

Outdoor School Sample Schedule: Day 2

7:00 a.m.	Wake Up and Time for Showers
8:00	Breakfast
9:00	Cycles/Resources Lessons: All the learning groups will participate in both the Cycles and Resources lessons — one on Wednesday and one on Thursday. The Cycles lesson will focus on natural cycles, such as water, soil, and nutrients. In this lesson students can learn more about the water cycle and explore a stream (students and leaders will get in the water!). The Resources lesson will focus on how plants, animals, and humans obtain the resources they need to survive. The lesson will explore what plants need to grow, and demonstrate the process of photosynthesis; it will then progress to concepts about animal survival (predator/prey relationships, competition, etc.), and conclude with an activity about human use of resources.
noon	Lunch
1:00 p.m.	Cabin Time: This will be a rest time for both students and staff.
2:00	Living Things Lesson: Learning groups will rotate through four stations to learn about reptile, amphibian, raptor, and mammal adaptations. They will connect what they observe about the animals with what they have learned about cycles and resources. We will bring live animals from Shaver’s Creek Environmental Center to camp.
4:00	Solo Spots: This will be a time to rest and reflect on the day. Students will write in their Discovery Books (a small field journal that we provide) about the lesson, write letters, read a book, or sit quietly and enjoy their surroundings.
4:30	Cabin Community Building: Cabin groups will spend this time together with their counselors and are encouraged to take part in physical activity, such as taking a walk around camp, playing basketball together, participating in a scavenger hunt, or visiting in their cabin.
5:15	Cabin Time: Cabin clean-up and preparation for dinner.
5:30	Dinner
7:00	Exploring the Night Lesson: This lesson will focus on nocturnal animals and the characteristics that help them to survive. It will include several sensory awareness activities as well as fun games to demonstrate such survival aspects as echolocation. If the sky is clear, this lesson will include astronomy.
8:15 p.m.	Campfire
9:00 p.m.	Cabin Time: Wash up and prepare for bed.
10:00 p.m.	Lights Out — All Quiet: It is important for the students to get a good night’s sleep, because ODS is a physically demanding program. After lights out, the learning group

leaders will conduct a patrol around camp to make sure everyone is tucked in for the night.