

Maine Outdoor Education Program



Winter Season

Program: Snowshoeing

Location: Grindstone—East Branch

Time: 9:00am-1:00pm

Program Description: Maine Outdoor Education Program (MOEP)

MOEP offers school age children three instructional lifetime fitness activities per year, one per season in the fall, winter and spring. Experiences will include equipment and any necessary gear to participate in our highlighted opportunities of snowshoeing, canoeing/kayaking, Nordic skiing, hiking and mountain biking. MOEP will provide participating schools and teachers the pre-trip paperwork for student participation.

Program Goals:

- To provide students with the necessary skills to participate in outdoor aerobic sports including canoeing, kayaking, Nordic skiing, hiking, snowshoeing, and mountain biking.
- To instruct students on the proper techniques, equipment and safety involved with outdoor sports and recreation.
- To facilitate a meaningful hands-on and active experience in the local landscape of the Katahdin Region.
- To create a positive learning opportunity emphasizing health and fun.
- To inspire students to become active stewards of land and resources.

Program Objectives: Snowshoeing

- to explain four key points to snowshoeing and cold weather safety.
- to get in and out of their snowshoes independently.
- to demonstrate how to walk and maneuver in their snowshoes.
- to describe a brief history of snowshoes and their tie to native New England Culture
- to identify four species of native tree
- to identify three signs of wildlife i.e. scat, birds sounds, tracks etc...
- to define the words: active, dormant, migration, hibernation, habitat, camouflage, deciduous, coniferous, strategy.
- to evaluate the strategies animals and plants employ to survive in winter.
- to compare and contrast humans in winter to animals in winter.

Program Agenda:

- 9:00am-9:30am Welcome, orientation & division into pre-organized small groups
- 9:30am-10:30am Introduction to Snowshoeing equipment, group expectations and snowshoe techniques.
- 10:30am-10:45am Snack
- 10:45-12:00pm Group Snowshoe at the Twin Pines Facility highlighting local ecology.
- 12:00pm-12:50pm Lunch/Rest.
- 12:50pm-1:00pm Load Bus and Depart.



Winter Season - Snowshoeing

Discussion Questions:

How do you keep warm in winter?

What does it mean to migrate, hibernate, be active and dormant? Can you give examples of animals or plants that use these strategies to survive? (define the word Strategy with the kids)

How are humans the same/ different than other animals in winter?

Where do you think the idea for snowshoes came from? Who invented snowshoes?

How do snowshoes work?

Activities:

Introductory talk on staying warm in winter and safety steps

Guided demonstration on how to get in and out of snowshoes

Guided demonstration on how to maneuver in snowshoes

Group snowshoe with three opportunities highlighting plants, and animals in winter through questions, real examples and inquiry of field guides.

Station 1: Plants in winter

Deciduous vs Coniferous

Station 2: Animals in winter (hopefully around a set of tracks)

Active and Dormant

Station 3: Animals in winter (planned around a den or bird's nest)

Hibernation and Migration

Group snowshoe Scavenger Hunt: Signs of Animals and Plants in Winter (applied experience)