



# Foothill Horizons

## Class Descriptions

### ADVENTURE HIKE

**This lesson is designed to:**

- Help students gain a sense of being valued, belonging to a group, and develop prosocial mindsets in a science learning community.
- Help students gain self-awareness, self-management skills and gain confidence in themselves
- Help students build resilience and gain a sense of the importance of different senses for navigating in life and in various habitats.
- Help students connect to, get interested in, and be comfortable in nature
- Help students learn how to observe, develop and answer their own questions in science
- Help students grapple with scientific concepts
- Help students gain an understanding of engineering and creating a design. (if doing shelter building)

**Expected Activities:**

- Help kids start to feel comfortable in nature
- Introduce the Journals
- Introduce hiking tips and how to be active and exploring during their time at Foothill
- Point out Poison Oak
- SEL Games/Activities
- Observation skills for looking closely at some aspect of the natural world

### SCIENTIFIC PRACTICES

**This lesson is designed to:**

- Help students gain a sense of being valued, belonging to a group, developing prosocial mindsets in a science learning community.
- Help students gain self-awareness, self-management skills and gain confidence in themselves, help students build resilience and gain a sense of the importance of different senses for navigating in life and in various habitats.
- Help students connect to, get interested in, and be comfortable in nature
- Help students learn how to observe and develop and answer their own questions in science
- Help students grapple with scientific practices

**Expected Activities:**

- Sensory activities such as ‘The Blindwalk’: students follow a guide chain as they walk through the forest while blindfolded and experience the forest through senses other than eyesight.
- Students look closely at nature, record information, ask questions, use resources, and share ideas
- Students get to see a live animal, make observations, and learn about its natural history



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## EARTH SCIENCES

### Concepts Addressed:

- Students experience that the surface of the land is varied
- Students understand that water can create variation in the earth's surface
- Students observe that rocks break down into sand (weathering)
- Students investigate how sediment can be moved by water to a new location (erosion & deposition)
- Students consider the concept of change over time
- Students consider human impacts on the land and water

### Social Emotional Learning:

- Help students build a network of learning peers
- Help students gain self-awareness and confidence in themselves
- Help students build resilience and become lifelong learners
- Show students that nature is a playground of beauty and wonder and that they can enjoy nature, have access to nature, and belong in nature as much as any other human.

### Expected Activities:

- Exploring/climbing and looking at rocks and topography
- Visual Model/Demonstration of land being changed by water
- Student centered questions and discoveries
- Hiking
- Going to the creek (Can be done during other hikes instead of or additionally)
- Making scientific observations (3 Is routine: I notice, I wonder, It reminds me of...)

## ME-WUK LESSON

### In this lesson:

- Students understand that the Me-Wuk are alive and thriving.
- We will acknowledge the past in order for students to understand that Me-Wuk and other Indigenous Californians were killed/enslaved/taken from their families, and that their land and water was stolen and/or destroyed.
- Students will honor the Me-Wuk Culture by learning about their traditions and language.
- Students will connect what they are learning about the Me-Wuk to their own lives and culture.

### Expected Activities:

- Invitation/Introduction (Me-Wuk on this land for thousands of years, Me-Wuk History: Gold Rush, Population Decline)
- Village Tour/Exploration
- Village Debrief (Me-Wuk cultural traditions today)
- Activities (Acorn pounding, staves, hoop and spear, cordage, pinitas, scavenger hunt, tree key)
- Activities Debrief (Nupa making traditionally and today/Gaming today)
- Closing - time in the Hangi (Roundhouse)
- Reflection Questions