

## Explore Wellness, Literacy and Numeracy through Outdoor Learning – Part 2



PRESENTED BY

**Andrea Barnes**



SERIES SESSIONS

Date	Time
January 20, 2023	10:00 AM - 3:00 PM



LOCATION

**Sawmill Area - within Peter Lougheed  
Provincial Park**

FEE

**\$25.00**

QUESTIONS?

Contact Us:

[crc.info@aplc.ca](mailto:crc.info@aplc.ca)

[403-291-0967](tel:403-291-0967)

REGISTER ONLINE

Visit our website to register:

[crcpd.ab.ca](http://crcpd.ab.ca)

### Learning Opportunity

TARGET AUDIENCE: **GR 5-9 TEACHERS** OF ALL DISCIPLINES, PRE SERVICE TEACHERS, ADMINISTRATION, EDUCATIONAL ASSISTANTS, AND LEARNING COACHES ARE ENCOURAGED TO ATTEND.

Join this learning, set in the great outdoors, where we'll expand our **interdisciplinary** literacy and numeracy repertoire, with an interwoven wellness focus, using the land as our inspiration. You can choose to participate in all 3 parts or you can pick and choose the sessions which are most applicable to you. We will learn from each other while engaging with programming experts to deepen our outdoor learning resources facilitated by outdoor and environmental educator, Andrea Barnes. Come and enjoy the **mental wellness benefits of movement and spending time outdoors** while we explore connections to the various subject disciplines.

We will explore land-based learning, what it means to us, and how we can incorporate it into our daily teaching and year plans.

The sessions will integrate **three FULL DAY outdoor experiences** as ways of learning from the land, choose all 3 sessions or a combination that works.

- **Part 1:** Monday, October 3 (Full Day) ***Connecting to the Land*** (target audience grade K-6) through a FULL DAY hike in Kananaskis Country (Yamnuska Area). We will consider how you can set up your classroom for outdoor learning all year. We'll also discuss some of the new curriculum outcomes and how to bring them alive outside. To register click [here](#).

- **Part 2:** January 20 (Full Day) ***"Exploring in a Winter Wonderland"*** (target audience Gr.5-9) through a FULL DAY guided snowshoeing trip in Kananaskis Country. We will highlight snow studies, wildlife tracking, inquiry, and wellness. We'll consider how you keep your outdoor classroom engaging all winter long.
- **Part 3:** June 2 (Full Day) ***"Making Water Connections"*** (Target audience: Gr. 7-12) through a FULL DAY water experience travelling in 'Big Boats' (voyageur canoes). This session will be delivered in partnership with the Canadian Rockies Outdoor Learning Centre and CRPS school division. We will explore diverse ways to help students connect to water ecosystems. To register click [here](#).

Throughout these learning days we will weave literacy and numeracy outcomes into each of these land-based learning objectives through:

- Learning techniques that include land-inspired stories, engaging projects, inquiry ideas, and interactive games.
- Profiling and sharing quality resources, lesson plans, and planned activities for your classroom.
- Modelling 'connecting to land' by spending time together in 3 seasons through three different recreational activities
- Creating space for conversations around how you might contextualize this to your educational context

These elements will help your students be more observant, reflective, and curious about the land and take one small step towards building reciprocity into your teaching repertoire.

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## Presenters

### Andrea Barnes

is passionate about teaching and learning outdoors. She has been the Formal Education Coordinator with Alberta Parks in Kananaskis Country for the past 20 years where she has been developing, delivering and evaluating field experiences for students and professional development workshops for teachers. She is inspired and influenced by progressive teaching pedagogy, infusing Land-based learning principles and the natural learning cycle in her programs. She aspires to have a growth mindset when it comes to improving her practice. Andrea is also a professional learning contractor and a classroom teacher. She worked in an outdoor school in Canmore as their Nature Immersion Curriculum Specialist and is now a classroom teacher in the same school.

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## Registration Notes

Lunch is NOT included.

Link to location: <https://goo.gl/maps/a4gwW3emSenn7yZT7>



**Providing Quality Professional Learning  
Opportunities to K-12 Education Staff**