todo el tiempo. Usted es responsable por la conducta de los estudiantes que acompaña. Nuestros naturalistas están ahí para proporcionar el programa, mientras que usted es responsable del comportamiento de todos los estudiantes a los que acompaña.
- De a los estudiantes **“tiempo de reflexión”**. Deje que los estudiantes respondan preguntas, menos que la naturalista le pida específicamente su intervención.
- Siga a su naturalista. Los acompañantes deben permanecer al final del grupo.

¿Qué más necesito saber?

- Su almuerzo debe empacarse en cajas de grupo apropiadas. Nuestro personal entregara todas las cajas en el lugar del almuerzo.
- No fumar en ningún lugar de la reserva.
- No comer ni beber en el sendero, excepto agua.
- Los teléfonos celulares deben usarse únicamente para tomar fotografías o revisar mensajes brevemente. **No se permite la grabación en video del programa.**
- Para la seguridad de todos los participantes, no se permiten mascotas, a menos que sea un perro de servicio.
- **Los niños que no forman parte del programa no pueden acompañar a los chaperones. Cualquier adulto que llegue con otro niño ya no será considerado un chaperone y no podrá acompañar al grupo.**

NOTA: THE WILDLANDS CONSERVANCY NO ES RESPONSABLE DE LOS ARTÍCULOS PERSONALES.

Para información sobre el clima visita la página web de la NOAA en <http://forecast.weather.gov> Bajo el tipo pronóstico local en Oak Glen, CA; haga clic en Oak Glen, el condado de San Bernardino

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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CARTA A LOS PADRES

¡Buenas noticias! ¡Su hijo asistirá al programa de educación al aire libre de Oak Glen Preserve! La reserva es un lugar impresionante, ubicado a una altura de 5,000 pies, donde podrán disfrutar de hermosos paisajes y aprender sobre la naturaleza.

Es importante estar preparados para todas las condiciones climáticas. En la reserva, pueden experimentar cambios de temperatura significativos durante el día. Puede ser frío en la mañana, en días nublados y en invierno. También puede calentarse a principios de otoño y primavera. Todos deben vestirse en capas que se pueden quitar o añadirse según sea necesario.

IMPORTANTE:

- Se requieren zapatos cerrados en las puntas y el talón: **NO SANDALIAS.**
- Haga que los estudiantes coman un buen desayuno, y asegúrese de tener más comida de lo normal.

ELEMENTOS ESENCIALES:

- Se recomiendan pantalones largos.
- Zapatos tenis o botas de montaña (no sandalias).
- Una botella de agua o cantimplora llena: Fomentar botellas de agua/cantimploras reutilizables.
- Suéter o chaqueta
- Almuerzo y bocadillo adicionales
- Sombrero y protector solar
- Ponchos (no paraguas) si se pronostica lluvia
- Cualquier medicamento recetado necesario

NO TRAIGA:

- Dulce o chicles
- Mp3 / reproductor de CD, iPod/iPad, etc.
- Juegos electrónicos
- Bastones
- Mochilas (El/la naturalista pedirá que todas las mochilas permanezcan en el autobús.)

NOTA: THE WILDLANDS CONSERVANCY NO SE RESPONSABLE DE LOS ARTICULOS PERSONALES. INSTRUYEN A LOS ESTUDIANTES QUE MANTENGA CONTROL DE SUS OBJETOS PERSONALES.

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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.

