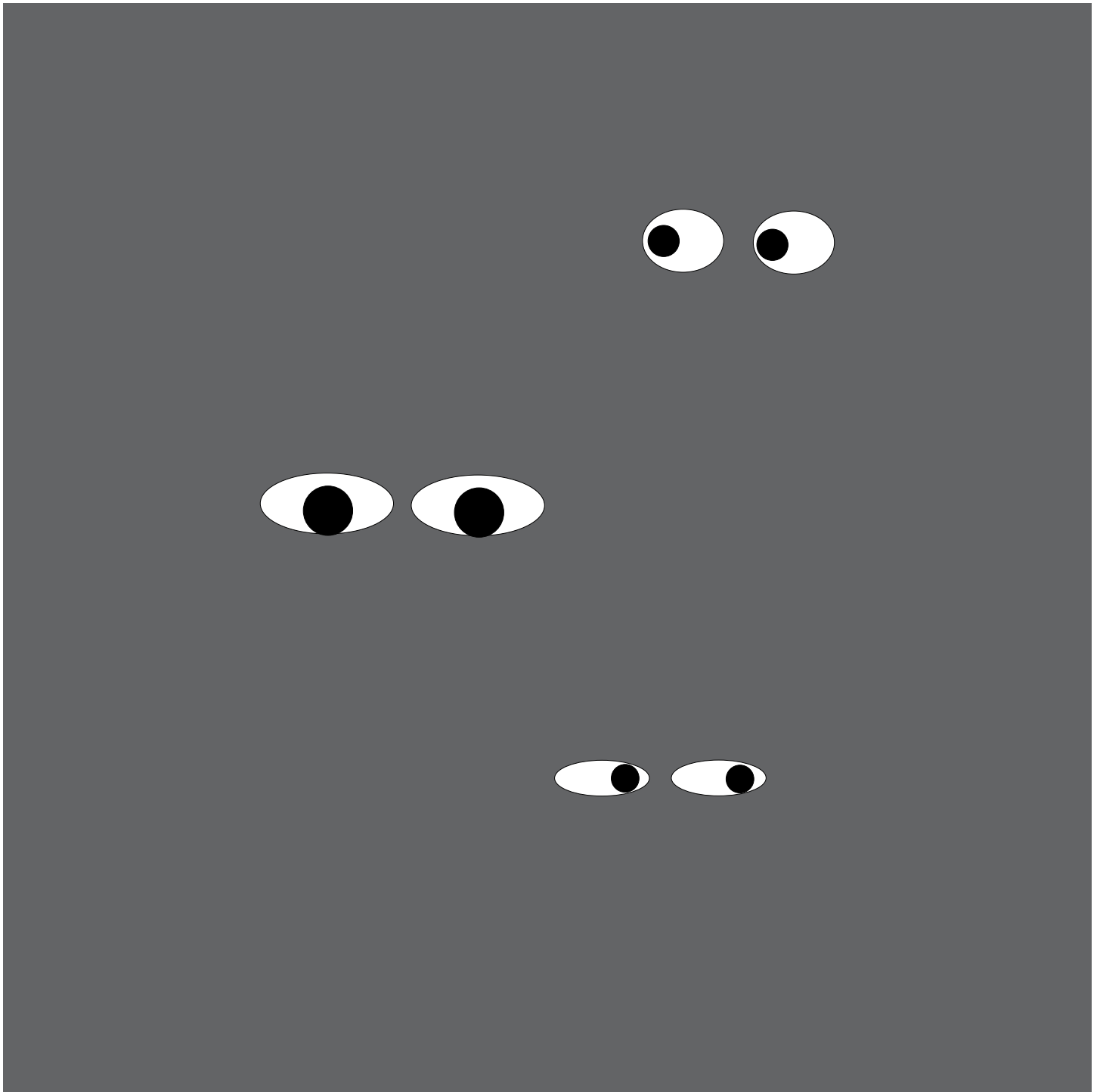


NIGHT/LIGHT HIKE

LESSON PLAN



WOLF RIDGESM
ENVIRONMENTAL LEARNING CENTER

NIGHT/LIGHT HIKE



CLASS DESCRIPTION: An Outdoor Skills Class

Students will hike a designated route, stopping at various points to do activities. These activities will lead to a better understanding of night time communications and senses. Students will have the opportunity to sit alone and experience the night environment.

Total time: 1 1/2 hours (flexible length)

Audience: 6-20 students, any age

Activity level: strenuous

Travel: 1 1/4 mile

Total uphill travel: 320 feet

PURPOSE

Night Hike: To explore our senses and our environment in the dark.

Light Hike: To hike around Wolf Ridge and fine tune our observation skills.

CONCEPTS

1. All living things acquire physical and behavioral adaptations to be successful in their environment.
2. People can overcome their fear or discomfort of the darkness through knowledge of and familiarity with it.
3. Humans learn about their world through their senses, investigation and experimentation.

OUTCOMES

Upon completion of Night/Light Hike class students will be able to:

- Compare how use of our senses differs in the darkness and light.
- Describe something about the night experience that was new and surprising.
- Discuss how their emotions about the night have changed following the hike and activities.



Our mission is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.



Equipment

Night Hike:

- six different scent jars
- blindfolds
- colored paper squares
- wintergreen Lifesavers
- sound CD
- CD Player
- candle
- lighter
- "Ridge" Notes - Night Hike

Light Hike

- sound map sheets
- pencils
- solo hike cards
- 2 Sigrid Olson quotes
- observation cards
- "Ridge Notes" - Light Hike

Appendices

- Optional Activities
- Resources
- Possible Routes

Set-up (15 min.)

- Classroom/class prep description
- Safety Management

I. Introduction to Night Hike (10 min.)

- A. Greeting
- B. Class Overview
- C. Assess Learner Level

II. Listen to Night Sounds (5 min.)

III. Night Hike (65 min.)

- A. Night Vision - color paper squares (stop 1)
- B. Bioluminescence - Lifesavers (stop 2)
- C. Smell Jars - scent jars (stop 3)
- D. Hearing - bat & moth game (stop 4)
- E. Communication - animal calling (stop 5)
- F. Solitude Solo - (stop 6)

IV. Conclusion (10 min.)

- A. Discuss Solitude Solo
- B. Check Colored Paper Squares
- C. Review

OR

I. Introduction to Light Hike (10 min.)

- A. Greeting
- B. Class Overview
- C. Assess Learner Level

II. Light Hike (70 min.)

- A. Exploring through Observations
- B. Exploring through Sound Maps
- C. Sensory Card Solo Hike
- D. Stories

IV. Conclusion (10 min.)

- A. Discuss Sensory Card Solo Hike
- B. Share Observations and Sound Maps

Clean-up (10 min.)