

Naturalist

Hiking Group  
Letter



**FOOTHILL HORIZONS OUTDOOR SCHOOL  
JOURNAL**

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**NAME**

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**DORM**

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**SCHOOL**

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**TEACHER**

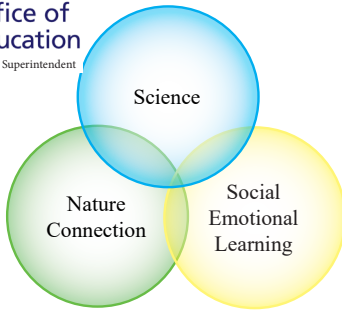


Scott Kuykendall, Superintendent



Printed on recycled





**MISSION**  
Foothill Horizons Outdoor School inspires connections to nature and one another. We provide an interactive outdoor science experience, a collaborative learning environment, and personal growth opportunities through individual challenges. Foothill Horizons Outdoor School develops respectful global citizens dedicated to stewardship in their communities and beyond.

# Outdoor education can happen ANYWHERE--at Foothill Horizons, at school or at home--because...

1. NATURE is everywhere
2. You can BE a SCIENTIST anywhere
3. Connection to nature reduces stress, increases learning, wonder and joy--that's SOCIAL EMOTIONAL LEARNING




What does a scientist look like?  
Scan the code to find out. . .

(If we could put a mirror here we would!)



Foothill Horizons Curriculum is aligned with  
Common Core State Standards and Next Generation Science Standards.

Science & Engineering Practices	Disciplinary Core Ideas	Cross Cutting Concepts
<ul style="list-style-type: none"> <li>•Asking Questions and Defining Problems</li> <li>•Engaging in Arguments from Evidence</li> <li>•Obtaining, Evaluating and Communicating Information</li> </ul>	<ul style="list-style-type: none"> <li>•Life Sciences 1, 2, 4</li> <li>•Earth and Space Science 1, 2, 3</li> <li>•Human Impact on Earth Systems</li> </ul>	<ul style="list-style-type: none"> <li>•Energy and Matter</li> <li>•Structure and Function</li> <li>•Stability and Change</li> <li>•Cause and Effect</li> </ul> 



- Celebrate efforts and achievements - both your own, and others'.
- Take responsibility for your words, actions, and body language.
- Be respectful of each other, yourself, our school, and nature.
- Commit to participate and to try new things.
- Be safe with your body and with other people's feelings.

*These are things I can do to make this a good week for myself and others:*

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*These are things I would like to learn about this week:*

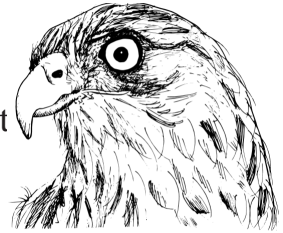
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# NATURE SAFETY TIPS AND TRICKS!

- Tell an adult where you are going.
- Be careful of what could be under objects.
- Never put your hands someplace you can't see!
- Don't put anything in your mouth!
- Wash your hands after touching a plant or animal.



STERN GRAY SQUIRREL

- Be respectful and don't hurt anything-- even bugs!
- If you pick something up, put it back where you found it.
- Small plastic containers work great for capturing bugs so you can observe them.
- It's easier to see birds in the early morning or evening.

**Get Outside!**  
  
**GET OUTSIDE!**  
 Spend at least 20 minutes a day playing outside or at a park this week – it can be 10 minutes here, 10 minutes there...

**Stare at a Plant**  
  
**STARE AT A PLANT**  
 Stare at a plant for 60 seconds.

**Want to know more about the animals you find?**  
**Scan these codes or go to these websites**

[CaliforniaHerps.com](http://CaliforniaHerps.com)

**Audubon**

 **InsectIdentification**  
 for the casual observer

# Nature Hunt



Using your senses, find the following things and *DRAW* or *DESCRIBE* them in the space provided.



Evidence of an animal (track, scat, home, etc.)	Something making music	An insect	Something living on a tree
A leaf	Something decomposing	A soil sample (smear it)	Something you can smell
A seed	Something new and amazing	Something soft	I wonder . . . ? <i>(ask a question about something you discovered)</i>

# THE 3 “I”S OF SCIENCE

Find an object that can fit into your hand.

Look at it closely to make observations using your 5 senses.

**I notice . . .** color, SIZE, SHAPE, texture, smell, behavior

*Describe the object.*

1.

2.

3.

**I wonder . . .** how? when? where? what? why?

*What questions do you have about the object?*

1.

2.

3.

**It reminds me of . . .**

*This can be something the object looks like, an event it makes you remember, or some information you know about it.*

1.

2.

3.



# Steps for Exploring Scientific Mysteries

1. Look closely and make observations (I notice . . . )
2. Record information by drawing, labeling or writing
3. Ask questions (I wonder . . . )
4. Answer your own questions (It could be . . . because . . . )
  - a) based on observation
  - b) using resources
5. Share ideas



Wait for instructions before filling out this page.

## It could be . . . because . . .

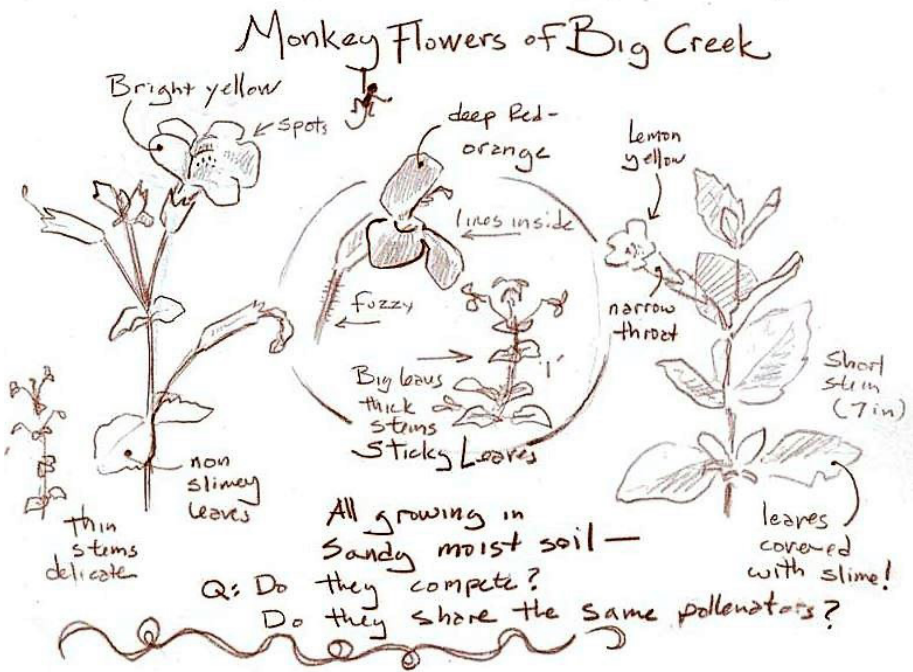
### Example:



It could be . . . *from a large bird like a hawk* because . . . *it is a big feather* It could be . . . *a feather from a wing* because . . . *it is really stiff and not fluffy*

# The 3 Languages of Scientific Sketching

- **Drawings:** make drawings BIG, draw what you see
- **Words:** labels, colors, behaviors, questions, other things you notice
- **Numbers:** count, estimate, measure (you can use the ruler on the cover of this journal)





# Your Scientific Sketch



# Observe An Animal

Wait for instructions before filling out this page.

Type of Animal: _____	Behavior (What is the animal doing?)
How it uses it to survive (Function)	
Body Part (Structure)	



Look at your pet, an animal outside or watch a video.

EL REY CLUB  
Lay on the ground and cross the room without using your arms or legs.



# The Foothill Horizons

# Earth

"I pledge to care for our home,  
the planet earth,  
and to be a committed global citizen.  
My words and choices matter.  
I have the power to make a  
difference for all living things."

**I pledge to reduce my impact on the earth by:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## HOW KIDS CAN HELP THE EARTH

Recycle  
Conserve Water  
Save Electricity  
Keep Your Leftovers  
Care for Animals & Insects  
Don't Waste Paper  
Pick Up Trash  
Walk When You Can  
Try Composting  
**Keep Learning About Earth**



**EARTH PLEDGE  
CLUB**  
Fill out the Earth  
Pledge pages and  
commit to doing  
something differently  
this week!



**ENERGY SAVER  
CLUB**  
Turn off your  
electronics when you  
are not using them-  
everyday for a week.

# **CONGRATULATIONS!!**

## **You finished the Blindwalk.**

Shhh!!! Please stay **SILENT** and seated until everyone is finished.  
Please answer the questions below.

**What did you notice on the blindwalk?** (*Smells, textures, sounds, etc.?*)

**What did you wonder on the blindwalk?**

**What was challenging for you on the blindwalk?**

# The Me-wuk Village



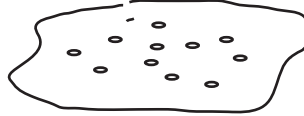
Hangi



Chukka



U:macha



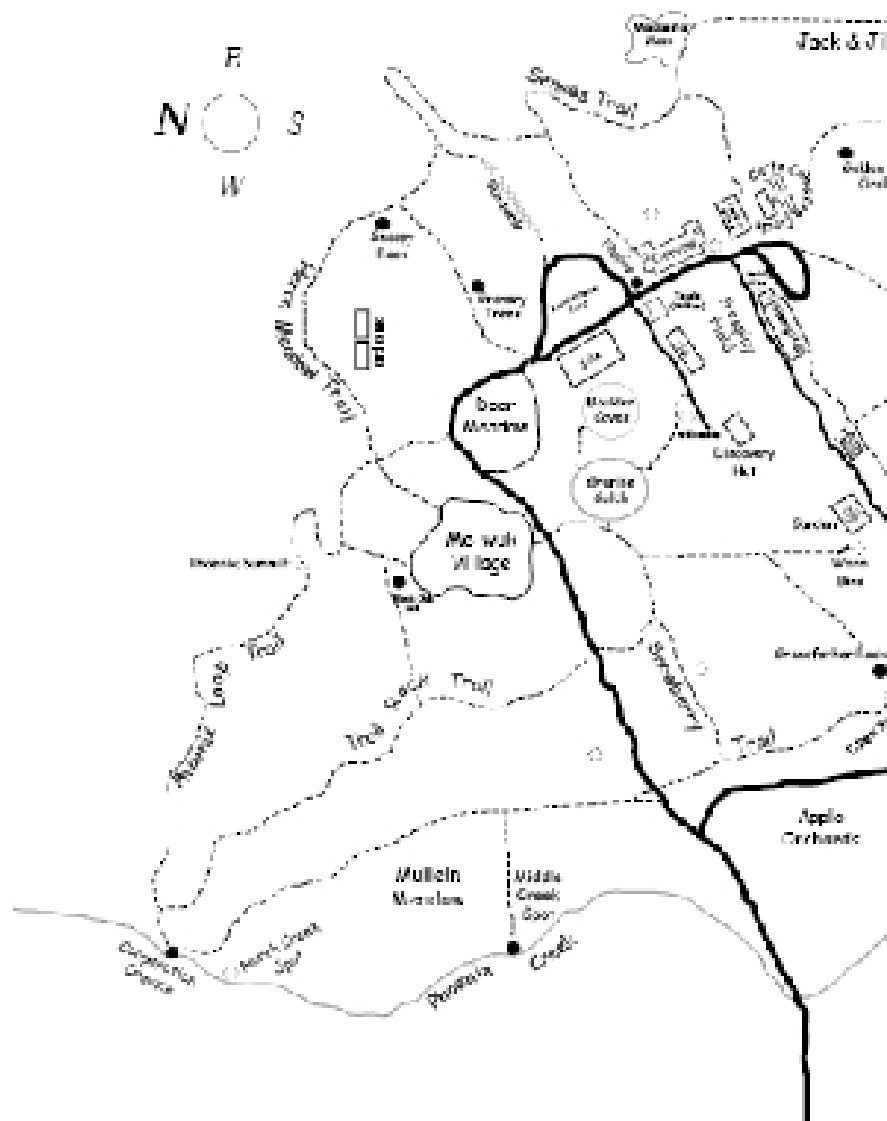
Chawsay



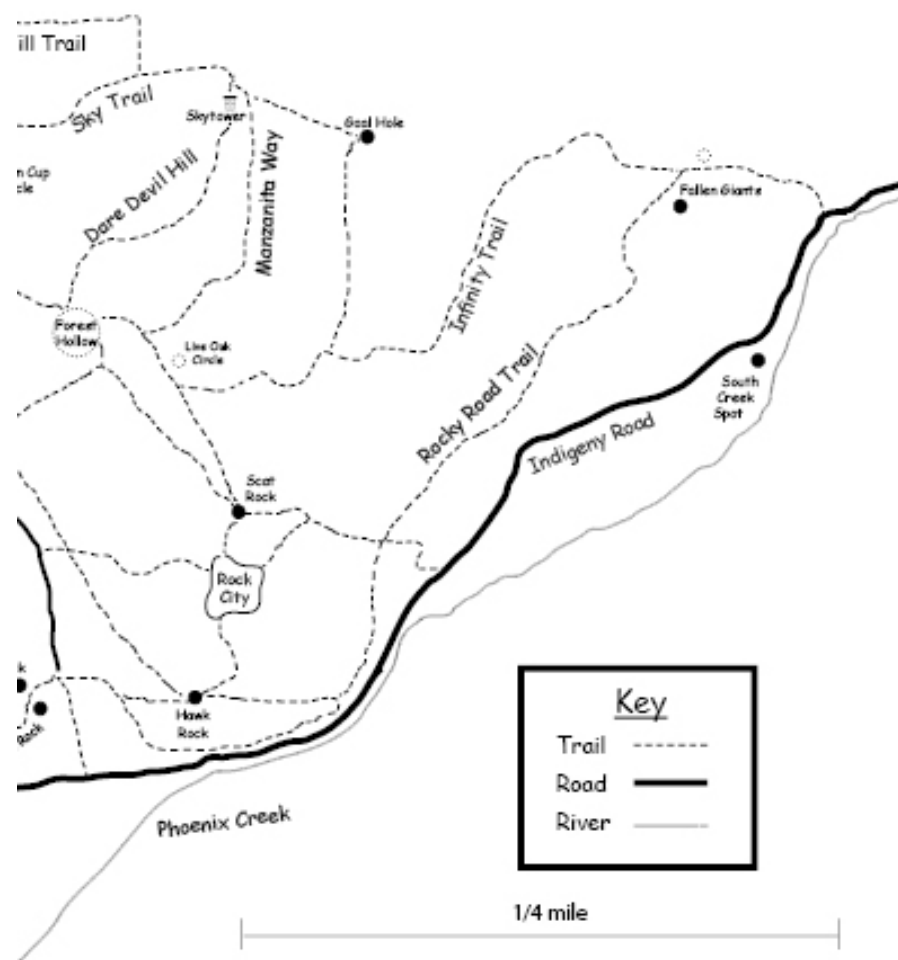
Chapuya  
(underground building)

U:macha		
Hangi		
Chukka		
Chawsay		
Chapuya		

# FOOTHILL HORIZONS



# OUTDOOR SCHOOL



# THE NIGHT

Most people don't step outside at night or even look out the window.


Look up at the night sky.  
What do you see?

Feel the night air on your face

Take a deep breath . . .  
Does it smell different?

Listen.  
Are the sounds different  
than during the day?

*Luna Club*



LUNA CLUB  
Take 5 minutes  
to study the night  
sky with a family  
member or alone.

**Want to know more?**

NASA Kids' Club



American Museum  
of Natural History

What is scary about the night? Or what is not scary about the night?

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If you were nocturnal (animals who are active at night) what special skill or adaptation would you want? (Example: lots of fur to keep warm)

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What do you wonder about while looking at the night sky?

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# Design An Animal

*Remember  
to label details!  
(colors, body parts)*

Draw it below:

Name your animal: \_\_\_\_\_

1. Where does your animal live?
2. How does it move?
3. What does it eat?
4. How does it keep warm/cool?
5. How does it protect itself from predators?
6. What type of home does it live in? (ie: nest, hole in the ground, tree, etc.)
7. How big is it?

# Mini Safari



1. Explore an area the size of 2 journal pages. Choose someplace with interesting natural objects, like your backyard, a garden, a park or a grassy field.
2. Imagine that you are the size of an ant as you explore.
3. Draw and label any plants, animals or nature objects you discover below.

# Reflection . . .

write or draw about  
your week in the squares below.



Before Outdoor Ed I felt . . .

On the first day I felt . . .

I learned . . .

Exploring nature  
makes me feel . . .

I am proud of . . .

I will always remember . . .







# PLANTS

## TREES

- Oak
- Pine
- Buckeye
- Willow
- Alder
- Manzanita
- .....
- .....
- .....

## SHRUBS & MORE

- Elderberry
- Wild Rose
- Grape
- Poison Oak/ Ivy
- Blackberry
- Grass
- Moss
- Lichen
- .....

## FLOWERS

- Poppy
- Lupine
- Milkweed
- Sunflower
- Daisy
- Sunflower
- Clover
- .....
- .....

# ANIMALS

## MAMMALS

- Bat
- Rabbit
- Mouse
- Fox
- Squirrel
- Gopher
- Deer
- Raccoon
- .....
- .....
- .....
- .....

## INSECTS & MORE

- Ant
- Bumble Bee
- Wasp
- Fly
- Worm
- Beetle
- Mosquito
- Butterfly
- Water Bug
- .....
- .....
- .....

## BIRDS

- Hummingbird
- Hawk
- Turkey Vulture
- Wild Turkey
- Owl
- Woodpecker
- Crow
- Robin
- Jay
- Duck
- .....
- .....

## REPTILES & AMPHIBIANS

- Lizard
- Snake
- Frog
- .....



WESTERN GRAY SQUIRREL

Want to know more?

ID plants and animals near your home using your phone



SEEK  
by iNaturalist

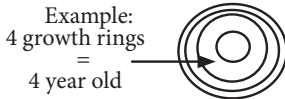


# MY TREE COOKIE

Draw a picture of your nametag below.

*Remember  
to label  
any details!*

How many rings does your tree cookie have?  
(each dark circle = 1 year of growth) \_\_\_\_\_



Year:    \_ \_ \_ \_

- # of rings:    \_ \_ \_ \_

=

What year did your tree cookie start growing?  
(subtract the number of rings from this year)

What does a tree need to survive?:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Did you notice that some of the tree rings are larger and some are smaller?  
What do you think might cause a tree to grow more or less than normal in a year?

\_\_\_\_\_

\_\_\_\_\_



# Word Search

Find the words listed below. They're hidden across, up/down, backwards, diagonally and overlap.

I F N T R A Y S D F O C R R R  
B P A O N A K E U E O C E E E  
Y C I I C C C N L N E H H W S  
S R M H A T C C S L A R T O P  
E A E R S T U E O W A C A L E  
L A T T I D R R K O E V E F C  
C T R O S V N E N S N T W D T  
O O N T A Y C E N A W N A L S  
M Y A T H N M I I M L A T I E  
M H I K E N A T U R E L E W R  
U O O I E T O Y O C F P R O O  
N Q C N N S T R U C T U R E F  
I S I U L E R R I U Q S O W L  
T P O A N O I T A V R E S B O

Alder  
Cave  
Earth  
Frog  
Hike  
Mystery  
Oak  
Owl  
Raccoon  
Scat  
Stars  
Valley  
Willow

Buckeye  
Deer  
Friendship  
Hawk  
Mountains  
Nature  
Outside  
Plant  
safety  
Squirrel  
Tracks  
Weather

Animal  
Coyote  
Forest  
Function  
Insect  
Mystery  
Observation  
Pine  
Respect  
Science  
Structure  
Water



# Want to learn more about science, nature and the outdoors?

## Near Your Home:



Great Valley Museum of Natural History at MJC  
[www.mjc.edu/instruction/sme/gvm/index.php](http://www.mjc.edu/instruction/sme/gvm/index.php)  
 Visit the planetarium, view the the night sky through a telescope with the MJC Astronomy Club, or check out the museum's huge collection of animals . . . It's like the discovery hut, but bigger!!



Stanislaus Wildlife Care Center in Hughson  
[www.stanislauswildlife.org](http://www.stanislauswildlife.org)  
 This wildlife center takes in injured and orphaned animals. Visit the animals, volunteer or join them for a free event!



Tuolumne River Trust  
[www.tuolumne.org](http://www.tuolumne.org)  
 Explore nature in Modesto with the Tuolumne River Adventure Club for kids ages 12-18, or go to one of their free events, like community bike rides and river clean-up days.



California State Parks  
 Learn about state parks near you or take a virtual tour!



**CHILL OUT**  
**CHILL OUT CLUB**  
 Relax. Breathe. Smile!  
**Breathe In**  
 Calm your body.  
**Breathe Out**  
 Smile and relax.



*"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."  
 -The Lorax (Dr. Seuss)*



**SKY OBSERVER**  
**SKY OBSERVER CLUB.**  
 Complete this page to join.



How to Stay Connected with Foothill Horizons  
**BE A COUNSELOR**  
**WHEN YOU ARE A JUNIOR OR SENIOR**  
**IN HIGH SCHOOL**

FREE!  
Bring your family!



**Foothill Horizons**



**Summer Camp**

Write to the Foothill Horizons staff at:

21925 Lyons Bald Mountain Road  
Sonora, CA 95370

Visit us at:

[www.foothillhorizons.com](http://www.foothillhorizons.com)

& Follow us on Social Media for

photos, videos, nature challenges, song lyrics and more!!!



Tag your photos #foothillhorizons

Thank You!!



Education Foundation  
of Stanislaus County



**KAISER  
PERMANENTE®**



WARD PROMOTIONAL  
MARKETING SOLUTIONS

# Tracks & Scat Guide

<p><b>Gray Fox</b></p> <p>1 1/2 inches front foot</p> <p>1 1/2 inches hind foot</p> <p>2 1/2 inches (often found on rocks or other high places)</p>	<p><b>Bobcat</b></p> <p>1 3/4 inches Left Front Foot</p> <p>4 inches</p> <p>1 inch Left Hind Foot</p>
<p><b>Mountain Lion</b></p> <p>3-4 inches Left Front Foot</p> <p>3-5 inches Left Hind Foot</p> <p>&gt;5 inches (may contain fur or bone)</p>	<p><b>Wild Turkey</b></p> <p>4 1/2 inches</p> <p>3 inches</p> <p>male female</p>
<p><b>Skunk</b></p> <p>1 1/2 inches front foot</p> <p>1 3/4 inches hind foot</p> <p>3 inches</p>	<p><b>Gray Squirrel</b></p> <p>1 1/2 inches front foot</p> <p>2 3/4 inches hind foot</p> <p>1/5 inch</p>
<p><b>Coyote</b></p> <p>2 1/2 inches front foot</p> <p>2 1/4 inches hind foot</p> <p>4 inches</p>	<p><b>Raccoon</b></p> <p>3 inches front foot</p> <p>3 3/4 inches hind foot</p> <p>3 inches</p>
<p><b>Mule Deer</b></p> <p>2 1/2 - 3 inches</p> <p>1/2 inch</p> <p>3/10 inch</p>	<p><b>Jack Rabbit</b></p> <p>1 1/2 inches front foot</p> <p>4 3/4 inches hind foot</p> <p>3/10 inch</p>