

Frost Valley Environmental Education Program Planning Checklist



Science Related:

- Acid Rain Studies
- Forest Ecology
- Freshwater Ecology
- Geology of the Catskills
- Half *or* All Day Ecology Hike •
- Organic Gardening
- Orienteering
- Resource Recovery
- Watersheds and Wilderness
- Wildlife Ecology
- Winter Ecology

Catskill Hikes:

- Cable Bridge
- Devil's Hole
- Giant Ledge
- High Falls ✕
- Slide Mountain

Historical / Cultural:

- Apple Cidering (fall)
- Castle Tour
- Ice Cutting (winter) •
- Maple Sugaring (early spring) •



- Indicates a Frost Valley staff member is required to teach this class

✕ Indicates a class that is **not** available in cold temperatures, high winds or rain

Group Building / Leadership Skills:

- Catapult (communication experience) •
- New Games
- Outdoor Living Skills
- Project Adventure •
- Ropes, Low •
- The Beast (communication experience)
- Trust Trip
- Wrap-up! (closing experience)

Adventure:

- Climbing Tower (grades 4-12) • ✕
- Flying Squirrel (grades 4-12) • ✕
- Giant's Ladder (grades 7-12) • ✕
- Giant Swing (grades 7-12) • ✕
- Leap of Faith (grades 7-12) • ✕
- Ropes, High (grades 7-12) • ✕
- Zipline (grades 7-12) • ✕

Recreation :

- Catskill Crafts
- Seasonal Recreation:
 - Broomball
 - Canoeing
 - Tubing/Broomball
 - Cross Country Skiing
 - Snow Shoe Hike

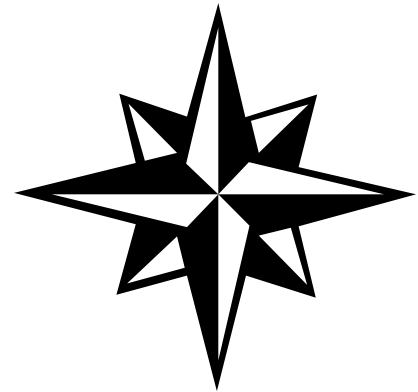
Frost Valley Environmental Education Evening Program List



Frost Valley will offer one evening program period per night. Evening programs generally start at 7:00 or 7:30. A snack is provided after the program.

Frost Valley Staff Lead Evening Programs:

- Action Auction
- Astronomy/Observatory •
- Catapult (communication experience)
- Campfire (songs, stories, skits and fun)
- New Games
- Night Awareness / Naked Eye Astronomy
- Predator - Prey Games
- Raffa Raffa
- Snow Tubing •
- Tractor Driven Hayride ✕ •
- Town Planning
- The Beast (communication experience)
- Zingers



Evening Speakers

A separate fee is charged for the speakers listed below, please ask your program coordinators for details.

- Eastern Africa Visit
- Environmental Music
- Herpetology
- The Lines of Nasca
- Native Americans of the Hudson Valley
- Ornithology
- Revolutionary War Soldier
- Square Dance
- Catskill Storyteller

- Indicates a Frost Valley staff member is required to teach this class
- ✕ Indicates a class that is **not** available in cold temperatures, high winds or rain.

Frost Valley Environmental Education Class Abstracts



The classes offered at Frost Valley have evolved during our thirty-five years of bringing people closer to their environment. It is our hope that these experiences will have an impact beyond Frost Valley. For that reason, we will strive to make our classes current and appropriate to the changing world. To guide us we have created a number of programmatic goals that we address through our curriculum and daily life at Frost Valley:

- Leadership - skills and qualities essential to working within groups
- Action - finding appropriate ways to apply environmental values
- Stewardship - in daily life and as a role model for others
- Empowerment - developing a positive self-concept and belief in your personal skills
- Responsibility - to be an active member in a sustainable future

Whether on an all day ecology hike, at Project Adventure or in the greenhouse, Frost Valley instructors will strive to make these LASER principles come to life in each student through awareness building activities and appreciation of the beauty and diversity of nature. We feel that learning should be discovery based, interactive and perhaps most of all — fun. Join us in creating an experience that will last a lifetime.

Science Related Classes

Acid Rain Studies — grades 6 - 12

- Goals
- Discuss the sources and terminology related to acid deposition
 - Develop a working understanding of the issues through experimentation
 - Explore individual choice and its influence on acid deposition
- Potential Activities
- The Acid Deposition class is an opportunity to explore this environmental crisis through direct experience utilizing basic chemistry and the study of pH. A variety of activities will include games, simulations and sampling techniques. Students may also visit the on-site United States Geologic Survey monitoring station to observe and discuss environmental research methods.
- Setting
- Indoor discussion with outdoor sampling and hiking

Forest Ecology — grades 4 - 12

- Goals
- Introduce the components of the forest ecosystem
 - Exposure to the life cycles and the interrelationships of a forest community
 - Investigate types of forests and their unique feature
 - Develop an environmental awareness which should lead towards a sense of stewardship
- Potential Activities
- While hiking and exploring Frost Valley's forests, students will compare various woodland ecosystems. The class will also include activities, which will introduce such concepts as: tree physiology; forest components; habitats; and human impact.
- Setting
- Outside, hiking, active

Fresh Water Ecology — grades 5 - 12

- Goals
- Introduction to the components of aquatic ecosystems
 - Exposure to the life-styles and interrelationships of freshwater communities
 - Investigate different water environments and their unique features
 - Develop an aquatic awareness emphasizing conservation
- Potential Activities
- After a brief introduction to fresh water ecology, students will use field testing equipment such as nets, microscopes, and identification books, and pH monitoring tools to search for and gather information about life in the pond and/or stream. Further exploration of these aquatic ecosystems include discovery, identification skills and deductive reasoning. Discussion topics could include the effects of pollutants, erosion, agriculture and other human impacts of fresh water.
- Setting
- Active, mostly outdoors

Geology of the Catskills — grades 7 - 12

Goals	<ul style="list-style-type: none">• Explore the geological formation of the Frost Valley area• Develop an understanding of how the Catskills were formed• Define geology's role in the environmental structure
Potential Activities	The class involves the exploration of rocks found in Frost Valley's streams and hills and the mechanisms involved in their deposition in this area. Students may build a model of the Catskill Mountains, observe stream power at work, or hike to interesting geological sites. Discussion of the value of interpretive geological thinking in field studies is included.
Setting	<ul style="list-style-type: none">• Outdoor hike, with possible indoor discussion

Half Day or Full Day Ecology Hike — all grades

Goals	<ul style="list-style-type: none">• To provide a more complete and intimate immersion into the environmental experience• Explore remote and scenic regions of Frost Valley that are often excluded by time constraints in the usual class period• Gain first-hand exposure to the inter-connectedness of various natural communities in a continuous flow of comparative activities throughout the day
Potential Activities	Many Frost Valley instructors feel that a more intimate and meaningful experience with students is possible by taking an instructor and a single group of students remote areas of the property where the balance of nature is less interrupted by human impact and by tracking an idea or theme throughout the day. Students will compare variety of communities through hands-on activities and investigation. For a full day program a cookout lunch prepared by the students will encourage teamwork and low impact camping. Teachers are encouraged to request topics to focus on as well as destinations they may want to see. Most science-oriented classes integrated into these longer experiences. The pace and length of the hike will be determined by the age, abilities and interest of the group.
Setting	<ul style="list-style-type: none">• Outdoors, active

Organic Gardening — grades 3- 9

Goals	<ul style="list-style-type: none">• Learn basic plant anatomy and identification• Participate in basic organic gardening practices including planting, caring for and reaping of the harvests• Explore issues related to world food resources, pesticide, and water intensive practices
Potential Activities	Regardless of the season, students can participate in an organic gardening experience at the Frost Valley greenhouse. Students will "dig in" and explore the world of cultivated plants. Activities may include games illustrating issues in agriculture, discussions on plant and garden needs and developing skills that will lead them toward gardening back at school.
Setting	<ul style="list-style-type: none">• Indoors

Orienteering — grades 7 - 12

Goals	<ul style="list-style-type: none">• Learn, or review, the parts of a compass and basic compass skills• Read and understand symbols on a topographic map• Utilization of compass and map skills to arrive at predetermined points
Potential Activities	Students will spend the first part of the class reviewing or learning how to use maps and compass. The students will then be challenged to use a map and compass together in small teams to find stations on a 20-acre orienteering course in the woods. This is a great opportunity to develop math skills, introduce topographic map reading, and use problem-solving skills in the field.
Setting	<ul style="list-style-type: none">• Indoors for introduction and outdoors for activity

Resource Recovery — grades 5 - 12

Goals	<ul style="list-style-type: none">• Explore the resources needed to manufacture objects in our everyday lives• Examine and learn about the Frost Valley composting program• Discover some potential solutions to our choices and actions
Potential Activities	Resources can be as diverse as drinking water, forests, minerals or clean air. Regardless, the uses of our world's resources effect environmental quality and fuel economies and politics globally. In this program, students will be involved in activities and role play situations that challenge them to consider how resources are distributed while training their eyes to their own consumer and life-style choices that effect the use of the world's shared resources. The students will take a tour of Frost Valley's Resource Management Center where they will learn about the composting program and see where the recycling is staged from.
Setting	<ul style="list-style-type: none">• Indoor, and outdoors activity based

Watershed and Wilderness — grades 5 - 12

Goals	<ul style="list-style-type: none">• Understand the Catskill Mountain watershed and its effect on NYC's water supply• Develop an understanding of water as a world resource• Monitor the uses and misuses of water in our everyday lives
Potential Activities	A raindrop in the Catskill Mountains will eventually make its way to the faucets of New York City. Watersheds and Wilderness is an opportunity for students to "dive in" and explore the origins of their drinking water. Activities may include games illustrating issues regarding water use and conservation, experiments in stream gauging, water quality monitoring and purification techniques. These will all lead toward active discussions making this a thought provoking class for New York City students.
Setting	<ul style="list-style-type: none">• Mostly outdoors, discussion, hiking

Wildlife Ecology — grades 3 - 12

Goals	<ul style="list-style-type: none">• Promote an understanding of wildlife, their interrelationships, and ways humans effect their survival• Explore conservation issues• Examine unique adaptations used by animals for survival
Potential Activities	Games and activities are used to illustrate concepts and ideas (i.e. predator/prey and food chain relationships). Hikes through various habitats are included. This class can also include a visit to Frost Valley's Raptor Center to look at the different adaptations of birds of prey.
Setting	<ul style="list-style-type: none">• Mostly outdoors, discussion, hiking

Winter Ecology — grades 5 - 7 (winter)

Goals	<ul style="list-style-type: none">• Explore the unique ecology and features of winter• Examine the adaptations of life to the seasons• Explore global issues related to seasonal change
Potential Activities	The wonders of winter are obvious at Frost Valley. Students venture into snow covered woods and fields to explore evidence of wildlife and their adaptations, snow and ice studies, and what makes winter happen.
Setting	<ul style="list-style-type: none">• Indoor discussion, outdoor hike and activities, proper clothing require

Hikes

Catskill Hikes — grades 3 -12

Goals	<ul style="list-style-type: none">• Expose students to dramatic natural areas• Develop awareness and responsibility to environmentally sensitive areas• Encourage students to use their powers of observation
Potential Activities	Scenic hikes follow many trails in and around Frost Valley. Destinations may include High Falls, Devil's Hole, or a cable bridge. Each of these hikes have dramatic vistas and/or spectacular natural formations. Discovery of natural wonders on a large and small scale is an essential part of this experience.
Setting	<ul style="list-style-type: none">• Outdoors, moderate to strenuous, please ask your coordinator about specific hikes

Historical/Cultural Classes

Apple Cidering — grades 3 - 12 (fall)

- Goals
- Develop an understanding of the structure and biology of the apple and apple tree
 - Experience the apple cidering process
 - Learn the history and uses of apples at Frost Valley, the United States and the world
- Potential Activities
- Students learn by picking the apples, putting them through a cider press, and then by sampling the finished cider. Discussion during the course of activities highlights the expressed goals. As part of the class the students will cover seed dispersal and species propagation.
- Setting
- Mostly outdoors, discussions, some walking

Castle Tour — grades 3 - 12

- Goals
- Expose the students to the cultural history of the area
 - Familiarize the students with the interpretive skills and resources used in the study of past life-styles
- Potential Activities
- The group will experience a guided tour through the Julius Forstmann's Catskill estate. Through interpretation of historical artifacts and the use of deductive reasoning, the students will piece together the life-style of this influential family.
- Setting
- Indoors

Ice Cutting — grades 6 - 12 (Winter only)

- Goals
- Understand the use of ice in early American history and culture
 - Participate in harvesting ice from Lake Cole
- Potential Activities
- After an indoor introduction, students use original ice cutting tools to cut blocks of ice from Lake Cole. Discussions comparing technologies present and past are an important part of this activity. Transporting ice to and investigation of the icehouse may be included.
- Setting
- Indoor/outdoor activity, dress for the cold

Maple Sugaring — grades 6 - 12 (late winter - early spring)

- Goals
- Introduce the students to the natural source of and the process of making maple products
 - Acquaint students with the historical background of maple sugaring
 - Gain some knowledge and practical understanding of trees and their ecology
- Potential Activities
- The students will study Sugar Maple trees and the Frost Valley maple sugaring project which taps *over 500 trees each spring*. Activities include a hike to the Frost Valley sugar shack where students will see the equipment used to make syrup, learn how it is used, and discover its historical significance. Older students may be interested in assisting in the project by gathering sap, and helping in the sugar shack.
- Setting
- Hike, some indoor work

Group Building/ Leadership Skills Classes

Catapult, *Communication experience* — grades 7 - 12

- Goals
- To have students work together as a part of a team
 - To develop empathy for different ideas and solutions
 - Allow for discussion and activity
- Potential Activities
- Students work together as part of a team and with provided materials to build a "Catapult" that will propel a tennis ball as far as possible. This activity is popular with groups who have done Project Adventure and want a new or different challenge. An essential part of this experience is the group processing at the end of the activity. Catapult can be a fun evening program as well.
- Setting
- Outdoors or indoors, discussion and problem solving

New Games — grades 3 - 12

- Goals
- Build group cohesiveness and cooperation
 - Introduce students to some fun and noncompetitive games
 - Provide an excellent opening or closing activity
- Potential Activities
- This is an experience best suited to groups larger than 20. Students play games with varying energy levels; the emphasis is on having fun and enjoying each other rather than on competition. “Play hard, play fair, nobody hurt” is the New Games motto, some discussion highlights these goals.
- Setting
- Preferably outdoors, active

Outdoor Living Skills— grades 6 - 12

- Goals
- Expose students to basic outdoor living skills that will enhance their enjoyment of outdoor experiences
 - Learn safe practices of camping equipment
 - Learn acceptable low-impact camping techniques that keep our environment as natural and unharmed as possible
- Potential Activities
- Outdoor Living Skills is not a survival course, but a chance for students to learn practical skills that make outdoor recreation and camping enjoyable. Students may be involved in natural shelter construction, fire building, knots and lashing, knife safety or outdoor cooking. Discussions on first aid, sanitation, and low-impact camping attitudes will be stressed. The student will come to realize that the outdoors can be as safe and fun as any recreation in their own home.
- Setting
- Outdoors, hands-on, active, some discussion and group work

Project Adventure — grades 3 - 12

- Goals
- Sharpen interpersonal skills such as communication, trust, and sensitivity
 - Develop group dynamic skills, including the role of the individual, positive group interaction, and decision making
 - Strengthen motivation and skills to persist in stressful situations
 - Understand the importance and implementation of these goals in everyday life
- Potential Activities
- Project Adventure is a series of wood, cable and rope elements that challenge the group’s teamwork, communication, and to a lesser degree coordination skills. It is not a thrill seeking experience, but rather the opportunity to safely overcome unique challenges with the group’s support, ideas and perseverance. Discussion and processing are an essential part of each element as well as the entire activity. Elements are selected or avoided during the activity by the Frost Valley instructor based on how the group is working together and developing as a team.
- Setting
- Physically active, mostly outdoors

Ropes - Low — grades 6 - 12

- Goals
- Encourage positive feelings by trusting and supporting each other physically and mentally
 - Improve self-confidence by overcoming challenging rope and cable obstacles
 - Foster a willingness to try new activities in a safe and supportive environment
- Potential Activities
- Trust building activities to develop essential skills, such as spotting, and encouragement are the first part of this program. Low Ropes elements require agility, coordination, and persistence to accomplish. In this activity we discover a supportive team environment can help students succeed who might otherwise doubt their abilities. Discussion and processing involves concepts of communication, confidence, support and challenge.
- Setting
- Outdoors, physically demanding.

The Beast, *Communication experience* — grades 6 - 12

- Goals
- Develop good communication skills
 - Encourage team work

Potential Activities The Beast is unlike any other communication experience. Students are broken into teams of 4 or 5; each team member has a specific job related to creating an exact replica of the Beast (a tinker toy model). Only one person from each team is allowed to actually see the original Beast, and can then speak to only one other person on their team, who tells another what materials the Beast is made of who then tells another how to build a replica. Sound confusing? Add a few more teams and there is near chaos. But through processing, we begin to realize how our messages to others, though often confusing, can be improved and how communication really is a two-way street.

- Setting
- Indoors, active

Trust Trip — grades 3 - 8

- Goals
- To encourage students to trust themselves and each other
 - To touch upon the various types of trust, support and security that are an essential part of group dynamics

Potential Activities The trust trip is an incredible journey along Frost Valley trails. On the way the hikers will be challenged to explore their interpersonal and group skills through a variety of hands-on and sensory based experiences. The emphasis is on helping others and building the trust necessary to accept help.

- Setting
- Outside, problem-solving, active

Wrap-Up — grades 5 - 12

- Goals
- Help to bring your Frost Valley visit into focus
 - Establish an action plan with students for taking home the knowledge learned

Potential Activities Wrap-up! is a great last experience that can be adjusted to fit nearly any time period, and gives the students opportunities to discuss and highlight what they learned while at Frost Valley.

- Setting
- Inside, or outside with mostly discussion activities

Adventure Programs

Climbing Tower — grades 4 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Learn basic climbing and safety techniques involved in technical rock climbing
 - Develop self confidence through an activity involving *perceived* risk

Potential Activities The students will be introduced to climbing equipment, techniques, and terminology. While climbing the Tower our wooden climbing wall students are encouraged to challenge themselves through their own efforts with the encouragement and support of classmates. Emphasis is on personal challenges met rather than distance achieved.

- Setting
- All outdoors, physical and mental challenge

Flying Squirrel — grades 4 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Provide a moderate level of perceived risk through individual initiative
 - Encourage students to work as a team to help their classmates realize their goals
 - Introduce students to a high ropes experience

Potential Activities Participants will work as a team to lift their teammates, one at a time, into the air using a mechanical advantage system. Participants can reach heights of up to 40 feet. The students are briefed on proper safety procedures and use of harnesses and equipment by a Frost Valley instructor before the activity begins.

- Setting
- Outside, seasonal. Technical equipment used

Giant's Ladder— grades 7 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Provide a high level of perceived risk through a partner experience
 - Encourage individuals to explore their abilities and offer opportunities to develop self-confidence and positive self-image
 - Encourage group support systems among peers
- Potential Activities
- Participants will work in pairs to climb a giant log and cable ladder. Frost Valley staff and belaying techniques will provide a safe environment where students can explore personal challenge and growth. Discussion and processing is an essential part of the experience.
- Setting
- Outside, seasonal. Technical equipment used

Giant Swing— grades 7 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Provide a high level of perceived risk through individual initiative
 - Encourage individuals to explore their abilities and offer opportunities to develop self-confidence and positive self-image
 - Encourage group support systems among peers
- Potential Activities
- A Group High Element. The entire group works together to hoist one team member at a time 50-70 feet in the air. Once at that elevation, at their discretion, the participant pulls a lanyard in order to fall freely into a giant swinging arc.
- Setting
- Outside, seasonal. Technical equipment used

Leap of Faith— grades 7 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Provide a high level of perceived risk through individual initiative
 - Encourage individuals to explore their abilities and offer opportunities to develop self-confidence and positive self-image
 - Encourage group support systems among peers
- Potential Activities
- The participants climbs a stepped and stapled tree while on belay, to a platform 25 feet high. Once there, the participant simply jumps off the platform into the air. It sounds easier than it is and in many cases, will require a lot of facilitation and support from the ground. Discussion and processing is an essential part of the experience.
- Setting
- Outside, seasonal. Technical equipment used

Ropes - High— grades 7 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Provide a high level of *perceived risk* through individual initiatives
 - Encourage individuals to explore their abilities and offer opportunities to develop self-confidence and positive self-image
 - Encourage group support systems among peers
- Potential Activities
- Participants will utilize the high ropes elements at an average of 35 feet above the ground made of rope and cable. Frost Valley staff and belaying techniques provide a safe environment where students can explore personal challenge and growth. Discussion and processing is an essential part of the experience. High Ropes may be restricted during certain seasons due to weather or staff availability.
- Setting
- Outside, seasonal. Technical equipment used

Zipline— grades 7 - 12 (fall and spring, temperature and weather permitting)

- Goals
- Present students with a challenge involving *perceived risk*
 - Build self-esteem by accepting the challenge
 - Promote group building by group members encouraging one another
- Potential
- Students, while attached to a safety rope belay, will climb up a tree. At the top, a

Activities Frost Valley staff member will attach the student's harness to the zipline (wire connecting the tree they are in to another tree about 150 feet away); they then "zip" down the wire to the other tree. This activity, while very safe, provides a sense of perceived risk to the student, and generates a great feeling of accomplishment

Setting • Outdoors, active, technical equipment used

Recreation Activities

Catskill Crafts — All grades

Goals • Have Fun
• Learn lifetime leisure pursuits in new environments

Potential Activities Candle making, Nature Crafts, Dream Catcher, Nature Stationary

Setting • Mostly indoors, some outdoor collection

Seasonal Recreation — All grades

Goals • Have Fun
• Learn lifetime leisure pursuits in new environments

Potential Activities Fall and Spring—Boating and Canoeing, Field Games, Hiking
Winter—Cross Country Skiing (we have enough equipment for 300 skiers — and over 25 kilometers of groomed trails), Snowshoes, Tubing, Tobogganing, and Broomball (hockey without the skates)

School Teacher Taught Classes

Sensory Explorations — grades 3 - 6

Goals • Enjoy the outdoors while becoming more aware of our five senses
• Sharpen our senses and use them to become more aware of the world around us

Potential Activities The sensory class is full of fun discovery activities that enable the students to become better "in touch" with their senses. Activities such as "Blind" hike, "meet a tree" and many more make this activity both fun and unforgettable.

Setting • Outdoors, hiking

Catskill Writing — grades 6 - 12

Goals • Explore the values of wilderness and nature appreciation
• Encourage written expression using Frost Valley resources as an inspiration
• Stimulate imagination and creativity

Potential Activities Students will participate in activities in which they experience the natural world at Frost Valley, then write prose or poetry expressing their interpretation of the experience. Sharing and discussion may follow. Emphasis based on gaining new insights to environments through reflection. Creative writing exercises will be included.

Setting • Outdoors, or indoors

Catskill Hikes — grades 3 -12

Goals • Expose students to dramatic natural areas
• Develop awareness and responsibility to environmentally sensitive areas
• Encourage students to use their powers of observation

Potential Activities Scenic hikes follow many trails in and around Frost Valley. Destinations may include High Falls, Devil's Hole, or Cable bridges. Each of these hikes have dramatic vistas and/or spectacular natural formations. Discovery of natural wonders on a large and small scale is an essential part of this experience. Activity sheets and well marked maps are available for teachers to lead these experiences on their own.

Setting • Outdoors, hiking

Frost Valley Staff Lead Evening Programs

Action Auction

In Frost Valley's version of a "Dutch Auction" students are split into groups of 8-15 students. "Judges" then ask students to present an object or a talent to the rest of their classmates. Charades, jokes, songs, and skits come into play during this fast-moving competition. This activity sparks creativity and lets your students discover the hidden talents of their classmates.

Astronomy/Observatory— grades 6-12 (best with small groups)

Frost Valley is a unique environment for learning about astronomy. We have very little light pollution and an observatory with a 12" mounted telescope. Through the use of this facility students will observe different wonders of the sky: the surface of the moon; far away galaxies; nebulas and other exciting events light years away. We ask that teachers hike the students up to the observatory. This activity works best with smaller groups of students

Campfire

These campfires are usually done indoors (unless season and weather permits). Songs, stories, cheers, skits and more may be arranged with staff leading this activity. Schools may wish to lead their own campfires. No limit to group's size. Campfire lasts about one hour.

Catapult

Students work together as part of a team and with provided materials to build a "Catapult" that will propel a tennis ball as far as possible. Fun problem solving and group processing. For a complete description, see Class Abstracts.

New Games

New Games can be adapted to evening activity settings. See Class Abstracts.

Night Awareness

The emphasis is on becoming comfortable with the natural world at night time, listening skills and developing night vision are an important part of Night Awareness hikes. Flashlights are not permitted.

Predator - Prey Games

These active games are done with an educational flair, and feature the interactions and relationships of animals native to the Catskill area. Setting: Outdoors, or indoors. Active.

Raffa Raffa — grades 7 - 12

In a game simulation, students are split into two imaginary cultures that follow specific rules and have taboos as well. When each culture has learned the rules of their society, students then go visit the other culture as "observers", and eventually try to integrate into the foreign culture. This activity is best for older students and group sizes of 30-100.

Snow Tubing — grades 4 - 12

On winter evenings our tubing run can be opened up to small schools for an hour or so. This activity is not recommended for groups larger than 60.

Town Planning Meeting — grades 6 - 12

Students will take roles within an actual community and take part in a mock town zoning and planning meeting, discussing the potential of major development on Frost Valley land and how it would affect the environment.

Tractor Hayrides

Socialization while enjoying several different habitat areas of Frost Valley. Group size: 25 per wagon; there are two wagons (minimum one adult per wagon) lasting 1/2 hour to 1 hour.

Zingers

Zingers is a crazy activity that involves working together. Students will be divided into small groups that rotate through several small challenges, with three minutes at each station. Students are challenged to work together as a team and compete for points. Discussions at the end help to bring up issues and concerns that arise within small groups

Evening Speakers

These Speakers are available for an additional fee. Please contact your Program Coordinator for prices.

Eastern Africa Visit - *Dave Johnson*

Investigate the people of another continent, and gain insight into their culture and lives. Comparisons to our own native people and current events open a new perspective on an old and fascinating land.

Environmental Music - *Jay Mankita*

"Come hear this guy...I think he's one of a half dozen best song writers today." - *Pete Seeger*. Jay offers concerts and workshops in a wide variety of Earth oriented programs especially tailored to meet the needs of middle school age groups and adults.

Herpetology - *Jack DiMuccio*

Reptiles and their natural history is the focus. Jack works with live snakes and other reptiles, and often gives students a "hands-on" experience. An emphasis is to develop respect and understanding for the important role these animals play in nature.

Lines of Nasca - *Dave Johnson*

Students take a journey examining the archeology of Nasca in southern Peru and the clues which have been used to unlock one of the most illusive mysteries in South America. The program concludes with a display of ancient artifacts from this region.

Native Americans of the Hudson Valley - *Dave Johnson*

Students examine tools and life-styles of Native American people during this demonstration and investigation. Over 150 authentic artifacts are interpreted that relate to the Indian life-style and beliefs for a hands-on discovery based experience.

Ornithology - *Bill Robinson, Brian Robinson*

Emphasis is placed on bird adaptations and natural history through raptors (birds of prey). Bill uses live birds such as hawks, eagles, owls and vultures to highlight their important role in nature. Keep your eyes open because birds will be flying around the room.

Revolutionary War Soldier - *Sheldon Stowe*

Period tools and costumes from America's past are the highlight of this program. Sheldon helps to bring this important historical period to life through all the senses.

Square Dance - *Wayne Elberth Jr.*

Students learn several different dances. Caller emphasizes student mixing and good fun dancing. Both Jr. and Sr. are professional callers who can get the most challenging group of non-dancers "swinging their partners."

Catskill Storyteller - *Laurie MacIntosh, Ira MacIntosh*

Students will share in the rich history and culture of the Catskill region through traditional stories, songs, legends, anecdotes, and Catskill Mountain lore. Covering topics such as natural resource-based industries, The Hudson River, the building of the NYC reservoirs, the Anti-Rent War, the railroad era, and everyday life in the old days and the present.