



# Cottonwood Trail

## A sensory awareness program

### Overview:

To develop an awareness and respect for the natural world.

### Purpose:

To introduce students to a forest ecosystem. Sensory awareness, slowing down and paying attention to the things around us will be a focus of the field trip.

### General Objective:

1. To learn the importance of trees.
2. To observe the different habitats along the trail.
3. To look for traces of animal life.
4. To imagine being a woodland animal.
5. To discover some foods preferred by wildlife.
6. To learn about bird migration and banding.
7. To use senses besides vision to explore.

### Outcome: Students will be able to:

1. Identify a specific tree without using vision.
2. List what a tree needs to survive.
3. Know how trees (both living and non-living) are used.
4. Explain why we band birds.
5. Know the difference between antlers and horns.
6. Explain what tree rings are and list two factors which might affect the size of tree rings.
7. List at least two predator-prey relationships.
8. Tell how the bark of two trees might be different.

### Procedure:

Cottonwood Trail takes place along a wooded trail in Woodland Dunes preserve. Stops are made along the hike to learn about predator-prey relationships in our first grader sized brushpile, the bounty of nature will be explored as we talk about the uses of the forest for humans and other animals. Through encountering different habitats along the trail: field, woods & pond and learning about the plants and animals that make their home here your first graders will gain a better understanding of the world around them. A favorite station features live banded birds that a few lucky students will have the opportunity to help us release. During the field trip we focus on our five senses and exploring the world in new and meaningful ways. We will divide your class into smaller groups to ensure hands on experiences for every student.

**\*Note:** The entire program takes place outside. Students should be dressed for autumn weather, even on mild days jackets, long pants and tennis shoes should be worn.