



Ski/Snowshoe Field Trip to Reflections Lake

Before you Go:

Watch Videos:

- SMART Goals <https://youtube.com/watch?v=BAii6YG-nps&si=EnSlkaIECMiOmarE>
- SMART Goals https://youtube.com/watch?v=lyl_v-O_Cds&si=EnSlkaIECMiOmarE

10:00-10:15 Location: Parking Lot

- Arrival at Reflection Lake
- Unload students and student belongings from bus

10:15-10:45 Location: Pavilion near Boat Launch

SMART Goal Activity What does it look like to achieve a goal?

Split class into five groups Give each group one 'SMART' goal letter

- S - Specific
- M- Measurable
- A- Achievable
- R- Realistic/Relevant
- T- Time Sensitive

Ask each group to come up with one example for their letter that is accurate, and one example that would not work. Ex| Specific: gain 10 lbs weight and grow 1 inch height/ Nonspecific: get bigger;

Measurable: drink 8 cups of water every day /Not measurable: drink enough water;

Achievable: for 3 weeks/Not achievable: for 3 years; Realistic: me and my dad/Not realistic: the whole town; Time sensitive: by one month/Not Time sensitive: whenever

- When the groups come back together see what answers each group has come up with and let each group share their examples
- Once all groups have shared give everyone time to come up with a SMART goal for the field trip
 - Ex| I will be able to ski around reflection lake one time without falling over by the end of the day.

10:45-11:15

Location: Pavilion near Boat Launch

- Putting on Gear
 - Use this 30 minutes to help students either put on cross country skies and boots, **OR** put on snowshoes
 - If your group is using neither you can skip to the next section
 - While putting on gear make sure to mention safety features
 - How to remove gear
 - How to keep equipment safe during use
 - How to keep bodies safe during use

11:15-12:00

Location: The trails

- Plan to complete one lap around Reflection Lake
- This Lap could take the longest time as students get use to using skies, and snowshoes
- Allow this time to be for discovery of the activity and practicing

12-12:30

Location: Pavilion near Boat Launch

- Lunch and Discussion
- Ask students to share what was easy or difficult about skiing OR snowshoeing
- Allow for students to give each other tips and tricks
- Questions to Ask during lunch Discussion



Alaskans for Palmer Hay Flats

- What made skiing / snowshoeing difficult?
- What made skiing / snowshoeing easier than walking through the snow?
- Do other animals use similar methods for moving through the snow? (rabbits, large paws)
- What other adaptations do animals have for the winter?
- What other adaptations for humans have for the winter?
- What are the similarities among winter adaptations?

12:30-1:45

Location: The Trails

- Second lap around the lake
 - Ask students to look for signs of winter adaptations in the plants and animals around the trail
 - Make group observations on signs of winter around the trail [besides snow]
- If time and supervision allows, let students make multiple laps around the lake
 - Could split into fast or slow ski groups
 - Could have supervision points around the trail where students need to check in with teachers before continuing

2:00-2:20:

Location: The Parking Lot

- Make sure all students and student belongings are accounted for
- Board buses
- Return to schools for rest of day

Encourage students to share what they learned with their families and go back to reflection lake or another outdoor area to look for winter adaptations and participate in outdoor recreation activities.

Back at School

- Check in with students the same day or next day to see if they felt their SMART goal was accomplished, and if not how could it be changed