

**Suggested Pre-Field Trip Activities
for Snowshoeing at Wood Lake Nature Center**

Vocabulary

- Snowshoe
- Weight Distribution
- Native American Indian
- Animal Sign
- Animal Track

Note- please have students wear boots

- *Review vocabulary list
- *Review ice safety
- *Discuss with students why snowshoes were first invented and what culture(s) traditionally have used them for travel
- *Have students walk around the classroom pretending to have snowshoes on their feet (i.e. waddle like a penguin)
- *Have students draw a picture of what they might see on a snowshoe hike at Wood Lake Nature Center
- *Have students research animals that have feet that are adaptive like snowshoes that help them walk on top of the snow (example- snowshoe hare, lynx, penguin)
- *Go over the main parts of a snowshoe (you can borrow one from the nature center or find pictures/diagrams online). Parts include: toe, heel, tail, binding and webbing

**Suggested Post-Field trip Activities
for Snowshoeing at Wood Lake Nature Center**

- *Review vocabulary list
- *Create a class mural of what students observed at Wood Lake on their snowshoe hikes, have them compare it to the pictures they made of what they thought they may see
- *Encourage students to visit Wood Lake or another site that rents snowshoes and try it again remembering what they learned from their field trip (snowshoes are available for students to rent for \$4)
- *Research with students what track patterns animals have and draw them. Compare animal tracks to human patterns of walking.
- *Discuss the importance of physical fitness and opportunities for exercise in winter including snowshoeing
- *Create an extra credit program for those who get outdoors on weekends