

Course Title: Exploring the WI Outdoors (Wellness Hour)

Teacher: Brian Counselman

Hour 1 - Semester 1 - 2021/22

0.5 Science Credit

COURSE INFORMATION:

Click [here](#) to hear Brian talk about his class!

Course Description:

“There is no such thing as bad weather, just bad clothes.” - A wise person
In this class we will embrace that philosophy in order to learn how to be prepared to be outside in all weather conditions as well as learn skills, activities, and mindsets that can allow us to enjoy Wisconsin in all of its glorious seasons. Hopefully it goes without saying, but this class will meet daily outside. The content of this course will be influenced by student interest and opportunities as they arise, but some potential experiences may include: gardening, environmental restoration, birding, plant identification, paddling, hiking, fire starting, outdoor cooking, basic first aid, camping skills, snowshoeing, sledding, and hopefully lots more!

Prerequisites: None

Method of Instruction:

Story telling

Discussion

Exploring

Demonstration

Experience

Course Objectives:

What are the skills, gear, and mindsets I need to enjoy being outside more in Wisconsin?

How can I develop a more positive relationship and connection with the outdoors?

How can I be a better steward of the land to make for a more sustainable environmental future?

Course Standards:

SCI.CC1.h Students observe patterns in systems at different scales and cite patterns as empirical evidence for causality in supporting their explanations of phenomena.

SCI.SEP1.A.h Ask questions that arise from careful observation of phenomena, or unexpected results, to clarify and seek additional information.

HS-LS2-7- Design, evaluate, and refine a solution for reducing the impacts of human activities on the environment and biodiversity.

SCI.ETS3.A.h - Individuals from diverse backgrounds bring unique perspectives that are valuable to the outcomes and processes of science and engineering.

Graduate Vision Competencies:

Pathfinder/Positive Risk Taker

Creative & Critical Thinker

Positive Community Member