



SNOWSHOING - KINDERGARTEN

Winter Program Guide

Introduction

We are delighted to offer an exciting outdoor adventure tailored to young learners in kindergarten! At Highlands Nordic, students will explore the stunning winter landscape of the Niagara Escarpment while learning about nature in a fun, hands-on way. Guided by our experienced Outdoor Educators, children will discover how plants, animals, and humans adapt to survive in winter through an interactive snowshoe hike.

Our snowshoe programs encourage curiosity, movement, and teamwork, making it a perfect fit for kindergarten students to engage with the natural world while aligning with Ontario's kindergarten curriculum. With a focus on experiential learning, this adventure promotes exploration, critical thinking, and outdoor safety—all while having fun in the snow!

Snowshoe Programs

Highlands Nordic offers four interactive snowshoe programs for you to choose from for your visit. These activities have been designed to give young students a hands-on experience with winter exploration and survival. These activities are fun, exciting, and perfect for little adventurers as they learn about nature and teamwork. Schools can choose from the following snowshoe programs:

1. Shelter Building: Students work together to build cozy shelters using sticks and other natural materials they find in the forest, learning how to stay safe and warm in the winter.

2. Wildlife Walk: Kids explore the snowy trails to discover how animals survive the cold season, playing games and looking for signs of wildlife along the way.

3. Wayfaring: The group hikes through the winter woods, collecting wayfaring symbols and learning to follow trails while practicing simple navigation skills.

4. Winter Survival: Children learn how to stay safe in the winter by understanding how to dress warmly and find shelter, while also discovering the basics of winter safety.

PLEASE NOTE A MINIMUM OF 1:10 RATIO OF TEACHER/VOLUNTEER TO STUDENTS IS REQUIRED FOR ALL WINTER PROGRAMMING.



Trip Preparation & Tips

Prepare for an unforgettable adventure at Highlands Nordic! Rain or shine, we'll be exploring the great outdoors, so let's make sure we're ready for anything. Here's what you need to know before we dive into our exciting day of exploration:

- ❖ Tall **WINTER BOOTS** are required for snowshoeing. Blundstone's, sneakers or rainboots will not be suitable for snowshoeing.
- ❖ Bring lots of layers! Cozy jackets, a hat, and mitts are a must for outdoor fun
- ❖ Don't forget to pack plenty of snacks to keep our energy levels up for all the adventures ahead.
- ❖ Remember to be respectful of our furry farm animal friends as well as wildlife sites on the property. Keep a safe distance and wait for guidance from Highlands Nordic staff.
- ❖ Stay close to the group as we explore the vast property to ensure a safe and enjoyable experience for everyone.
- ❖ Let's show kindness to our environment by following the Leave No Trace principles, especially since Highlands is situated in a UNESCO world Biosphere.
- ❖ Check out this handy resource to learn more about Leave No Trace principles for kids: <https://www.scouterlife.com/blog/2016/5/11/leave-no-trace-principles-for-kids>