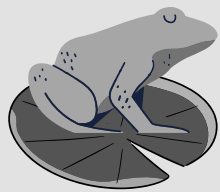




2204 DeWitt Avenue East  
 Mattoon, IL 61938  
 (217) 235-4644  
 programs@dhnature.org  
 www.dhnature.org/fieldtrips

**Nature Center Hours:**

Mon. - Fri. 8a.m. to 4p.m.  
 Sat. 10a.m. to 4p.m.  
 Sun. 1-4p.m.  
 Closed on Sun. Dec-Feb  
 Trails open daily dawn to dusk

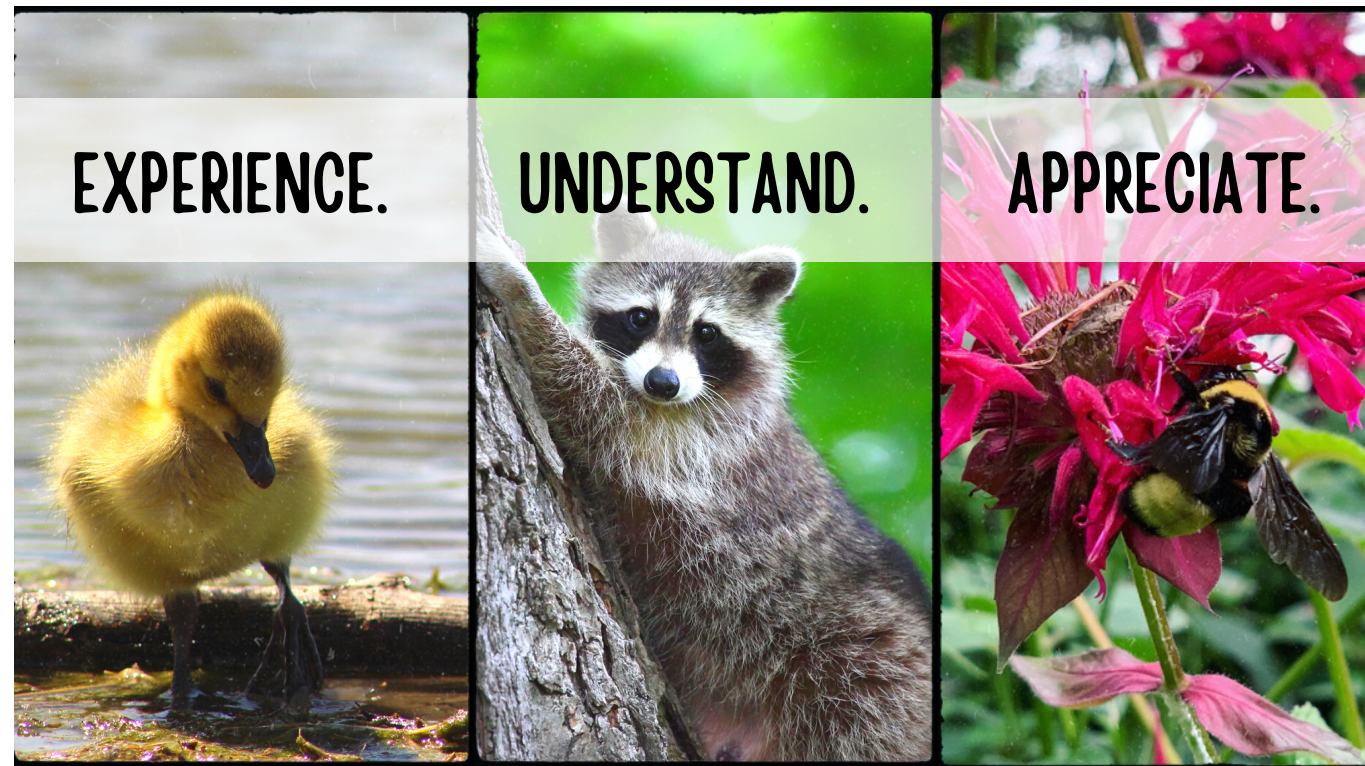


NONPROFIT ORG.  
 POSTAGE PAID  
 MATTOON, IL  
 PERMIT NO. 0081

Address Service  
 Requested



# K-5 ENVIRONMENTAL EDUCATION FIELD TRIPS AND OUTREACH



"THROUGH THE RESPONSIBLE STEWARDSHIP OF HELEN DOUGLAS-HART'S GIFTS, THE DOUGLAS-HART FOUNDATION WILL BE A LEADER IN PROMOTING THE APPRECIATION, ENJOYMENT, AND CONSERVATION OF OUR NATURAL RESOURCES BY PROVIDING QUALITY PROGRAMS FOR ALL AGES."



# K-5 ENVIRONMENTAL EDUCATION

## FIELD TRIPS AND OUTREACH

### HOW TO BOOK A PROGRAM:

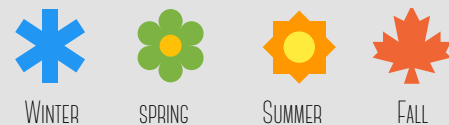
- It is recommended to book field trips and outreach at least 3 months in advance.
- To reserve a field trip:
  - Submit your information through the Request Form on our website: [www.dhnature.org/fieldtrips](http://www.dhnature.org/fieldtrips)
  - Email [programs@dhnature.org](mailto:programs@dhnature.org)
  - Call 217-235-4644

### THINGS TO THINK ABOUT AS YOU INQUIRE ABOUT A FIELD TRIP OR OUTREACH:

- Which activities would you like to include for your field trip?
  - Program (1-2 hours)\*
  - Visitor Center (1/2 hour)\*
  - Picnic Lunch (1/2 hour)\*
  - Nature Play (1/2 hour)\*
- \*Durations are only suggestions
- What are 3 possible days for your program (field trip/outreach)?
- Do you prefer morning or afternoon?
- What is your estimated bus arrival and departure times?
- What are the total number of classes and students?
- For outreach, will the educator be in one room or travel from room-to-room?
- Do you have a request for a program theme? (See NGSS-aligned field trips and outreach for grade specific suggestions)

### SYMBOL LEGEND:

- Some field trips are recommended for specific seasons. Look for the designated season symbols below:



- Some field trips can be adapted to outreach. Look for the designated symbol below:



**THE DOUGLAS-HART FOUNDATION** offers environmental education programs to meet the curriculum needs of area elementary students. Programs are offered via outreach or field trips to the Douglas-Hart Nature Center. However, the Douglas-Hart Foundation also manages two other sites that occasionally offer programs.



#### DOUGLAS-HART NATURE CENTER

70 acre preserve with woodlands, wetlands, and prairie habitat located on the east side of Mattoon



#### FRIENDSHIP GARDEN

Quaint urban garden located near downtown Mattoon



#### THE WHITESIDE GARDEN

Botanical garden located on the east side of Charleston

Environmental education programs through the Douglas-Hart Foundation are carefully aligned to the Next Generation Science Standards (NGSS) and the North American Association for Environmental Education Guidelines for Excellence. When appropriate, ELA and Math are immersed into the curriculum as well. Every grade level features 5 different field trips to choose from, and Specialty field trips can be adapted to all grades. Each field trip lists the NGSS topic arrangements to show the connections.

For more information and detailed NGSS correlations and field trip activities visit on our website: [www.dhnature.org/fieldtrips](http://www.dhnature.org/fieldtrips).

Interested in a topic not listed? Our trained staff can accommodate most program themes as requested.

### OUTREACH



A naturalist will travel to your facility to present a 1-hr program on your topic of choice. Many field trip options can be adapted to outreach - look for the outreach symbol next to field trips. See page 6 for more outreach options. Multiple presentations on the same day are available. Pricing varies on location, quantity of programs, and duration.

### FIELD TRIPS



Groups meet at Douglas-Hart Nature Center for a field trip led by a naturalist. Field trips cost \$3/student (with a \$30 minimum) and duration typically ranges from 30 minutes - 1.5 hours depending on group needs. While at the nature center, groups can take advantage of on your own activities: picnic lunch, nature play area, visitor center exploration, and more!

## OUTREACH



Outreach is a wonderful enrichment opportunity for your students to still have hands-on and immersive experience with nature. A naturalist will present an interactive program lasting approximately 1 hour, and many of our outreach includes taxidermy animals, puppets, posters, pictures, and live animals when possible. For younger students, a story or craft may be included as well. No special set-up is required. The naturalist only needs a small table for visuals and supplies. Outreach is available year round, subject to availability.

### Naturalist in the Classroom Program Themes:

#### OWL BE SEEING YOU

'Owl' being seeing you in class to learn about the keen senses and adaptations of owls to catch their prey. After eating their prey, owls puke a pellet - students will get the opportunity to dissect a sanitized pellet to solve the mystery of what it ate!

#### BATTY ABOUT BATS

NANANANA . . . BATS! We are batty about bats at Douglas-hart, and we will come share the superpower of bats - echolocation!

#### AT RISK

Who is at risk of extinction? Bees? Turtles? Learn about endangered species of Illinois with interactive activities to understand the causes of population decline and what YOU can do you help.

#### INSECT-OPEDIA

Open up the world of insects to learn about new, unusual insects or dive a little deeper into familiar species of your choice! Students will work together during a build-a-bug activity to compare insects and spiders.

#### SLIMY OR SCALY?

Slimy or scaly? Amphibian or reptile? Find out the answers as we explore the basics of herpetology in this hands-on program featuring live animals!

#### MAGNIFICENT MIGRATIONS

Explore the threats and dangers of different animals from monarchs, hummingbirds, and geese during their magnificent migrations.

#### A WEB OF WONDERS

A wonderful way to explore spider webs with STEM. Students will work together to build-a-spider, giant web, and more to learn about super spiders and their super senses.

#### BELOW IN THE BURROW

Dig underground to discover the wonderful world of subterranean animals. Students will investigate live worms up close using scientific inquiry.

#### REDUCE, REUSE, RECYCLE

You've heard of reduce, reuse, recycle, but let's put these words into actions during this hands-on sustainability program. Student will fill empowered to 'reuse' all the ideas they learn about at home.

### Key Terms and Topics:

- Senses
- Traits and adaptations
- Predator/Prey
- Dissection

- Senses
- Traits and adaptations
- Predator/Prey

- Ecosystems
- Endangered/threatened
- Populations

- Senses
- Traits and adaptations
- Predator/Prey
- Life cycles

- Traits and adaptations
- Predator/Prey
- Life cycles

- Traits and adaptations
- Migration
- Habitats

- Senses
- Traits and adaptations
- Predator/Prey
- Food webs

- Traits and adaptations
- Predator/Prey
- Habitats

- Resources
- Environmental education
- Earth Day
- Recycle



### LOAN BOXES

\$5/EACH

MUST SHOW ID TO CHECK-OUT

Loan boxes are another fantastic option for supplementing your curriculum. Educators may check-out a kit full of resources on an array of environmental topics. Most of the field trips and outreach program themes featured in this brochure have a corresponding loan box. Loan boxes include but are not limited to: books, visuals, activities, games, lessons, and puppets. Loan boxes need at least 48 hour notice to check-out, are subject to availability, and must be returned within 2 weeks. To learn more, visit our website: [www.dhnature.org/outreach](http://www.dhnature.org/outreach)

# FOURTH GRADE



## Field Trip Themes:

### SUPER SENSES (PRAIRIE) 🏠 🌻 🌻 🌻

Are your spidey senses tingling? We can sense a predator-prey game, hands-on discovery, and much more taking place during this field trip. Student will all use their senses to understand how super prairie plants and animals really are!

### FISHY FUN (WETLANDS/POND) 🌻 🌻 🌻

How come some animals can live in water and others cannot?! That seems fishy! Students will explore the special aquatic animal adaptations through a dress-up game, visit to the wetlands and pond, and more fishy fun!

### WALK IN THE WOODS (WOODLANDS) 🏠 🌻 🌻 🌻

This field trip is no walk in the park . . . it's a walk in the woods! Discover the ins and outs of trees and the animals that call them 'Home Tweet Home'!

### DIG DEEPER 🏠 ❄️ 🌻 🌻 🌻

It's time to dig deeper! Students will learn to go beyond the surface and explore what's beneath their feet waiting to be discovered. Fossils, resources, and more 'deeper' understanding await!

### ECO-ENERGY ❄️ 🌻 🌻 🌻

Prepare to be blown away as students explore natural resources - wind, water, and solar energy. Students will leave feeling energized about a more sustainable future.

## Key Terms and Topics:

- Waves and their applications
- From molecules to organisms
- Earth's place in the universe
- Earth's systems

- Waves and their applications
- From molecules to organisms
- Earth's place in the universe
- Earth's systems

- From molecules to organisms

- Earth's place in the universe
- Earth's systems
- Earth and human activity
- Engineering

- Waves and their applications
- From molecules to organisms
- Energy
- Earth's systems
- Earth and human activity
- Engineering

# SPECIALTY



## Field Trip Themes:

### STRANGER IN THE WOODS 🏠 ❄️

Dive into this classic book and make special treats for woodland animals during the middle of winter. What critters will be discovered on our winter hike?

### TRACK STARS 🏠 ❄️ 🌻 🌻 🌻

Inspired from the book *The Story of the Little Mole Who Went in Search of Who Dunit* by Werner Holzwarth, students will become track stars as they explore and identify animals based on their scat, tracks, and more!

### EARTH DAY EVERY DAY 🏠 ❄️ 🌻 🌻 🌻

You don't have to wait until Earth Day to celebrate - every day is earth day at the Douglas-Hart Nature Center! Students will participate in environmental education activities that will help them experience, understand, and appreciate nature.

### HATCHET ❄️ 🌻 🌻 🌻

Compete in a mock game of survival in the woods based on the classic book: *Hatchet* by Gary Paulsen. Communication and teambuilding are deeply rooted in this field trip, as groups compete in fort building, fire starting, and water purifying challenges!

### BIOBLITZ ❄️ 🌻 🌻 🌻

Want an all day field experience? Immerse your students in a BioBlitz! Using field guides, tablets, and more resources, students will explore all 3 habitats to identify as many flora and fauna as they can. This in-depth field investigation is hands-on, educational, and fun, all while collecting real data for the nature center!

### ROCKIN' AROUND THE NATURE CENTER ❄️ 🌻 🌻 🌻

This field trip ROCKS! Explore the various habitats of the nature center and how rocks and soil play an essential role. You will be rockin' and rollin' through hands-on activities and outdoor exploration!

## Key Terms and Topics:

- Traits and adaptations
- Habitats
- Hibernation/migration
- Mammals

- Scats/tracks
- Mammals

- Earth Day
- Conservation
- Resources
- Environmental education

- Team building
- Resources
- Survival skills
- Identification

- Biodiversity
- Habitats/Ecosystems
- Populations
- Identification
- Carry capacity

- Geology
- Fossils
- Soil
- Land forms

# FIFTH GRADE



## Field Trip Themes:

### TALES OF THE TRAILS (PRAIRIE) 🌻 🌻 🌻

Imagine life in Illinois as a Native American by exploring the prairie, wigwam, and more! Discover life in this endangered habitat and learn about protection resources.

### WADE INTO THE WETLANDS (WETLANDS/POND) 🌻 🌻 🌻

Wade into the wetlands with dip nets to observe the world beneath the water. Understand the importance of all aquatic creatures - big and small - during the wetland food chain game.

### FOREST FRENZY (WOODLANDS) 🏠 ❄️ 🌻 🌻 🌻

It's wild in the woodlands! Participate in the forest frenzy food web game to understand the complexity of the ecosystem and the importance of biodiversity.

### H2O ON THE GO 🌻 🌻 🌻

It's a 'waterful' world! Join us in exploring our water habitats, testing water quality, and building your own mock pond to learn about the side effects of pollution.

### OUT OF THIS WORLD 🏠 ❄️ 🌻 🌻 🌻

Go to infinity and beyond to discover how vast the solar system is with visual measurements and teamwork!

## Key Terms and Topics:

- Energy
- Ecosystem
- From molecules to organisms

- Energy
- Ecosystem
- From molecules to organisms

- Energy
- Ecosystem
- From molecules to organisms
- Earth and human activity

- Earth's systems
- Earth and human activity

- Motion and stability
- Earth's place in the universe
- Earth's systems

FIELD TRIPS enrich and expand curriculum, strengthen observation skills, immerse children in sensory activities, increase children's environmental knowledge, and expand children's awareness of their community! Field trips are available year round and subject to availability.



## WHAT TO EXPECT:

- Nationally trained naturalists guiding students
- Interactive, hands-on activities
- Visuals (pictures, puppets, taxidermy, etc.)
- Story and/or craft for younger ages
- Outdoor exploration **all year round** ❄️ 🌻 🌻 🌻
  - Please dress for indoor and outdoor exploration
  - Closed toe shoes are highly recommended
  - If severe inclement weather, alternative indoor activities will be conducted.

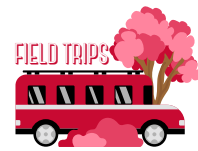
To help your students prepare for their field trip, be sure to watch our Field Trip video on our website: [www.dhnature.org/fieldtrips](http://www.dhnature.org/fieldtrips)

## WHEELS TO THE WOODS

Did you know the Douglas-Hart Foundation offers a scholarship program called Wheels to the Woods to help offset your field trip admission fees or transportation costs? To apply for this scholarship program, please visit our website: [www.dhnature.org/fieldtrips](http://www.dhnature.org/fieldtrips)



# KINDERGARTEN



## Field Trip Themes:

### FUN IN THE SUN (PRAIRIE) 🌻🌻🌻

It's time for a little fun in the sun! Students will learn about the basic needs of plants and animals during a habitat building challenge and more!

### WHAT NEWT COULD DO FOR TURTLE (WETLANDS/POND) 🌻🌻🌻

Newt needs to save turtle! Can you help in this STEAM building challenge? Students will explore the pond and the basic needs of animals that live there while they help newt save turtle!

### THE NUT JOB (WOODLANDS) 🏠❄️🌻🌻🌻

It's a tree-mendous day to explore the woodlands from the shaded understory to the sunny canopy and the animals living within, like squirrels.

### GROW GARDEN GROW 🌻🌻🌻

After you push and pull your way through our garden, you will grow your knowledge of the basic needs of plants by planting your own seed to take home to watch grow, grow, grow!

### FALL INTO WINTER 🏠❄️🌻

Fall into the nature center to learn how animals prepare for winter? What will they eat? Where will they sleep? Answer these questions and more during this fun seasonal field trip!

## Key Terms and Topics:

- Motion and stability
- Energy
- From molecule to organisms
- Earth's systems
- Earth and human activity
- Engineering design

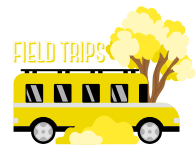
- Motion and stability
- Energy
- From molecule to organisms
- Earth's systems
- Earth and human activity
- Engineering design

- Motion and stability
- Energy
- From molecule to organisms
- Earth's systems
- Earth and human activity
- Engineering design

- Motion and stability
- Energy
- From molecule to organisms
- Earth's systems
- Earth and human activity
- Engineering design

- Energy
- From molecule to organisms
- Earth's systems
- Earth and human activity
- Engineering design

# SECOND GRADE



## Field Trip Themes:

### POLLINATE THE PRAIRIE (PRAIRIE) 🌻🌻🌻

It's time for a prairie party - it is sure to 'bee' fun! Students will explore the prairie hands-on during the bee dance, Seed Olympics, and more pollinator activities!

### WHAT A WATERFUL WORLD (WETLANDS/POND) 🌻🌻🌻

This field trip is a 'waterful' way to learn about the differences between water habitats and the animals within. Students will help a mystery animal find its home by exploring the wetland and pond with 'waterful' activities!

### TOWERING TREES (WOODLANDS) 🏠❄️🌻🌻🌻

From tree to table, students will explore tree growth, tree products, and more 'tree-riffic' things through interactive activities! This field trip is towering with all things trees!

### A HOME FOR ME AND YOU ❄️🌻🌻🌻

You may have heard of the Three Little Pigs, but how about the Three Little Birds? Students will learn more about habitats through a hands-on STEAM competition to build a home 'tweet' home for the Three Little Birds!

### JOURNEY TO THE CENTER OF THE EARTH 🏠🌻🌻🌻

Students will dig deep into the Earth through the eyes of burrowing animals to investigate the effects of erosion, earthquakes, and more! What will you discover during your journey to the center of the Earth?

## Key Terms and Topics:

- Matter and its interactions
- Ecosystems
- Biological evolution
- Earth's place in the universe
- Earth's systems

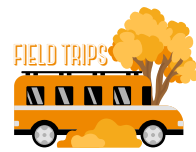
- Matter and its interactions
- Biological evolution
- Earth's place in the universe
- Earth's systems

- Matter and its interactions
- Ecosystems
- Biological evolution
- Earth's place in the universe
- Earth's systems
- Engineering design

- Matter and its interactions
- Biological evolution
- Earth's place in the universe
- Earth's systems
- Engineering design

- Matter and its interactions
- Biological evolution
- Earth's place in the universe
- Earth's systems
- Engineering design

# FIRST GRADE



## Field Trip Themes:

### GOING ON A BUG HUNT (PRAIRIE) 🏠🌻🌻🌻

We are going on a bug hunt! Big bugs, little bugs, noisy bugs, all bugs! Students will be 'bugging' to learn more about these fascinating creatures after they build-a-bug, learn about life cycles, and of course, catch bugs!

### FROGGY FUN (WETLANDS/POND) 🏠🌻🌻🌻

This field trip is 'ribbiting'! Students will hop into froggy fun as they explore the sounds of the pond, learn the frog life cycle, and play a froggy food chain game!

### TWEET (WOODLANDS) ❄️🌻🌻🌻

Learn the birdie basics by acting like a fledgling to building a nest and more totally 'tweet' interactive activities!

### ECO-ENGINEERS ❄️🌻🌻🌻

Let your imagination run wild during this STEAM field trip! Become an eco-engineers after learning about biomimicry, exploring inventions inspired by natures, and then building your own creation!

### NIGHTY NIGHT 🏠❄️🌻🌻🌻

Whoooo goes there in the dark?! Students will want to explore all night after learning about traits of nocturnal animals, stars, and constellations that are out when they are going 'nighty night'!

## Key Terms and Topics:

- Waves and their application
- From molecules to organisms
- Heredity

- Waves and their application
- From molecules to organisms
- Heredity

- Waves and their application
- From molecules to organisms
- Heredity
- Engineering design

- From molecules to organisms
- Engineering design

- Waves and their application
- From molecules to organisms
- Heredity
- Earth's place in the universe

# THIRD GRADE



## Field Trip Themes:

### PRAIRIE PARTY (PRAIRIE) 🌻🌻🌻

What's the buzz?! There's a party, and you're invited! It's where the bison roam, the monarchs feast, and the plants dig deep . . . it's a prairie party!

### HOORAY FOR HERPS (WETLANDS/POND) 🌻🌻🌻

Sal the Salamander is smooth, slippery, slimy, and . . . LOST! This is a 'waterful' way for students to learn the basic traits of amphibians and reptiles. All will be yelling 'HOORAY' as they help Sal find his way home!

### SPEAK FOR THE TREES (WOODLANDS) 🏠🌻🌻🌻

We speak for the trees! Inspired by Dr. Seuss' *The Lorax*, students will follow a seed's journey to becoming a tree. This field trip is everything you 'thneed' to learn about logging and tree uses.

### A TRAIT-OR AMONG US 🏠❄️🌻🌻🌻

Students will go nuts as they attempt to crack the case on how habitat loss effects biodiversity. Is there a trait-or among us?! Find out as we explore the traits, adaptations, and genes of animals like the albino squirrel!

### WEATHER OR NOT TO MIGRATE? 🏠❄️🌻🌻🌻

Can animals see the future? How do they know 'weather' or not to migrate? Explore habitats as animals during a migration game to learn how weather helps animals know what to do!

## Key Terms and Topics:

- From molecules to organisms
- Ecosystems
- Heredity
- Biological evolution
- Earth's systems

- From molecules to organisms
- Heredity
- Biological evolution
- Earth's systems
- Engineering design

- From molecules to organisms
- Heredity
- Biological evolution
- Motion and stability

- From molecules to organisms
- Ecosystems
- Heredity
- Biological evolution

- From molecules to organisms
- Ecosystems
- Biological evolution
- Earth's systems
- Engineering design