



The Environmental education program at CPAWS Ottawa Valley offers outings linked to the Ontario Curriculum for students in elementary schools:

Grade 5: Understanding Life Systems: Effects of social and environmental factors on human health:

In Grade 5 the main focus in Environmental Studies are the effects of social and environmental factors on human health. This hike would be most optimal in the winter time so students will be able to see the fun and potential of Canada's best outdoor activities – such as snowshoeing. Consequently an outing to Greeks Creek would be perfect because it combines both snowshoeing and nature watching in one spot. The purpose of this hike will be to show how the social and environmental factors influence human health. During our snowshoeing excursion we'll teach students how to be more active, to play and communicate with each other. The length of this outing will be approximately 2.5 – 3 hours.



Part 1:

We'll engage students in physical activity and demonstrate some simple lessons on the topics of health, safety and well-being. We believe that outdoor sports and an active life style benefit human health. Our hope is to try building links throughout our environments: our homes, school, work places, industrial areas, community areas, roads. We'll discuss how children living in urban cities spend most of their time indoors and we will come up with strategies on how you can use the outdoors to your advantage year round. Students will learn how the lack of physical activity may contribute to health issues such as asthma, obesity, cancer and problems with mental wellbeing. We will also examine the environmental factors that have an impact on human health, such as the air and water quality, healthy balanced nutrition, and exercise – running, skiing, swimming, snowshoeing, etc.

We will also have a look at necessary survival skills in the forest. We'll start with what items should be brought along in order to have a safe and comfortable trip in any season. Then students will learn how to navigate their way through the forest without the use of a compass or GPS. They will also be taught multiple other life skills such as where to find shelter in the wintertime or how to put on snowshoes so that they won't fall off.

We will also take some time to discuss how social factors impact human health, students will be able to study the effects that communication, friendship, education and community interactions have on everyday life. Students will be able to make deductions on how important it is to have healthy social interactions in order to live a good lifestyle. They will also have an opportunity to play several games to better comprehend how organization and communication can help achieve all goals and benefit everybody on the team.



The Proposed Games are “Bee Hives” (warming up in a circle of your friends (“bees”), “Millipede” (traveling from place to place without snowshoes: this game teaches students how to cooperate using senses other than sight to find your way); “Sound Map” (learning how to use ears instead of eyes to describe the environment and sounds in the woods), this game demonstrate the diversity of different sound in a variety of habitats.