

Curriculum Planning Guide

These class summaries are designed so you can get an idea of what classes, games, simulations, and activities are offered at Camp Cosby. Each topic has symbols next to it for easy reference as to which classes are active, instructive, investigative, or hands-on. Take a few moments to peruse this helpful and informative packet to decide which classes would best fit the needs of your students.

Forest Ecology Topics

Professor Hike

Become a professor and teach about turkey-tail fungus, forest succession, and invasive species. In this activity, the students teach their peers about forest ecology. Also known as an each-one-teach one, the professor hike provides the student with an opportunity to work on their speaking skills in a non-intimidating setting. After learning from their instructor/naturalist, students will be given the opportunity to teach a fact about forest ecology to their peers.

Tree Species ID (Dichotomous Key)

Come and meet a tree! Hike the tree identification trail and 'leaf' the exploring to us! Students learn about differences in leaves and how to identify trees using a dichotomous key (a key that allows you to pick from a pair of characteristics, until you have narrowed down the choices to the correct tree). This class works best when foliage is still on trees, but an adapted version of this class is available for winter.

Invertebrate Study with Stereoscopes

The ants go marching one by one...students go on a short hike to collect small insects/invertebrates to examine under the stereoscopes. Students will be taught an introduction to insects and get an up-close look at the specimens they've collected. Students draw what they discovered for inclusion in their journals. Any stereoscopes class can be combined with one other topic.

Sensory Awareness (Sensory Trail)

Augh! What am I touching?! Students will walk blindfolded along a rope-guided trail encountering interesting objects along the way. They will use their sense of touch to try to decipher what each object is. Students have the chance to see what it is like to be blind for a short period of time. This activity is great for 4th grade and above.

KEY

 Investigative

 Instructive

 Active

 Hands-on

Wildlife Ecology Topics

φ Predator Prey Relationships

You're a lion hunting in the savanna. You spot your prey, a herd of zebras, ahead of you through the thick grasses. You creep towards them, careful not to let your scent give you away. You get closer...closer...and then pounce! This is just one of the many exciting games students may experience. The connections between predator and prey animals are illustrated in a series of active games. This is a high-energy class where students take on the roles of animals in different stages of the food chain. This is a great class choice if you are interested in providing a chance for your students to expend some of their excess energy.

φ👉👎 Animal Adaptations (Games)

Who's hiding behind that tree? I can see you! Too bad you don't have a prehensile tail. Using a series of activities and games, students get a hands-on lesson about how animals must adjust to survive in their ecosystem. After learning about our own adaptations, students will discover what makes each animal uniquely adapted to their own environment.

🧠👎👉 Animal Adaptations (Handling Animals)

Come curl up with our ball python or wiggle your nose like a rabbit in our Life Learning Lab. Students relate animal adaptations to real life while interacting with live animals. Animals in the lab range from a six-foot long ball python to rabbits and turtles. This class is an overwhelming favorite among students. Students will be given an opportunity to pet the animals and learn interesting facts about them.

👎👎 Bird-Watching and Avian Ecology

This class is for the birds! What is a bird? How do birds fly? These are just a few of the questions students will explore in avian ecology. An activity in this area of study allows students to learn about the physical makeup of birds, their adaptations, and teaches students to identify birds on site. Sighting of birds is not guaranteed.

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Plant Ecology Topics

Plant Physiology with Stereoscopes

Get to the root of things and see what ‘stems’ from your exploration! Students go on a short hike to collect plants to examine under the stereoscopes. Students will be taught an introduction to plant parts, then get an up-close look at their specimens. Students draw what they discovered for inclusion in their journals. Any stereoscopes class can be combined with one other topic.

ϕ **Photosynthesis and Respiration (Build a Tree)**

How does a tree breathe? The bark may be worse than the bite in this activity! Students become a tree and must work together to defend the tree from damage caused by the FBI (fungus, bacteria, insects). Students learn about the vascular structures and defenses of a tree in an active and entertaining activity.

Water Topics

ϕ **Aquatic Habitat and Organism Search**

Make a big SPLASH and jump into the water cycle. Explore with us as we plumb the depths of the lake using nets and big rubber boots. Don’t forget your bright orange lifejacket! In this hands-on investigative study, students explore the lake for a diversity of aquatic species. Students are introduced to a biotic index and discover how the organisms they find in the lake can be used to indicate the health of the lake.

ϕ **Water Cycle**

Boogie down with us and take a trip as a drop of water! Through a game of oversized dice, the students take on the role of a water droplet and travel through the water cycle. Students explore differing routes water can take and learn a song called the water cycle boogie to help them remember the concepts of evaporation, condensation, and precipitation.

ϕ **Values and Impacts of Dams**

Take a dive into the river and transform into a salmon swimming downstream. A detour at a dam blocks the way, and you must brave the turbines, hungry predators, and other obstacles to reach the sea! This activity introduces students to dams and hydroelectric energy. Students are given an opportunity to discuss the advantages and disadvantages of having a dam. This activity is great for clarifying students’ values and introducing them to the complex issues that face the environment. Some schools have even paired this with a field trip to nearby Logan Martin Dam.

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Earth Science Topics

Geology

Rock'n'roll! Sign up for our geology class and make the earth shake. In this class, students are introduced to tectonic plates, rock types, rock formation and composition. Rocks can be tested for calcium, students may adopt a pet rock, or play the game rockity-rock-rock. Each activity gives the student a memorable way to learn about geology.

Organic Garden

Get your hands in the dirt and find our worms singing the decomposition blues. This class is quickly becoming one of the favorites. Depending on the time of the year, naturalists choose from a variety of gardening activities to get students involved hands-on in the garden. The garden is an ideal place for learning about plant parts, soils, and invertebrates. Students may get a chance to pet the chickens and learn about where their food comes from.

Outdoor Skills

Maps

Don't lose your way! Discover the nuts and bolts of maps. This class familiarizes students with different types of maps and their features. After a session inside, students test their map skills with a map hunt around Camp Cosby. This is a popular class that leaves students wanting more.

Compasses/Orienteering Course

Still lost? Pick up a compass, put the red in the shed and unscramble our outdoor word puzzle. In this class students are introduced to the parts of a compass, how it works, and how to take a bearing. After practicing with a compass, students learn about pacing and then spend time on the Cosby Orienteering course testing their skills. This activity is recommended for 5th grade and up.

Canoeing

What floats your boat? After learning safe and proper canoeing techniques, students get the opportunity to test their canoeing skills on Lake Logan Martin. A naturalist will be in the water with the students. This class is a favorite of both students and chaperones. This class is not recommended from mid-November to mid-March due to cold weather/water temperatures. If chosen during this time, it is subject to cancellation when the combined air and water temperatures do not equal 100 degrees.

Survival

Do you have the attitude it takes to survive in the woods? Learn the skills necessary to build a fire, shelter, and help signals. After survival instruction, students will get an opportunity to practice these skills under the watchful eye of a naturalist.

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Others

ϕ **Group Building Challenges**

Do you want to be a Samurai-in-Training? Or do you think your group has the courage to take on the Toxic River Challenge? This series of games and initiatives is designed to build a sense of unity among students. Activities will focus on trust, leadership, and communication. Students learn to work together to achieve a goal and to confront issues as they arise. This class includes the use of props and portable initiatives to assist in the presentation of these principles.

Activities for an Additional Fee:

ϕ **Low Ropes**

You're flying across the Swiss Alps for vacation with a group of friends when your plane crashes into a mountainside! You need to cross three mountaintops to reach the nearest village. How will you work together to get there? For an additional fee of \$10 per student, participants can extend their Group Building experience on Camp Cosby's Low Ropes course. Elements constructed of wood, rope and steel cable challenge students to think critically and take a step past their comfort zones. Students will have the satisfaction and exhilaration of being able to accomplish a goal as a team.

ϕ **Alpine Tower/ Giant Swing**

Set your sights for high adventure! Tackle our Alpine Tower, a 55-foot outdoor structure made of telephone poles, rope ladders, swinging logs, and cable. Or take a ride on the GIANT Swing that will send your spirits soaring! For an additional fee of \$10 per person, participants will be able to try our Giant Swing and Alpine Tower. Our trained instructors will teach students the proper safety rules. Participants are fitted with a harness and helmet and hooked into a rope or cable before climbing or swinging. Instructors work with students to create and accomplish their personal goals.

ϕ **High Ropes Course**

Swing through the air with a team of 8. Camp Cosby is one of the only camps in the state to have a team building course 35 feet in the air. For an additional \$10 per person, participants will be able to navigate this intense team building experience. This is a 3 hour program focuses on leadership skills and pushing participants to reach their full potential.

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History Program Blocks

ϕ 🖐️ **Underground Railroad Simulation**

Have you ever wondered how it must have felt to be a runaway slave? Moving from a woodshed to the road, you pray that the bounty hunters aren't waiting for you around the next bend. Is that the sound of the master's horse? The Underground Railroad is our most popular offering! This intense recreation of the Underground Railroad puts students into the role of slaves traveling under the guise of a traveling choir. Instructors portray characters along their journey that could be either helpful or dangerous to their survival. This activity is a powerful and sometimes emotional experience for students and allows them to live history! This three-hour activity is typically recommended for 5th grade and above.

💡 🖐️ **Ways of the Old Days Simulation**

Take a step back in time and discover what life was like for the pioneers. Have a taste of cornmeal cakes on your way to school where you take up ink and quill to learn your letters. Dip candles to make light or make buzz-saw toys and cornhusk dolls to play with. During this simulation, students will be given a chance to experience actual activities that pioneers would do on a daily basis. This gives the students an opportunity to better understand the unique challenges that faced pioneers and how the pioneer life is different from today. A fun option for students to leave with a craft they made. This is a three-hour program.

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Evening Programs

φ Campfire

Come and join us for friendship, fire, fabulous songs and skits! This entertaining evening program turns two of your naturalists into comedians as they perform skits and teach songs that students will be singing for weeks to come. The campfire program involves some students and adults in skits and engages students throughout the entire program. The campfire is usually held at GRACE chapel, but can be moved inside in the event of bad weather.

👉φ Night Hike

How good is your eyesight in the dark? Come discover the mystery and surprise of the woods at night. This popular evening program gives students the opportunity to experience Camp Cosby's nature at night. Through a series of activities, students will learn many interesting facts about nocturnal animals, the structures of the eyes, how we and animals use our senses, and will do a short solo hike in a supportive, safe environment.

🗣️Town Meeting Simulation (Resource Debate)

"I, Mayor Brown, call this meeting to order! We are here tonight to discuss the issue of whether or not to dam our river..." The goal of this evening program is to teach students how a town meeting is used to make community decisions. Each student will be given a role in a mock town meeting and then participate in a structured debate on whether or not to build a dam in their community. Students really get into their roles and are often still debating the next day. Ideal for 5th grade and up.

φ Square Dance

"Bow to your partner, do-si-do!" This high-energy evening program encourages students to try something new while introducing them to square dancing. The students learn modern square dancing techniques and history and even get to do some of today's most popular line dances. A professional caller teaches dance steps and makes this an entertaining night. This evening program has an additional fee of \$100 per group.

🗣️φ👉 Astronomy

How hot is a blue star? Where do constellations come from? Come and find out the answers to these questions as we present clear, concise information about astronomy through crafts, stories, trivia questions, and games. Students will participate in rotating activities that leave them with an incredible introduction to astronomy. If the skies are clear students will star gaze and our knowledgeable naturalist will point out constellations with a high-powered spotlight.

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