

## **Wilderness Awareness School Custom Youth Programs**

### ***Sample Full-Day Program Introducing Each Curriculum Area***

- 8:30 a.m. Instructors Meet Participants
- 8:30 - 9:00 a.m. Group Storytelling Session
- 9:00 - 9:30 a.m. Basic Awareness Exercises and Hazards
- 9:30 - 11:30 a.m. Journey into the Forest learning Basic Plant Identification,  
Poisonous Plants, and Wandering without getting lost  
Mammal Tracking and Signs  
Awareness Games and Mapping Skills
- 11:30 - 12:00 p.m. Lunch with Instructors in the Field
- 12:00 - 2:00 p.m. Ecology and Community, The Peacemaker Story  
Survival Basics: Food, Water, Air, Shelter, Warmth  
Introduction to Bird Language and to the Native History of the area
- 2:00 - 2:30 p.m. Group Wrap-up / Departure