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Based at The Nature of Things campus, Cultivating Wild offers a range of programs to outside groups for students in kindergarten through grade 12. School, homeschool, and other youth groups are able to take advantage of the unique learning opportunities afforded by Cultivating Wild’s abundance and access to natural landscapes, wildlife, working farm, “green” buildings featuring solar and geothermal energy systems, and experienced, knowledgeable educators.

Cultivating Wild's goal is to give each student a sense of their unique connection with the natural world. Cultivating Wild wants all students, regardless of background, to have the opportunity to experience food systems and wild landscapes, so they may build a connection to the place they live and discover their purpose in the context of the natural world.

Through direct experience, students will use their senses to connect to the wonders of the forests, fields, and waterways, along with the animals and plants that make up our working farm. Students could be building shelters, making fires, feeding farm animals, planting carrots, learning to walk quietly in the forest, or playing games that teach a skill.

We can work with teachers or group leaders to design a program that aligns with your current curriculum and projects. Look through this booklet to select a themed field trip day programs that suits your group’s needs!

We look forward to hosting your group soon!

The Cultivating Wild Team
The Nature of Things campus consists of 39 acres of pristine land in South Nashua, NH and Dunstable, MA and abuts roughly 700 acres of conserved and protected land that we utilize for hiking, farming, and nature studies. With 10 miles of trails, fields, forests, ponds, wetlands, and a working farm, Cultivating Wild has access to a wide variety of natural landscapes and ecosystems. Partnerships with the Dunstable Rural Land Trust and Southwest Nashua Conservation Trail organizations give us access to these beautiful natural landscapes.

Facilities include:
- Working animal barn
- Woodland plot
- Indoor structure for protection from rain, wind, snow, cold
- Greenhouse
- Gardens
- Indoor restrooms

Landscape features of note:
- Woodlands
- Fields, meadows, and pastures
- Trails
- Ponds
- Vernal pools
- Bog
- Orchards
Each Cultivating Wild field trip program has been aligned with the Next Generation Science Standards (NGSS), in order to provide educators with a way to connect field trips with school curriculum.

Additionally, each program lists which aspects of the “5C’s” are present in the program. The 5C’s are:

- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection

To learn more about the 5C’s, we invite you to read The Nature of Things’ educational blog.

http://tnotgroup.com/generation5c/
Nature Awareness (Grades K-3)
September – November: 5 hours | December – March: 2 hours

- Introduction to Nature Awareness techniques; stealth & stalking gameplay
- Learn the animals of the forest by moving like those animals
- Hike the trails and visit multiple ecosystems to learn about their inhabitants
- Nature-based gameplay
- Campfire cooking (groups of 12 or fewer)

NGSS Alignment:
- ESS3.A: Natural Resources
- LS1.A: Structure and Function
- PS1.B: Chemical Reactions
- LS2.A: Interdependent Relationships in Ecosystems
- LS4.D: Biodiversity and Humans
- ESS2.C: The Roles of Water in Earth’s Surface
- ETS1.B: Developing Possible Solutions

5C’s Alignment:
- Collaboration
- Creativity
- Communication
- Community connection

Nature Connection (Grades 4-12)
September – November: 5 hours | December – March: 2 hours

- Natural shelter making
- Bow-drill friction fire without matches
- Introduction to Nature Awareness techniques; stealth & stalking gameplay
- Introduction to wild plant foraging; scavenger hunt for common seasonal plants
- Journal and field guide best practices

NGSS Alignment:
- LS4.D: Biodiversity and Humans
- ETS1.B: Developing Possible Solutions
- ESS3.C: Human Impacts on Earth Systems
- PS3.A: Definitions of Energy
- PS3.B: Conservation of Energy and Energy Transfer

5C’s Alignment:
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection
Wildlife Tracking (Grades 1-12)
September – November / April - June: 4 or 5 hours | December – March: 2 hours

- Track identification: “Who’s in our woods?”
- The art of seeing
- Drawing tracks, track aging, and track patterns
- Direction and timing gameplay
- Trailing challenge

NGSS Alignment:
LS2.C: Ecosystem Dynamics, Functioning, and Resilience
LS1.D: Information Processing
PS2.A: Forces and Motion
LS4.A: Evidence of Common Ancestry and Diversity

5C’s Alignment:
Critical thinking
Collaboration
Creativity
Communication
Community connection

Forest Food Webs (Grades 4-12)
September – November / April - June: 4 or 5 hours

Learn about the diverse forest ecosystem by visiting several micro-habitats along our trails. Experience how energy flows through plant, animal, and fungal life cycles to create symbiotic relationships, as well as fierce competition. Join us as we weave the web of life.

- Soil samples
- Water samples
- Forest succession
- Introduction to animal tracks and signs

NGSS Alignment:
LS1.C: Organization from Matter and Energy Flow in Organisms
LS2.A: Interdependent Relationships in Ecosystems
LS2.C: Ecosystem Dynamics, Functioning, and Resilience
LS2.B: Cycles of Matter and Energy Transfer in Ecosystems
PS3.D: Energy in Chemical Processes and Everyday Life
ESS2.C: The Roles of Water in Earth's Surface Processes
ESS3.A: Natural Resources
ESS2.A: Earth's Materials and Systems

5C’s Alignment:
Critical thinking
Collaboration
Communication
Community connection
FIELD TRIP THEME | NATURE

Wonders of Water (Grades K-4)
September – November / April - June: 2 or 4 hours

H₂O is the source of life for all organisms on this planet. Visit our vernal pools, ponds and streams to see how water moves around our landscape. Experience the many ways that water shows up in our daily lives and the vital role it plays on the farm and in the forest.

- Phases of water
- Water creatures
- Bodies of water
- How to find drinking water without a faucet
- Water and weather

NGSS Alignment:
- LS1.C Organization from Matter and Energy Flow in Organisms
- LS2.A Interdependent Relationships in Ecosystems
- ESS2.D: Weather and Climate
- ESS2.C: The Roles of Water in Earth’s Surface

5C’s Alignment:
- Critical thinking
- Creativity
- Communication
- Community connection

Wonders of Water (Grades 5-12)
September – November / April - June: 4 or 5 hours | December - March: 2 hours

H₂O is the source of life for all organisms on this planet. Visit our vernal pools, ponds and streams to see how water moves around our landscape. Experience the many ways that water shows up in our daily lives and the vital role it plays on the farm and in the forest.

- Phases of water
- Water cycles
- Bodies of water
- How to find drinking water without a faucet
- Clean water vs. dirty water
- Water and weather
- Protecting river watersheds: Why and how?

NGSS Alignment:
- ESS2.C: The Roles of Water in Earth’s Surface Processes
- ESS2.D: Weather and Climate
- ESS3.C: Human Impacts on Earth Systems

5C’s Alignment:
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection
Who Gives a Poop? (Grades K-6)

September – November / April - June: 4 hours | December - March: 2 hours

Learn about the many forms and functions of animal waste. Known as scat, droppings, manure, dung, feces, excrement, number two, or collectively as “Poop” the waste animals leave behind serves many functions for the farm and forest ecosystems. We’ll explore some of its uses here at Cultivating Wild and crack a few jokes along the way. Your students will never look at poop the same way again.

- Wild animal scat identification
- Farm animal manures
- Composting methods
- Where does poop go?
- The function of manure in an ecosystem

NGSS Alignment:
- ESS2.E: Biogeology
- LS1.D: Information Processing
- LS2.A: Interdependent Relationships in Ecosystems
- ESS3.A: Natural Resources
- LS2.B: Cycles of Matter and Energy Transfer in Ecosystems

5C’s Alignment:
- Critical thinking
- Creativity
- Communication
- Community connection
WILDERNESS SKILLS

Wilderness Survival (Grades 3-12)
September – November / April - June: 4 or 5 hours | December - March: 2 hours

- Natural shelter making challenge
- Fire making
  - Share effective fire gathering techniques that honor the caretaker attitude
  - Share safe and effective fire lighting techniques
  - Challenge groups to gather and light a fire to burn a string two feet off the ground
  - Make a fire using bow-drill friction fire without matches
- Introduction to Nature Awareness techniques through stealth and stalking gameplay
- Safe water in the wild (hazards and safe processing techniques)
- Common edible and utilitarian plants

NGSS Alignment:
- PS3.B: Conservation of Energy and Energy Transfer
- PS3.D: Energy in Chemical Processes and Everyday Life
- ESS3.A: Natural Resources
- ETS1.A: Defining and Delimiting Engineering Problems
- ETS1.B: Developing Possible Solutions
- PS3.D: Energy in Chemical Processes and Everyday Life

5C’s Alignment:
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection

Natural Shelter Building (Grades 1-12)
September – November / April - June: 4 or 5 hours | December - March: 2 hours

- Natural Shelter Making
  - In groups, build a miniature shelter out of natural materials that can withstand weather
  - Lesson on forces that affect shelters and ways to choose a good location
  - Common natural shelters of New England
  - Work as a group to build a debris hut, lean-to, or Wig-wam
- Importance of cordage in natural building
- Natural building materials and where to find them on the landscape
  - Clay
  - Timber
  - Sand
  - Hay bale
- Tour our modern timber-framed structure

NGSS Alignment:
- ETS1.A: Defining and Delimiting Engineering Problems
- ETS1.B: Developing Possible Solutions
- ETS1.C: Optimizing the Design Solution
- PS1.B: Chemical Reactions

5C’s Alignment:
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection
**FIELD TRIP THEME | WILDERNESS SKILLS**

### Fire Starters (Grades 4-12)
September – November / April - June: 4 or 5 hours | December - March: 2 hours

- **Fire Making basics**
  - Share effective fire gathering techniques that honor the caretaker attitude
  - Share safe and effective fire lighting techniques
  - Share several useful fire lays and designs
- **One match fire challenge**
- **Matchless fire using spark throwers**
- **Bow-drill friction fire without matches**
- **Make fire to boil water**
- **Primitive cooking**

**NGSS Alignment:**
- PS1.B: Chemical Reactions
- ETS1.C: Optimizing the Design Solution
- ESS2.A: Earth Materials and Systems

**5C’s Alignment:**
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection

### Wild Plant Foraging (Grades 5-12)
September – November / April - June: 4 or 5 hours | December - March: 2 hours

- **Basic botanical terms; parts of a plant**
- **Four of the most common and useful plants to know in any environment**
- **Sketching and journaling plants**
- **Identifying plants using field guides**
- **Seasonally-appropriate harvest of wild plants for food or utilitarian use**
- **Plant scavenger hunt**
- **Gather for group meal or herbal tea**

**NGSS Alignment:**
- ESS2.A: Earth Materials and Systems
- LS1.A: Structure and Function
- LS3.B: Variation of Traits
- LS1.B: Growth and Development of Organisms
- LS4.B: Natural Selection
- LS2.C: Ecosystem Dynamics, Functioning, and Resilience
- LS4.C: Adaptation

**5C’s Alignment:**
- Critical thinking
- Collaboration
- Communication
- Community connection
Farm Friends (Grades K-3)
September – November / April - June: 5 hours

Where does your food come from? Learn how animals and plants turn sunlight into food and how we can care for them humanely.

- Visit the barn to learn about farm animals and help take care for them
- Learn how composting works
- Tour the gardens and plant, water or harvest
- Anatomy of an egg
- Cook a meal made of farm fresh produce

NGSS Alignment:
- ESS2.E: Biogeology
- ESS3.A: Natural Resources
- ESS3.C: Human Impacts on Earth Systems
- LS1.B: Growth and Development of Organisms
- LS3.A: Inheritance of Traits
- LS2.A: Interdependent Relationships in Ecosystems
- LS2.D: Social Interactions and Group Behavior
- ESS2.A: Earth Materials and Systems
- PS3.D: Energy in Chemical Processes and Everyday Life

5C’s Alignment:
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection

Farm Food Webs (Grades 4-12)
September – November / April - June: 4 or 5 hours

Where does your food come from? Animals and plants turn sunlight into food! The farm’s ecology includes, soil, water, sun, air, minerals and more. Learn how we harness these part to cultivate a healthy and sustainable farm. Ancient, as well as cutting edge farming techniques will be exhibited.

- Visit the barn to learn about farm animals and help take care for them
- Learn how composting works
- Soil sampling science
- Tour gardens and get your hands dirty
- Fiber craft
- Farm fresh snack

NGSS Alignment:
- ESS2.E: Biogeology
- LS2.B: Cycles of Matter and Energy Transfer in Ecosystems
- LS2.A: Interdependent Relationships in Ecosystems
- PS3.D: Energy in Chemical Processes and Everyday Life
- LS1.B: Growth and Development of Organisms
- ESS3.A: Natural Resources

5C’s Alignment:
- Critical thinking
- Collaboration
- Creativity
- Communication
- Community connection
Customizable Field Trip Activities
Some activities may be restricted by age and/or season

The following activities are examples of themes that the Cultivating Wild team can insert into a tailored program for your group. Read through the following list for inspiration and be sure to inquire for more information at wild@tnotgroup.com.

- Sensory awareness games
- Nature observation, journaling, and range mapping
- Pattern recognition of animal tracks and sign
- Wild plant identification scavenger hunts
- Learning about native plants in different habitats
- Tree studies
- Domestic plant cultivation
- Help sowing, weeding or harvesting (seasonally dependent)
- Tour permaculture systems
- Using field guides
- Shape-shifting into animals and natural movement
- Moving silently in the woods
- Low ropes course and team building
- Natural shelter building
- Fire making techniques and team challenge
- Friction fire using bow-drill method
- Kayaking
- Wood carving
- Coal burned spoons and bowls
- Dynamic mindfulness activities
- Fiber crafts
- Basket making
- Primitive cooking
- What do farm animals need?
- Learn about composting
- Experience the water cycle
- Crafting primitive traps
- Map and compass
- Natural/aid-less navigation
WHAT TO BRING & WHAT TO EXPECT

Each field trip will be different based on the program and the participants, but you can expect to spend the majority of time in the outdoors with two to three breaks for lunch and trips to the indoor restroom facilities. All field trip programs are led by a trained naturalist with hands-on knowledge in the subject and enthusiasm for sharing nature’s wonders, in pursuit of deep connection for the participants.

Field trips are held in rain or shine, except in cases of dangerous weather. Students may participate in activities during which they are hands-on in nature and consequently may get dirty or muddy, so clothing choices should reflect this possibility. Activities such as building fires can pose small risks, but the Cultivating Wild team understands these risks well and will clearly identify them before each activity, as well as supervise and instruct during.

Each participant should bring/wear:

- Bagged lunch (lunch breaks may be held indoors or outdoors, depending on the weather and logistics of specific programs)
- Water bottle
- Personal snacks
- Seasonally-appropriate outerwear which may include jackets, gloves, hats, snow pants, etc.
- Shoes should be weather appropriate and should not have open toes or heels; Boots are strongly recommended in December - April
- Extra pair of socks
- Optional: Sunscreen, bug spray, journal
REGISTRATION INFORMATION

Program Fee Structure

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
<th>Minimum # of Students</th>
<th>Maximum # of Students (K-3)</th>
<th>Maximum # of Students (4-12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 hours</td>
<td>$10 per student</td>
<td>8</td>
<td>24</td>
<td>30</td>
</tr>
<tr>
<td>4 hours</td>
<td>$20 per student</td>
<td>10</td>
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<tr>
<td>5 hours</td>
<td>$25 per student</td>
<td>10</td>
<td>24</td>
<td>30</td>
</tr>
</tbody>
</table>

If your class has more than the maximum number of students, please contact us for more information.

Chaperone Ratios

The following are the mandatory minimum ratios for all field trip programs. Up to 6 chaperones are included in the program price; We encourage additional chaperones to join any program.

- Grades K-1: At least 1 chaperone is required for every 6 students.
- Grades 2-3: At least 1 chaperone is required for every 8 students.
- Grades 4-12: At least 1 chaperone is required for every 10 students.

How to Register

Interested in signing your group up for a field trip? Call or email Cultivating Wild at The Nature of Things campus:

(603) 881-4815
wild@tnotgroup.com