

Sample Outdoor School Schedule Tuesday and Wednesdays 2:30-5pm

**Activities are age-appropriate and involve movement, art, social emotional support, games, and other breaks as needed. One healthy snack is provided on Tuesdays and Wednesdays.*

Time	Activity	Examples
2:30	Van pick-up	@ Cordata Elementary
2:50pm	Student check-in	Students sign in at BCC and get settled (students store school packs inside, eat a snack, go to the restroom, join a structured game or independent choice time until the program begins.)
3:00	Welcome Circle	Students begin with a group stretch led by students. Each student collects a nature item to contribute to a shared "Communi-tree," symbolizing the values of a healthy community. Together, they review the day's schedule, ask questions, and build connections with one another.
3:20	Movement Game	In "Salmon, Mosquito, Bear," students play a version of rock, paper, scissors on teams and win or lose depending on which animal "eats" the other. Kids chase and tag each other according to who wins the rock, paper, scissors.
3:50	Nature lesson or field-based learning	Outdoor Nature Journaling: Students choose a sit spot, tune in to their senses, and make observations through writing, drawing, poetry or recording numbers. In <i>Case of the Disappearing Log</i>, students explore what happens to trees and leaves after they fall. They observe and document decomposition in nature by sketching, using magnifying tools, and recording evidence of fungi, insects, plants, and animals around fallen trees. The next day, they collaborate to draw conclusions and present their findings to the group using evidence from their fieldwork.
4:35	Closing Circle	Students meet with the whole group to share what they worked on or learned today. They reflect and celebrate, practice the Zones of Regulation, mindfulness or wish-well practices.
4:45	Load vans for drop-off	Students with drop-off transportation plan load van for drop-off
4:50-5:00 pm	Parent Pickup at BCC	Parent pickup at property

Sample Thursday Outdoor School Schedule

12:20-5pm

**Activities are age-appropriate and involve movement, art, social emotional support, games, and other breaks as needed.*

**two snacks are provided during Thursday programs*

Time	Activity	Description
12:20 pm	Van pickup from Cordata Elementary	Students enrolled in the program are picked up from Cordata Elementary in the program van.
12:40 pm	Student check-in	Students arrive, check-in, get snacks, restroom
12:50pm	Welcome Circle	Students express appreciation and acknowledge each other's contributions to the community. Through a reflective activity involving prompts and gestures of recognition, they celebrate connections made during the week. Students then create postcards to remind them of their goals, review the day's schedule, and walk with a new partner to discuss how they'll stay accountable to their intentions.
1:00pm	Movement Game	Students gather in a circle to play a version of "marco polo," modeling how bats hunt their prey using echolocation. Students try not to be tagged.
1:30	Nature Lessons and Field-Based Learning	Animal Senses: This series of movement games invite students to explore senses like taste, touch, and smell linked to animals and their unique sensory abilities, such as a deer's ability to hear in all directions or a bat's echolocation. Sit Spot: Students sit outdoors in a Sit Spot and tune into their animal senses (mindfulness practice) Science and Engineering: Students read a poem from <i>The Song of the Water Boatman</i>, learn about food webs, and explore the pond ecosystem outside, observing wildlife and making connections. They engage in an engineering challenge to build a water strider out of found materials (surface tension, properties of matter)
3:30pm	Snack + Break	Students eat a healthy snack (fruit + protein) and take a break.
3:50 pm	Choice Lesson	Students Choose: A. Make leaf rubbings and learn about why leaves change color. B. Beaks and Feet Movement Game Learn about bird adaptation by looking at its beak and feet. This fun movement game challenges students to discover how a bird's beak and feet are adapted to help it survive and thrive on a specific food source.

4:30pm	Closing Circle	Students gather together to reflect on the day, use Zones of Regulation, mindfulness and wish well practices.
4:45pm	Cordata Van Drop-Off	Students with drop-off transportation plan load van for drop-off
4:50-5:00	Parent Pickup	Parents sign students out from BCC