

# Science on the Slopes

Environmental Education & Wellness Program



**Health & Wellness**

## Connections to MA Comprehensive Health Curriculum Frameworks

### Physical Health Strand (also in National Physical Education Standards)

- Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction. (Massachusetts Guiding Principle IV and V)
- Demonstrates understanding and respect for differences among people in physical activity settings

### Social and Emotional Health Strand

- Mental Health
  - Decision making process 5.5-5.6;
  - Coping; resolving conflicts; self-actualization can improve mental and emotional well being
- Interpersonal Relationship
  - Communication and peer relationships

### **Brainstorming Mountain Activity Ideas..**

**Design an Engaging Scenario** – The goal is to get everyone to the top of the mountain.. Guidelines/constraints? concern for team members, maybe assign a needed tool or expertise to more than one member (role play)

**Or a Decision Making Scenario** - such as...

Your team has... amount of resources, time, decide which trails you will take.. It must involve a minimum of 400 ft elevation change and a loop to return. These items ( ? ) must be carried, & a selfie of the group taken at 2 milestone locations

**Wilderness Survival** (ranking activity with a partner) then check their answers which come from the comprehensive course on woodland survival taught by the Interpretive Service, Monroe County (New York ) Parks Department.



**Winter Survival Exercise** *Survival game- individual ranks own ideas on paper first then shares answers with a small team, then large group discussion and actual answers are given (survival specialist ranked the answers) **Teacher should approve/preview lesson!***

**Geocache** - Several are hidden at Wachusett Mountain.

[Getting started with geocaching](#)

[Need the app to play](#)

**Scavenger Hunts** - Started a habitat scavenger hunt but could add many other themes

**Hiking to Find Landmarks** (some historical)

**Dryland Training Exercises** - slalom pole shuffle; box jump, agility hops with hula hoops

**Ski Deck Possibility**

**Non-competitive Team Building Ideas**



## Personal and Community Health Information Strand

- **Consumer Health and Resource Management**

- 12.6 Describe how allowing time for healthy activities (such as exercise, preparing nutritious meals, getting adequate sleep) can improve health (by gr 8)

- **Ecological Health:** Students will gain knowledge of the interdependence between the environment and physical health, and will acquire skills to care for the environment.

- 13.1 Describe types of natural resources and their connection with health
- 13.5 Evaluate solutions generated by science, technology/engineering, and individuals regarding **ecological health** problems (such as energy use, water use, waste disposal, and food shortage)

*At School Idea- Design an “advertisement” or “PSA video” to promote hiking on the mountain for well being*

*Mountain Trivia link: could be developed to follow a field trip– What did they remember?*

- **Community and Public Health:** Students will learn the influence of social factors on health, the contribution of public health, and will gain skills to promote health and to collaborate with others to facilitate healthy, safe, and supportive communities.

- 14.2 Identify ways the physical environment is related to individual and community health

*At School Ideas- Students can organize a school grounds clean up  
Students can design an outdoor space for walking trails  
Students can petition for creation of an outdoor classroom area*

*At Mountain Art Activity- [nature tessellations](#) with student **affirmations** on back: the poster could be brought back to school*