

## Get Your Class Outdoors!

How would you like to get outdoors with the kids this winter? ...Use the great snowy world as an outdoor classroom? Roseanne Van Ee and her guides with Outdoor Discoveries run safe, fun and informative **Snowshoe Programs** at Silver Star.

Snowshoeing is the fastest growing winter recreation and sport. Great lifelong skills for physical and emotional well being are developed. But, the real beauty is that snowshoeing brings everyone to the same level. Adults and kids, athletic or not, can explore and enjoy winter's amazing wonders and discover nature's lessons at the same pace, keeping active and aware.

Four snowshoe tours offer hands-on, minds-on experiential sessions that teacher's can use to supplement and reinforce curriculum Learning Outcomes. Roseanne has training from the Ministry of Education as an IRP facilitator and Outdoor Discoveries' guides are biologists and professional interpretive naturalists. Topics and experiences are suitable and adapted for various grades from K - 12 and for various subject areas or specialty classes.

Often the Snowshoe Programs give kids a first chance to really watch squirrels and snowshoe hares in their habitats or to look closely at a snowflake to discover the physics of humidity, temperate and velocity in forming unique and intricate crystal patterns. Kids with lots of energy and hands-on learners do exceptionally well. Various learning styles are delivered.

Some classes just come once for the introductory Snowshoe Safari, where the subalpine forest is explored while progressing with snowshoe skills. Some schools, such as Len Wood Elementary in Armstrong, have built an optional Winter Recreation program where students and adults enjoy a series of four weekly sessions. Classes enrolled in all four tours receive **Snowshoe Certificates of Accomplishment** for each student. Kids love it! Adults love to participate, too, so getting adult assistants isn't usually a problem. Outdoor Discoveries supplies the snowshoes, although schools or students with snowshoes can bring their own.

If you would like more details or information on the Snowshoe Programs (or other tours and workshops for teachers and classes), call **Outdoor Discoveries** at **(250) 545-7446**. Bookings are being taken, now.

Also, the website is being revamped to serve teachers better. Send an email to [roseanne@outdoordiscoveries.com](mailto:roseanne@outdoordiscoveries.com) and you'll be notified when it's up and running.

Following are brief descriptions of the four Snowshoe Tours for Classes:

### **Snowshoe Safari** (introductory ecology)

Follow wildlife tracks to discover the story of the sub-alpine forest.

### **Snow, Water, Watersheds**

Snowshoe through a watershed to discover the snow/water cycle.

Find out why Okanagan forests and lakes depend on snow.

### **Avalanche Awareness**

Check out snow layers, the basics of avalanche studies and safety in snow.

### **Winter Survival**

Play in the snow and learn some skills that could save your life!