



Parent/Guardian Information Form

What to Expect at Rivers to Ridges

Our programs are carefully designed to deepen ecological awareness through creative problem solving, team and personal challenges, and exploratory play. We aim to foster and deepen a sense of wonder and curiosity within each child through interacting with the land. We use specific core routines including *sit spots*, *nature journaling*, *creative storytelling*, and the *art of questioning*. Each of these routines uniquely contributes to an overall sense of community and meaning for each learner over time. We aim to inspire confidence, empathy and community through interacting with the natural world. Depending on the program, participants may be involved in any of the follow activities. Please inform the leaders if there are certain activities that your child may not be able to be involved in or any concerns you might have.

Our programs may include:

- natural shelter building techniques
- sit spots
- sneaking quietly in the woods
- wild crafting (gathering, twining & weaving, plant pressing)
- mammal, bird and wildlife tracking
- Yukon wild edible and medicinal plants
- ecological games & songs
- macro sketching and botanical drawings
- forest, invertebrate, and soil studies
- exploratory play
- sensory awareness training
- team-building challenges
- storytelling and active listening
- routine nature journalling
- bird behaviour and bird language
- creative land mapping

What to Bring

Programs are run nearly 100% outdoors, and participants should come dressed and prepared for the weather every day. We run programs all year-round, including in cold winter temperatures. While we have an indoor facility to use in case of extreme weather conditions (below -30 including wind chill), however the plan is to be out and about as much as possible. We aim to accomplish this by making sure that everyone has the right gear to remain warm, dry, and happy. Below is a general list of what youngsters should have packed for our full-day programs.

WINTER GEAR LIST

- a backpack
- warm winter jacket & snow pants OR full snowsuit
- warm, non-cotton winter hat
- insulated/water-resistant winter boots
- 2 pairs warm, non-cotton socks
- non-cotton scarf/buff/balaclava/etc.
- 2 pairs of warm mittens
- 1 full, reusable water bottle with a secure lid
- 1 full thermos with a hot beverage
- 1 large, healthy nut-free lunch + lots of snacks
- any required medications
- a headlamp (optional)

SUMMER GEAR LIST

- a backpack
- rain jacket & rain pants
- a sweater
- hat with a brim
- 2 pairs of socks
- full shoes/hikers (no sandals please)
- 1-2 full, reusable water bottle(s) with a secure lid
- 1 large, healthy nut-free lunch + lots of snacks
- any required medications
- sunscreen

SPRING & FALL GEAR LIST

- a backpack
- warm jacket & pants (depending on weather)
- warm, non-cotton winter hat
- insulated/water-resistant boots OR full shoes/hikers
- 2 pairs warm, non-cotton socks
- non-cotton scarf/buff/balaclava/etc.
- 2 pairs of warm mittens
- 1 full, reusable water bottle with a secure lid
- 1 full thermos with a hot beverage (optional)
- 1 large, healthy nut-free lunch + lots of snacks
- any required medications

Please contact riverstoridgesyukon@gmail.com, or call 867.334.8955 with any concerns or for more information.