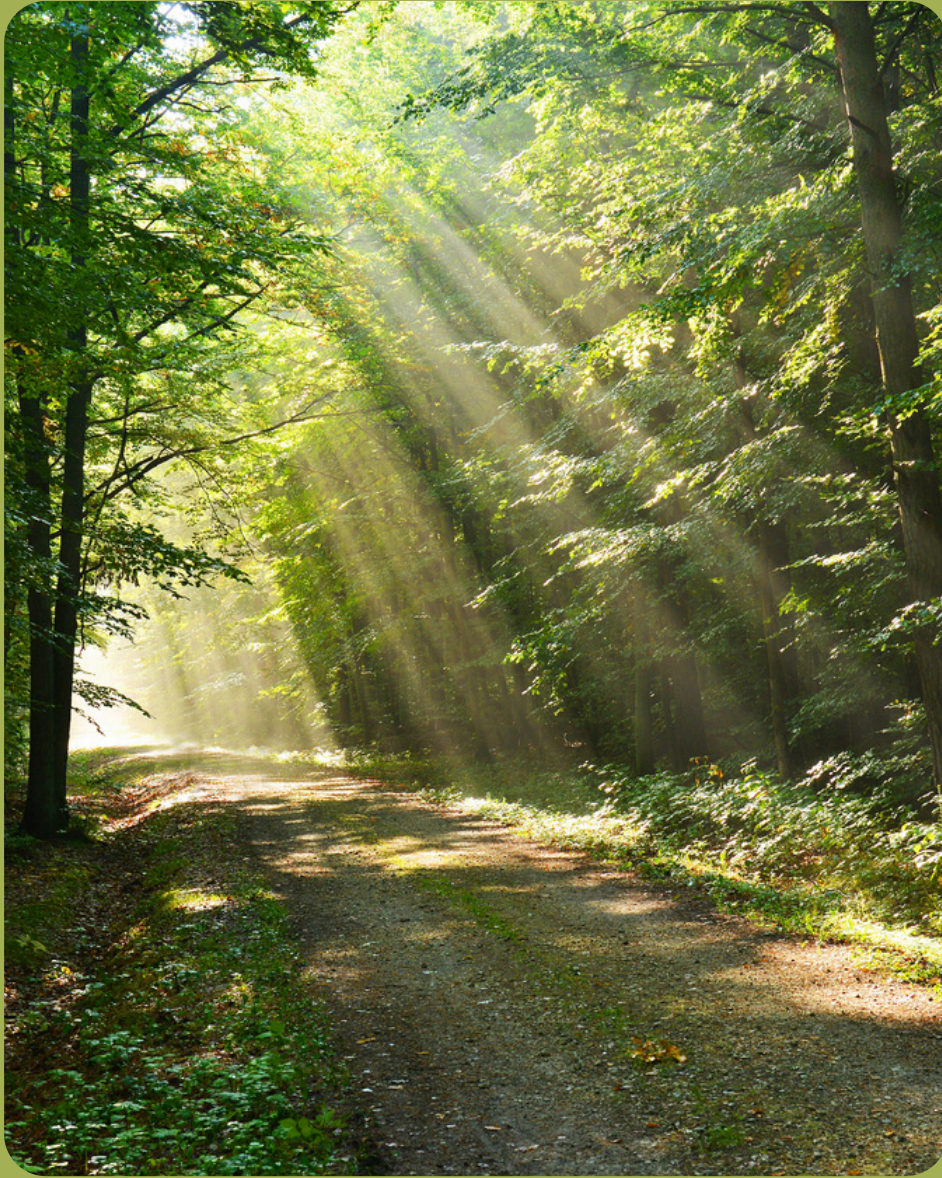


# FOREST ADVENTURE PROGRAM



**CEDAR  
GROVE**  
SCHOOL



# Our Forest Adventure Program

FOSTERING DEEP CONNECTIONS



*“Nature is not a place to visit.  
It is home.”*

*- Rudolf Steiner*

**At Cedar Grove School, we embrace the great outdoors as part of our curriculum.**

Our **Grade School Forest Adventure Program** immerses students in the natural world, where they spend invaluable time outdoors, fostering a bond with the environment and developing essential wilderness skills.

Our **seasonally-based program** takes place on more than **700 acres of farm, forest, and wetland**. Here, every Friday, children take part in guided outdoor adventures. These adventures are structured to encourage students to develop new skills, increased confidence, and a **deeper connection to nature**.

On these days, our approach embodies the philosophy of **“learning by doing.”** Our students are immersed in hands-on projects, applying their knowledge to real-life situations. In doing so, the children not only develop skills in sustainability, but also a profound appreciation for nature.

Children also hear traditional **Indigenous tales and legends** which offer great wisdom about the elements of nature, as well as plants and animals of the land. From these stories, the children gain deep understanding of and inspiration in **living in rhythm and harmony with the natural environment**.

Join us in providing your child with a one-of-a-kind educational journey where every day is an **adventure of learning and discovery!**

# Our Forest Adventure Program

## PROGRAM OFFERINGS

**Our program offerings include opportunities for children to develop skills in:**

- Wilderness survival, such as:
  - Fire-Making Basics
  - Campfire Cooking
  - Shelter-Building
  - Water Purification
  - Wilderness Navigation and Basic Use of a Compass
  - Basic Survival Tool-Making (knot tying and simple tool crafting)
  - Knife Use, Tool Safety, and Carving
- Animal Tracking, Behaviour and Awareness
- Wild Edibles and Medicinal Plant Identification

Offerings also include: arts and crafts, outdoor sports and games, discovery-based projects, music and dance, hiking and nature exploration, farm animals and gardening, team-building exercises.

