

Upham Woods



Outdoor Learning Center

2010 Program Guide

Did you know that many
Upham Woods programs can be group led?

Many Upham Woods lessons can be taught by adults or counselors from your group. Upham Woods staff led orientations are available to assist group instructors to teach these classes. Orientations include explaining what supplies exist for this class and where they are located, lesson plans, hints for teaching and opportunities for Q&A. Many lesson plans are located on the Upham Woods website and can be downloaded prior to your visit. Other class lesson plans can be mailed upon request. Online lesson plans are located at:
<http://www.uwex.edu/ces/4h/uphamwoods/programs/index.cfm>

Program Matrix

PROGRAM	Summer, Spring & Fall	Winter	Grades K-4 th	Grades 5 th -8 th	Grades 9 th -12 th	Fee Program	Upham Staff required	Indoor	Outdoor
The Amazing Upham Race	✓	✓	✓	✓	✓		✓	✓	✓
Animal Signs	✓	✓	✓	✓	✓				✓
Archery	✓			✓	✓				✓
Bat Program	✓	✓	✓	✓	✓			✓	
Beaver Ecology	✓	✓	✓	✓				✓	
Birds of Wisconsin	✓	✓	✓	✓	✓	✓ Donation	✓	✓	
Blackhawk Island Hikes	✓		✓	✓	✓		**		✓
Broomball		✓	✓	✓	✓				✓
Campfires	✓	✓	✓	✓	✓				✓
Canoeing	✓		✓	✓	✓		**		✓
Circle Dances	✓	✓	✓	✓	✓			✓	✓
Cross Country Skiing		✓	✓	✓	✓				✓
Dell House Dig	Summer Only		✓	✓			**		✓
Digging Detectives	✓		✓	✓			*		✓
Discovering Owls	✓	✓	✓	✓		✓ If owl pellets		✓	
Exploring the Night Sky	✓	✓	✓	✓	✓			✓	
Fishing	✓		✓	✓	✓				✓
Group Initiatives	✓	✓	✓	✓	✓				✓
A Habitat Is Home	✓	✓	✓	✓					✓
Life of a Logger	✓	✓		✓	✓		✓	✓	
Make Sense of Nature	✓	✓	✓	✓ (5th)				✓	
Nature Journaling	✓	✓	✓	✓	✓			✓	
Night Hikes	✓	✓	✓	✓	✓				✓
North Shore Hikes	✓	✓	✓	✓	✓		*		✓
Orienteering 1	✓	✓	✓						✓
Orienteering ATR	✓	✓		✓					✓
Orienteering 2	✓			✓	✓		**		✓
Outdoor Survival	✓	✓	✓	✓	✓				✓
Peanut Butter Mountain	✓	✓	✓	✓	✓		✓ or cert.		✓
Phenology	✓	✓	✓ (4th)	✓				✓	✓
Predator/Prey	✓	✓	✓ (4th)	✓					✓
Radical Raptors	✓	✓	✓	✓	✓	✓ Donation	✓	✓	
River Bend Adventure	✓	✓	✓						✓
Scales, Scutes & Skins	✓	✓	✓	✓	✓		✓	✓	
Service Project	✓		✓	✓	✓		*		✓
Snow Science		✓	✓	✓	✓ (9th)				✓
Snowshoeing		✓	✓	✓	✓				✓
Swimming	Summer Only		✓	✓	✓		✓		✓
Think Green	✓	✓	✓	✓				✓	
Tobogganing		✓	✓	✓	✓		✓		✓
Tree Friends	✓	✓	✓	✓					✓
Tree ID	✓	✓		✓	✓				✓
Voyageur Program	✓		✓	✓	✓		✓		✓
Wacky Water Critters	✓		✓ (4th)	✓	✓			✓	✓
The Water Cycle	✓	✓	✓ (3-4th)	✓				✓	
What Makes a Bird	✓	✓	✓ (2-4th)	✓				✓	
What's in a Forest?	✓	✓		✓				✓	
Yoga	✓	✓	✓	✓	✓	✓ per class		✓	

* = recommended / ** = Life Guard Required

Program Descriptions

AQUATICS

Wacky Water Critters

Explore the river habitat at Upham Woods and discover the amazing world of macro-invertebrates. Students will wear hip waders and use nets, stereoscopes, and a dichotomous key to collect, examine, and study aquatic insects and other water critters. These hands-on activities will allow students to learn about animal adaptations, aquatic ecosystems, and the role of aquatic insects in the food chain.



- Combines science and nature in an outdoor classroom.
- Optional Activity: Learn about the importance of indicator species and use a Biotic Index to determine the health of the Wisconsin River.

Length: 1½ - 2 hours **Meet at:** Nature Center

Grade Level: 4th - 9th

Suggested Maximum Participants: 18 (3 per scope)

ANIMAL ECOLOGY

Animal Signs

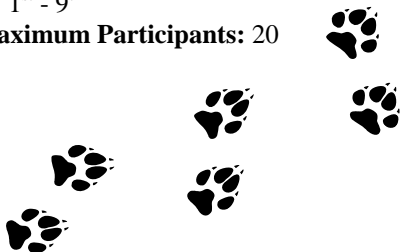
Become a detective by investigating animal clues and solving nature's mysteries. Students will learn about seven categories of animal signs, how to interpret each sign, and why natural history interpretation is an important tool for understanding wildlife. A large portion of this class is spent outside looking for animal signs and tracking animals.

- Great outdoor program!
- Promotes inquiry and investigation.

Length: 1- 1½ hours **Meet at:** Volleyball Court

Grade Level: 1st - 9th

Suggested Maximum Participants: 20



Bat Program

Do bats really carry rabies and get stuck in your hair? This class will answer these questions and more as students explore the fascinating world of the only true flying mammal. Students will explore myths surrounding bats, discover bat adaptations through interactive games, and discuss the importance of bats in the ecosystem.



- Challenges students to look at an animal from a new perspective.
- A great program for evenings and large groups.

Length: 1 hour **Meet at:** Lodge

Grade Level: 3rd - adult

Suggested Maximum Participants: 30 in Nature Center
150 in Lodge

Beaver Ecology

Discover what life is like as the largest rodent in North America. Students will learn about the physical and behavioral adaptations of beavers, the beaver life cycle, and how beaver behavior affects the lives of other plants and animals in the ecosystem. Students will also learn about beaver and human interactions.

- Offers fun, interactive games!
- A great lesson about adaptations!

Length: 1 hour **Meet at:** Nature Center

Grade Level: 2nd - 6th

Suggested Maximum Participants: 25

Birds of Wisconsin

Become an ornithologist and discover the fascinating world of birds in your own backyard. Find out what makes a bird a bird and what makes each species unique.

This combined multimedia and live raptor presentation will introduce students to Wisconsin's common birds and give tips for identifying them in the wild. Students will also be introduced to some of Wisconsin's rare birds and their special habitats. *Due to the stress on the birds, this program can only be presented once a day. It should not be used as a rotational class. Upham staff is required for this program.*



- A new alternative to Radical Raptors.
- A great program for evenings and large groups.

Length: 1 hour **Meet at:** Nature Center / Lodge

Grade Level: 1st - adult

Maximum: 30 in Nature Center / 150 in Lodge

Fee: Requested donation to maintain raptors.

Discovering Owls



Through the use of a multimedia presentation and hands-on examples, students will discover the unique adaptations of these nocturnal raptors. Students will investigate the composition of an owl pellet and the importance of owls in the food web. Students will also learn how to identify Wisconsin's native owls and mimic owl calls.

- Optional activity: Students can dissect their own owl pellet to take home and share.

Cost: \$3.00/owl pellet if student dissection option used. 1-3 students can dissect one owl pellet.

Length: 1 hour (1½ hours for owl pellet dissection)

Grade Level: 2nd - 7th **Meet at:** Nature Center

Suggested Maximum Participants: 16

A Habitat Is Home

Through hands-on activities adapted from Project Wild, students will understand the definition of a habitat and the four main habitat requirements of all plants and animals: food, shelter, water and space. Students will learn about the dynamic nature of populations and the concepts of limiting factors and carrying capacity through active role-playing games, graphing and math activities, and discussions. Finally, students will learn how natural and human disturbances affect wildlife habitat.



- Offers fun, interactive games!
- Combines math and nature in an outdoor classroom.

Length: 1½- 2 hours **Meet at:** Volleyball Court

Grade Level: 2nd - 8th

Suggested Maximum Participants: 25

Predator/Prey

Experience life on the wild side with this interactive game. Students will learn about the food web and population dynamics by becoming predators and prey. A discussion following the game will show the importance of food, water, shelter, and reproduction for species survival in a balanced ecosystem. *Upham staff and 6-7 adults are required for this program.*

- Combines physical activity and nature in an outdoor classroom.
- Great for large groups.

Length: 1 hour **Meet at:** Flag Pole

Grade Level: 4th - 8th

Maximum Participants: None

MINIMUM Number of Participants: 25 youth and 5 adults

Radical Raptors

What better way to learn about birds and conservation than to meet live birds of prey! Students will compare raptors to other birds and learn about the incredible adaptations that make raptors excellent predators. This live raptor presentation will introduce students to human-raptor interactions and the importance of raptors in the ecosystem. Our two raptors, a barred owl and red tail hawk, have injuries that prevent them from returning to the wild. *Due to the stress on the birds, this program can only be presented once a day. It should not be used as a rotational class. Upham staff is required for this program.*



- A great program for evenings and large groups.
- A group favorite!

Length: 1 hour **Meet at:** Nature Center / Lodge

Grade Level: 1st- adult

Maximum Participants: 30 in Nature Center
150 in Main Lodge

Fee: Requested donation to maintain raptors.

Scales, Scutes & Skins

Do you know the difference between a reptile and an amphibian? Discover the science of herpetology in this interactive program. A live animal presentation and adaptation game will compare reptile and amphibian adaptations in order to teach students the important roles these animals play in the environment. Students will learn how to care for and protect Wisconsin's diverse herps. *Upham staff is required for this program.*

- An interactive live animal presentation!
- A great evening program.

Program Length: **Length:** 1-1½ hours

Grade Level: 1st - adult **Meet at:** Nature Center

Suggested Maximum Participants: 20

What Makes a Bird a Bird?



This question is answered through a variety of hands-on activities focused on adaptations. Students will learn about special characteristics that make birds different from all other animals on Earth, while they investigate different physical and behavioral adaptations among bird species. Students will learn how the shape of a bird's beak both limits and enable a bird to survive in its habitat.

- A great lesson about adaptations!
- Offers creativity and discovery.

Length: 1- 1½ hours **Meet at:** Nature Center

Grade Level: 2nd - 6th

Suggested Maximum Participants: 20

ARCHEOLOGY

Dell House Dig

Sift through the sand for artifacts from one of the most infamous sites on the Wisconsin River: the historic Dell House. This program investigates the cultural history of the Dells area through an exploratory, hands-on history lesson. Students will paddle a barge to Black Hawk Island where they will learn about the history of the island and the river. Then they will conduct an archaeological dig near the Dell House site. *Youth should wear swimsuits & bring a towel. Upham staff is required for this program. Class will be canceled if water flow reaches 14,000 cfs.*



- A fun way to discover Wisconsin history!
- Offered during June-September.

Length: 2- 2½ hours **Meet at:** Picnic Tables

Grade Level: 4th - 7th

Suggested Maximum Participants: 16

Digging Detectives

Become an archeologist and unearth historic artifacts from Upham Woods' own archeological site. Students will learn excavation techniques and search for artifacts in a quadrant study area. After evidence and data is collected, students will share what they have discovered and discuss the historical importance of their findings. *Upham staff is required for this program.*

- Great hands-on investigation!
- This lesson can be used alone or in combination with the Dell House Dig.

Length: 1-1½ hour **Meet at:** Lodge Porch

Grade Level: 4th - 7th

Suggested Maximum Participants: 16

CREATIVE LEARNING



Think Green

Empower your students with the knowledge of the 3 R's: reduce, reuse and recycle. An interactive game will encourage students to use critical thinking skills to determine the fate of their so-called "garbage" and put the 3 R's into action by creating recycled paper to take home. Students will also learn about

composting and explore Upham Woods' compost bins.

- Promotes sustainable living and conservation.
- Provides a craft made from recycled materials.

Program Length: 1½ hours **Meet at:** Nature Center

Grade Level: 4th - 8th

Suggested Maximum Participants: 16

Nature Journaling

Students will begin this program by exploring the history of nature journaling and examining the words of famous writers from the past. They will then create personalized journals using recycled materials. Students will fill their pages during a variety of hands-on activities that encourage them to explore the natural world and their own connections to it.

- Utilizes writing and artistic skills.
- Promotes self reflection and encourages recycling.

Program Length: 1-1 ½ hours

Grade Level: 4th - adult

Suggested Maximum Participants: 20

Phenology

Phenology is the study of the annual and seasonal cycles of living things. This class will provide an introduction to the response of living organisms to environmental changes and provide guidance on recording personal observations of natural events. Participants will learn how they can enter their own observations into a statewide online database when they return home. Time will be allotted for observation but this class serves more as an introduction to phenology with actual observations taking place after their Upham experience.

- Teaches a valuable life long skill

Length: 1 hour

Grade Level: 4th - Adult

Suggested Maximum Participants: 20

SENSORY AWARENESS

Make Sense of Nature

Discover Upham Woods through all five senses and develop a sense of wonder in nature. Blindfolded students must identify natural objects and effectively communicate their experiences of heightened sensitivity. Students will explore the woods and learn about sensory adaptations that help animals survive.

- A great program for younger students!

Length: 1 hour **Meet at:** Nature Center

Grade Level: 1st - 5th

Suggested Maximum Participants: 15

SERVICE LEARNING

Upham Woods Service Project

Promote environmental stewardship and empower youth to get involved at Upham Woods. Age-appropriate improvement projects will help develop and maintain Upham Woods' trails, facilities and grounds. Upham staff or group adults may lead these activities. Supervision must be provided by at least 2 group adults. Please contact Upham Woods to determine a project that is appropriate for your group.

- Specific activities that meet the needs of Upham and the group can be arranged, such as, wood chipping, invasive species eradication, general camp clean up.

Length: 1-1½ hours

Grade Level: 4th - adult

Suggested Maximum Participants: 20

CULTURAL HISTORY



Voyageur Program

Become a voyageur and paddle a 34-foot replica of a voyageur canoe from the French Fur Trade era on the Wisconsin River. Students will learn about the people that made

the fur trade possible and the role that each culture played as trappers, traders, and travelers. Adults and youth are required to wear PFD's. *This program requires Upham staff and will be canceled if water flow reaches 12,000 cfs or in the case of very high winds. Available April – October.*

- A popular Wisconsin history lesson.
- Promotes teamwork through paddling.

Length of Program: 1-2 hours (1 hour if only canoeing)
Grade Level: 3rd - adult **Meet at:** Picnic Tables
Maximum Participants: 20 (19 youth + 1 adult)

Life of a Logger

Travel back in time to an 1858 Wisconsin logging camp. The camp cook will transform students from green jacks into experienced lumberjacks through pictures, stories, songs and dances. Students will learn about the dress, work and play of 19th century lumberjacks.



- A popular Wisconsin history lesson.
- A great program for evenings and large groups.

Length of Program: 1 hour **Meet at:** Lodge
Grade Level: 3rd - adult
Maximum Participants: 150

FORESTRY

Tree Identification

Ever wonder what is that tree growing in your backyard? Become a dendrologist, a tree expert! Students will discover the different uses among Wisconsin's tree species and the importance of tree identification. Students will learn about tree structure: leaves, bark, twigs, buds, and tree shape. They will then use a dichotomous key to explore and identify the many trees at Upham Woods.



- Develops problem solving skills.
- Great for Forestry Scout Badges!

Length of Program: 1 hour **Meet at:** Nature Center
Grade Level: 4th - adult
Suggested Maximum Participants: 20

Tree Friends

Get to know a tree! Students will use their senses to discover the wonderful world of trees. Students will work together to actively model a tree's structure and read Dr. Suess' *The Lorax*. Students will then participate in a thought-provoking discussion on how the story and trees relate to their lives.

- Good program for younger students.

Length of Program: 1½ hours **Meet at:** Nature Center
Grade Level: 2nd - 5th
Suggested Maximum Participants: 20

What's in a Forest?

Experience forests through pictures, words, games and concept maps. Students will define a forest and its functions, examine forest layers, and link forest ecology with animal habitats. Students will also identify Wisconsin's eight different forest types.

- Utilizes concept maps and interactive games.

Length: 2 hours **Meet at:** Nature Center
Grade Level: 5th - 8th
Suggested Maximum Participants: 20

FUN WITH THE ELEMENTS



The Water Cycle

Ever wonder where your drinking water comes from? Students will learn about the water cycle by embarking on an *Incredible Journey* as water molecules (adapted from Project WET), and write a story about the places they have been and how they got there. Students will learn the definitions of evaporation, condensation, transpiration, precipitation, and infiltration. Visual aids will display the amount of water accessible to humans and the degree of human dependence on water. Discussion will give students the opportunity to learn how to take action to conserve our resources!

- Optional activity: Students will observe how groundwater moves using a groundwater model and discuss human impacts on the water cycle. This optional activity requires Upham staff.

Length: 1- 1½ hours **Meet at:** Nature Center
Grade Level: 3rd - 8th
Suggested Maximum Participants: 25

NIGHT PROGRAMS

OUTDOOR PURSUITS

Campfires



A large, stadium seating campfire circle provides a great atmosphere for all ages! Campfires will actively involve students in silly skits, songs, and stories. Groups may start and lead campfires or request Upham staff assistance.

- Often the most memorable part of camp experience!

Length: Maximum 1 hour if Naturalist led

Grade Level: K - adult **Meet at:** Campfire Circle

Maximum Participants: 150

Circle Dances

Students will Hokey-Pokey, Chicken Dance, Limbo, and Sally Down the Alley. Karaoke is possible if you bring a Karaoke CD! Circle Dances can be group led or facilitated by a Naturalist.

- A great physical way to end the day!
- Good socializing opportunities.

Length: 1 hour, if Naturalist led

Grade Level: 2nd - 8th **Meet at:** Lodge or Volleyball Court

Maximum Participants: None

Exploring the Night Sky

Investigate the many mysteries of the night sky. Using a unique blend of science and mythology, students will identify key stars and constellations, the phases of the moon, and the importance of Earth's rotation. Interactive activities and a vibrant slideshow are used. Options to lengthen the class: *Clear skies at night: Outdoor viewing.*, *Cloudy skies or daytime: Create your own star myths to share.*

- Introduces students to stories of other cultures.
- Gives students a sense of where Earth fits into the great, wide universe.

Length of Program: 1- 1½ hours

Grade Level: 4th - adult

Meet at: Lodge

Maximum Participants: 150

Night Hikes

Experience a fun and exciting hike through Upham Woods at night and learn about the special adaptations of nocturnal animals. Sensory awareness activities during the hike will teach students how to better use their night vision and other senses to navigate more comfortably in the dark. *Remember to wear warm clothes and closed-toed shoes.* A nighttime favorite!

- Instills an appreciation for the night.

Length: 45minutes - 1 hour

Grade Level: 3rd - adult

Suggested Maximum Participants: 20

Archery

Work on your Robin Hood skills and learn how to safely use basic archery equipment. Students will practice shooting aluminum shaft arrows with adjustable tension compound bows at standard archery targets. *An adult experienced in Archery may lead this activity provided an Upham Woods staff has oriented them.*



- Great class to boost student confidence.

Length: 1 hour

Meet at: Welcome Center Porch

Grade Level: 4th - adult

Suggested Maximum Participants: 16 (1 adult req.)

Fee: None, but we accept donations for equipment upkeep

Black Hawk Island Hikes



Paddle a human-powered "barge" to our 210 acre island, where students can crawl through sandstone caves, visit historic sites on the Wisconsin River, witness forest succession and much more. Naturalists will lead students on an interpretive journey discovering the important natural and cultural history of Black Hawk Island. Groups may request hikes with a special focus or specific destinations prior to arrival at camp. Closed toed shoes are required. *This class will be canceled if water flow reaches 14,000 cfs or in the case of very high winds. Available April – October.*

- Extremely popular program for all ages!
- Students learn teamwork, natural and cultural history, and respect for the environment.

Length: 3 hours; 2 hours suggested MINIMUM

Grade Level: 3rd - adult

Meet at: Picnic Tables

Suggested Maximum Participants: 20 per naturalist;

Barge capacity = 43.

North Shore Hikes

See the spectacular scenery of the Wisconsin Dells, including a small waterfall, sandstone cliffs, and caves as naturalists lead students on an interpretive hike along the North Shore Trail. Closed toed shoes are required.

- Good alternative to Black Hawk Island Hike.

Length: 2 hours MIN. - 3 hours recommended

Grade Level: 4th - adult

Meet at: Front Parking Lot

Suggested Maximum Participants: 20 (with at least 2 adults)

Canoeing

Get up close and personal with amazing rock formations, search the shores for native wildlife, and learn natural and cultural history while traveling along the beautiful Wisconsin River. Students will receive instruction on land about paddling techniques, safely entering and exiting a canoe, and how to work as a team to steer before embarking on a wonderful journey of discovery. *Youth and adults must wear PFD's at all times. A ratio of 1 adult to 8 youth is required and these adults must canoe with group. An experienced adult may lead this class provided they attend an orientation given by Upham Staff. Upham staff will serve as lifeguard unless group provides their own lifeguard. This class will be canceled if water flow reaches 12,000 cfs or in the case of very high winds*



- Wonderful teamwork experience!
- Memorable and exciting outdoor activity.

Length: 1 hour MINIMUM / Suggested 2 hours

Grade Level: 4th - adult **Meet at:** Volleyball Court

Maximum Participants: 28 (requires 4 adults); 3 people/canoe maximum, 2 minimum.

Fishing



Students will practice catch-and-release techniques while angling in the Wisconsin River. Students will learn how to thread a bobber, bait a hook, and cast using closed or open-faced reels. After catching a fish, students will try to identify the species and then release it. All fishing gear is provided except bait. *A ratio of 1 adult to 8 youth is required.*

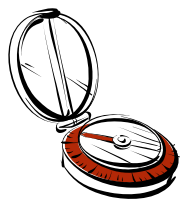
An experienced adult may lead this class provided they obtain permission from Upham staff. Anyone 16 and older must have a state fishing license to fish.

- Great class for the group to lead.

Length: 1 hour **Meet at:** Volleyball Court

Grade Level: 4th - adult

Suggested Maximum Participants: 15



Orienteering 1 and ATR Courses

Through classroom and field activities, students will receive instruction on the use of a compass and hands-on experience traveling through Upham Woods' circle compass course and/or our **new** and more advanced ATR (located Across The Road) course. Students will work in groups to take bearings and walk a straight line to the correct points on their pre-determined course. *Long pants and close-toed shoes are recommended.*

- Great supervised teamwork activity!
- Hands-on outdoor experience using a compass.

Length: 1 - 2 hours **Meet at:** Nature Center

Grade Level: 3rd - 8th

Maximum Participants: 18

Orienteering 2

Bushwhack your way through Black Hawk Island with compass in hand. Students will paddle a barge to Black Hawk Island, review compass use, and work in teams to complete a pre-determined orienteering course with limited adult supervision. Students will use two-way radios to remain in constant contact with the instructor. *This program must be conducted on Black Hawk Island. Class will be canceled if water flow reaches 14,000 cfs. Available April – October.*

- Encourages teamwork within small groups.
- Geared toward older students and builds on Orienteering I.

Length: 2-3 hours

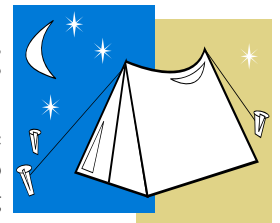
Meet at: Picnic Tables

Grade Level: 6th -12th

Maximum Participants: 16

Outdoor Survival

Have you ever been lost in the woods and didn't know what to do? Through this hands-on program, students will learn the seven basic human survival needs and how to avoid survival situations by being prepared. Students will then use critical thinking skills to determine how they would survive in a survival scenario. Finally, students will learn the important aspects of shelter building and fire safety and work in small groups to build their own shelters and fires. This lesson will be geared toward the groups' age and the current season.



- Encourages teamwork within small groups.
- Hands-on program with real-world applications!
- Great Winter Activity!

Length: 1½ - 2 hours

Meet at: Nature Center

Grade Level: 4th - 12th

Suggested Maximum Participants: 20

Swimming



Youth may swim in the Wisconsin River from June to August. An Upham staff lifeguard must be present. There must be one lifeguard present for every 25 swimmers with a maximum of 50 swimmers at a time. The group may provide the 2nd lifeguard. Lifeguards must provide proof of certification. Each group must schedule a

swim test prior to the scheduled swim time; swim tests are required before free swims or water carnivals. A ratio of 1 adult to 10 swimmers must be maintained at all times. *Swimming will be canceled if river flow exceeds 12,000 cfs or water temperature is below 60 degrees Fahrenheit.*

Length: 1 - 2 hours

Grade Level: 1st - adult

Maximum Participants: 50

TEAMBUILDING



Group Initiatives

These fun and exciting group activities foster teamwork, communication, and problem-solving skills. All group initiatives will be played on the sand playing field or volleyball court.

Depending on the number of facilitators

available, multiple groups can participate at the same time. Students are asked to wear closed-toed shoes for this program.

- Good alternative to Peanut Butter Mountain for younger students.
- A fun, energizing program!

Length: 1-2 hours **Meet at:** Flag Pole

Grade Level: 1st - adult

Suggested Maximum Participants: 25 per facilitator

Peanut Butter Mountain:

Low Ropes Challenge Course

Peanut Butter Mountain (PBM) is Upham Woods' low ropes challenge course. Participants will work on communication, teamwork, trust, body language, and other group processes while participating in challenging group initiatives and low ropes course elements. Each program starts with several ground group initiatives and then progresses up to the low ropes course. *All participants MUST wear closed-toed shoes (no sandals) and should remove watches & jewelry that may get caught on the course elements. PBM programs can only be facilitated by an Upham Woods staff member or a low ropes certified adult leader.*

- Extremely Popular Program for all ages!
- Students enjoy learning to work together.
- We can accommodate participants in wheelchairs!

Length: 2-3 hours recommended; 1½ hours MIN.

Grade Level: 4th - adult (*Group Initiatives* or *River Bend* is recommended for youth in 1st -3rd grade). **Meet at:** Flag Pole

Suggested Maximum Participants: 15 per facilitator (1 adult must accompany each group).

The Great River Bend Adventure

River Bend is a group initiatives course for younger students. Participants will work on communication, teamwork, trust, body language, and other group processes while participating in challenging group initiative elements. *Participants MUST wear closed-toed shoes (no sandals). Groups are encouraged to lead this activity. Upham staff is available to orient group facilitators and can also lead this activity.*

- A great younger group alternative to *Peanut Butter Mountain* and *Group Initiatives*!

Length: 1-2 hours **Meet at:** Front Parking Lot

Grade Level: K – 5th

Suggested Maximum Participants: 15 per facilitator (1 adult must accompany each group)



The Amazing Upham Race

The Amazing Upham Race is a fast-paced, camp-wide interactive teamwork challenge in the style of the reality TV show *The Amazing Race*. Teams must solve teamwork or problem-solving challenges to get their next clue. Your group will be required to supply adults for supervision and to staff some of the challenge locations. Also, Upham naturalist preparation time is required for this class so your group will not have the use of one of your Upham naturalists for one hour prior to the scheduled start of the class. Call for information on course choices and scheduling requirements.

- 4 courses from which to choose, progressing in difficulty, complexity and length of time.
- Exciting large group teamwork adventure!

Length: 1½-3 hours

Grade Level: 4th - adult

Minimum and Maximum Participants: 20-135

WINTER ACTIVITIES

Cross Country Skiing



An experienced adult should lead this activity. Upham staff will check equipment in and out, as well as provide a short orientation on properly sizing equipment and basic skiing techniques. Students will practice skiing on one of the Upham Woods' mainland trails. Class dependent on snow conditions.

Length: 1 hour MINIMUM

Grade Level: 4th - adult

Meet at: Craft Building

Maximum Participants: 25 sets of boots, skis & poles are available

Broomball

Join in on the excitement! Similar to hockey, broomball is fast, fun and a great outdoor winter activity. The game is played on ice or packed snow with 5 players plus a goalie on each team trying to score against the other team. The players maneuver on the slippery surface while using a "broom" to control the ball and score. Substituting players throughout the game allows larger groups to enjoy this unique sport. Broomball develops teamwork and good sportsmanship. Participants are required to wear the provided helmets while playing. *This is a winter time activity only.*

Length: 30 minutes-2 hours

Grade Level: 3rd -adult

Meet at: Lodge Porch

Suggested Maximum Participants: 12 players on the rink at one time.

Snowshoeing

An experienced adult should lead this activity. Upham staff will check equipment in and out, as well as provide a short orientation on proper snowshoe use, how to move effectively in snowshoes, and what to do after a fall. If snow conditions permit, groups may snowshoe the North Shore Trail. Class dependent on snow conditions.



- A fun experience for the novice winter adventurer!

Length: 1 hour MINIMUM **Meet at:** Craft Building

Grade Level: 3rd -adult

Maximum Participants: 22 pairs of snowshoes available.

Snow Science

This hands-on discovery program exposes students to the physical characteristics and components of snowflakes and a snow pack. Students will examine different types of snowflakes, make their own "marshmallow snowflake," dig a snow study pit, and record physical data and observations. Emphasis is placed on the creation of a snowflake and the insulation properties of snow. Students should come prepared with warm clothing.

- A fun winter lesson!
- Combines science and nature in an outdoor classroom.

Length: 2 hours **Meet at:** Nature Center

Grade Level: 4th -9th

Suggested Maximum Participants: 15

Upham Woods Toboggan Run

Youth will have the opportunity to toboggan down our exhilarating wooden toboggan run. *This activity is available only during winter months and may be cancelled due to inadequate snowfall. This program is dependent on snow conditions and requires Upham staff. Only Upham Woods' toboggans may be used on the toboggan run.*



- A special winter experience that everyone will love!

Suggested Length: 1 hour minimum; 2 hours maximum.

Grade Level: 3rd - adult

Meet at: Rear Parking Lot - Behind Welcome Center

Suggested Maximum Participants: 25 (2 adults are REQUIRED.) Maximum of 4 students per toboggan. At least three toboggans will be available for use.

Other Winter Classes/Activities Possibilities

While these classes are popular year round, they are also a good choice for outdoor winter activities:

- Outdoor Survival
- Animal Signs
- Peanut Butter Mountain
- North Shore Hike

YOGA



Yoga for Children: Yoga originally came from people observing nature around them--becoming trees, dogs, and lions through yoga poses. Certified Yoga Teacher and storyteller Julia Bower draws on the natural alliance of yoga with nature and imagination, leading younger children through stories acted out with yoga poses and incorporating lessons about the natural world (photosynthesis and breath, the moon's revolutions around the earth and the earth circling the sun) into yoga classes for older children. Through yoga practice, children improve their abilities of coordination and balance as well as learning skills of relaxation and concentration. Add an element of fun and movement to your group's visit to Upham Woods with this program. Contact Julia for more information at (608) 355-1096 or julbow1@gmail.com

Length: 30—60 minutes

Grade Level: K—12th

Suggested Participants: 6 –20

Fee: \$30 (30 min class), \$45 (45 min class), \$60 (60 min class)

ADVENTURE TRIPS

Did you know Upham Woods offers adventure education trips? For a small fee we'll outfit your group with gear, food and expertise to experience the wild side of Upham Woods. We offer day trips as well as overnight adventures. Some options:



- Overnight canoe excursion on the Wisconsin River
- Backpack or canoe odyssey up to our North Shore overnight rustic campsite
- State park sampler trip with hiking and camping and canoeing, oh my!

Group size is limited to 20-30 participants, depending on the adventure. We can transport canoes and gear but not participants. Give us a call with questions and to schedule your adventure trip!



ENERGY EDUCATION

The Wonders of Renewable Energy

Discover the wonders of renewable energy through hands-on activities, songs, stories, and games. Build and sail a wind powered boat. Play the "Race to Save Energy" board game.

Length: 1 – 1 ½ hours

Grade Level: K-2

Suggested Maximum Participants: 25

Meet at: Nature Center

Pedaling to Save Energy

Learn the importance of renewable energy and perform experiments to find out how much energy we use in our homes. Use a watt meter, pedal an energy bike, and play energy Jeopardy.
1 – 1 ½ hours

Length: 1 – 1 ½ hours

Grade Level: 3-5

Suggested Maximum Participants: 25

Meet at: Nature Center

Get Blown Over by the Wind

Learn about the power of wind energy. Build and test your own anemometer to determine the strength of the wind and a wind turbine to create energy.

Length: 1 ½ - 2 hours

Grade Level: 6-8

Suggested Maximum Participants: 25

Meet at: Nature Center

Discover Hydropower Energy

Learn about the power of the water through hydropower energy. Generate your own energy through hydropower experiments. Determine how much energy you use in your household through activities using a watt meter and energy bike.

Length: 1 ½ - 2 hours

Grade Level: 9-12

Suggested Maximum Participants: 25

Meet at: Nature Center

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