



THE **ULTIMATE FIELD TRIP** 2009-2010 IN **Outdoor Education**



Plan a different **FIELD TRIP** this year for your
PRESCHOOL - KINDERGARTEN or
ELEMENTARY SCHOOL CLASSROOM Gr. K - 6
SPEND A UNIQUE DAY in an
OUTDOOR EDUCATION PROGRAM.
At CAMP CAHITO* IN BALBOA PARK!



9:00 - 12:30 (1:00) ½ DAY Preschool and Kindergarten Programs
9:00 - 2:30 (3:00) Full Day programs for Grades 1 - 6

What will the children do besides enjoy the fresh air and get dirty? ? ? ? ?

Our Activities

- Give students first-hand knowledge and understanding about our natural resources and how to conserve.
- Support classroom curriculum through hands-on, outdoor activities with conservation and nature.
- Encourage an environmentally sound lifestyle and activism in environmental issues.
- Our Director of Outdoor Education prepares with the classroom teacher prior to the field trip to be sure that all activities and programs are adaptable to the age groups and needs of the school curriculum.

Here are only a few of our suggested program activity choices:

(Each grade has activities aligned with CA Dept Of Education and Desired Results -DRDP - Standards)

1. Use all 5 of your senses to see - hear - touch - smell and taste in our outdoor wonderland;
2. Create crafts from found nature items;
3. Younger children will go on a scavenger hunt and follow a trail of nature clues;
4. Observe our Camp animals (squirrels, bunnies and the variety of birds) as they interact with each other in a natural environment;
5. Determine how adaptations help animals survive;
6. Learn about the many different animal habitats are found right in Balboa Park.
7. Study the cycles of insects, butterflies, birds, trees, flowers and more in our Science lab.
8. Make animal foot prints from casting molds
9. Learn about "designs in nature" as you watch a spider spin it's web and much more.
10. Find out how fun science and math can be using nature as a fun base for discovery.
11. Build new vocabulary words to increase literacy skills as we uncover many different species of insects and more.
12. Learn about the earth, sky, weather, wind, rain, water, erosion and how to find your way with the sun or moon.
13. Learn ways to help save the environment and think green.
14. The older children will learn to use a compass and follow a nature trail to find a surprise at the end.
15. Archery and Low Ropes Challenge Course - Team Building activities are another option (at an additional charge)
16. We can also include many of the skills, activities and culture of the Native American Kumeyaay Nation if your school is studying Native American History and lore;
17. As a special treat, every group will make a S'More at the end of the field trip. (Schools provide own lunch/drink)

PLAN AHEAD FOR THE 2009-2010 SCHOOL YEAR. Call today to reserve your date!

FOR MORE INFORMATION AND COSTS PER CHILD or GROUP ... Call CAMP FIRE USA - CAMP CAHITO
619-291-8985 or Email: campfiresdi@sbcglobal.net

Outdoor Activities promote physical and growth and development

Sliding - climbing - hiking - balancing
 Digging in the dirt
 Planting plants and edible foods
 Collecting - sorting - labeling
 Sitting quietly & observing
 Rhythmic movement
 Building and constructing
 Skipping - Rolling

Cooperative Outdoor Games
 Throwing and Catching balls
 Feeling-handling-touching
 Manipulating Found Objects
 Exploring and Seeking
 Camp style music and movement
 Running - hopping - jumping
 Tumbling, stretching, twisting - reaching



Outdoor Activities promote emotional & social development

Fantasy Play - Role Playing
 Group participation activities - Team building
 Cooperative problem solving
 Orb webs have developed as an efficient means of capturing flying insects.

Risk taking in a safe environment
 Solitary time to observe and reflect
 Cooperative Group Games

Listening to the outdoors & sounds of nature

Group exploration and discovery

Sharing ideas and cooperative planning
 Cooperative activity planning
 Helping to create & obeying rules
 Freedom for creative self expression

Questioning & investigating
 Hiding and being found
 Singing / creative noise making / movement
 Making new friends

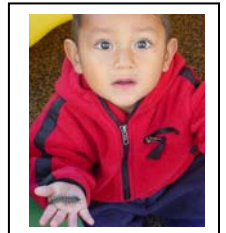
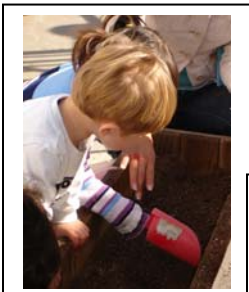
Outdoor Activities promote cognitive development

Literacy development - Many reference books for information on local birds, animals, wild life, vegetation and the history of the area.

Wondering "WHY" or "HOW"
 Problem solving
 Observing (inter-group)
 Observing (natural processes)
 Learning to use a variety of tools
 Camp style music and movement
 Sand and water play - science

Spatial orientation
 Imaging & symbolizing
 Mimicking animals and birds
 Experimenting (socially)
 Making things from natural
 Experimentation
 Partnerships with local Museums

Imagining
 Exploring
 Writing journals
 Drawing
 Creative self-expression
 Ordering, seriating and arranging
 and a lot more!



We have enrichment activities and fun FOR ALL AGES and stages of growth and development.
 Ages 3 -5 Preschool and Pre-Kindergarten and School Ages Kindergarten to Grade Six.
 Middle School and High School opportunities also available.