



Camp Schedule and Descriptions for 2019 **Printer-friendly**

Spring Camps

March Break Camp, March 11-15, 2019

A fun-filled week of forest adventures, involving lots of nature-based games, exploring animal lives, building with snow, fire-making and food roasting, carving projects like making bows/arrows or coal-burned spoons, wilderness/survival skills, and if the weather is right, maple tapping! We will most likely do some sneaking challenges along the way, developing greater nature and self-awareness. Whatever the weather, we are looking forward to having a fantastic time!

Summer Camps: July to August, 2019

Week 1 Mornings - July 2-5, 9 am – 12 pm – Cubs Camp AM – Ages 4-6

Cubs Camp: In our preschool camp, we touch on the big nature themes such as weather, the animals who live in the forest, and plant life. At this age children have such inquisitive minds and we seek to encourage their wonder and curiosity wherever possible! Through stories and nature-inspired games the children become more familiar with their surroundings; we explore the meadows where butterflies flutter, the pond full of hopping frogs and tadpoles, the trees where squirrels scamper through branches above. Other activities include: learning about fire safety as we share stories and roast edibles around the campfire, climbing trees, practicing whittling techniques with vegetable peelers, catching insects and collecting plants for teas and nature crafts This is a great program to help little ones expand their comfort zone, develop their motor, problem solving and social skills and more through games and sensory play.

Week 1 Afternoons - July 2-5, 1 pm – 4 pm – Cubs Camp PM – Ages 4-6

Same theme/activities as Cubs Camp in morning (see description above).

Week 2 - July 8-12 - Food and Forest – Ages 6-14

Food and Forest Camp: Our forest offers an abundance of nourishing plants! This week is all about wild edibles and medicinal plants, while incorporating many of our usual baseline activities of nature wanders, tree climbing, games and fort-building. Children will learn what plants are safe to eat in the wild, as well as ancient cooking techniques to prepare the foods they harvest. They will come home with full bellies after making sweet wild teas, dandelion fritters, berry compotes and more. We will also have the chance to help local farmers at Just Food Farm, see how they grow vegetables, and learn about



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sustainable agriculture in our city. Additionally, we will learn about the medicinal uses of plants- which ones soothe mosquito bites or sterilize small cuts as well as numerous other ways they may be used to benefit our bodies.

ADVANCED TRACK: Youth ages 12-14 have the option of being in the Advanced Track, wherein they assist Earth Path mentors and develop more advanced skills while participating in the camp activities.

Week 3 - July 15-19 – Earth and Wood – Ages 7-14

Earth and Wood: This week is all about grounding ourselves and growing our roots through projects that bring us closer to the earth. Each child will be taught safe whittling techniques and have a range of carving projects to choose from if they desire (under close supervision). Other activities will include using natural materials to make cordage, grass mats, cattail dolls, and moulding cups and bowls out of clay that we harvest.

Each week our camps include a consistent mix of wanders through diverse landscapes, sit spots, nature-inspired games, stories and songs. Each day has a period of supervised free play where the children are free to climb trees, explore meadows and forest, or work on a project of their interest. We make a daily campfire whenever conditions permit.

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Week 4 - July 22-26 – Navigation and Wilderness Survival – Ages 7-14

Navigation and Wilderness: This week is about learning how to safely explore our surroundings, navigate through new areas, and develop skills to survive in the wilderness! Through games and activities such as treasure hunting, the children will learn about the cardinal directions, how to read a map and use a compass. They will also learn skills ranging from how to tie proper knots, build an effective shelter, collect water by making a water sill, and start fires using friction (flint and steel, bow drill).

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Week 5 - July 29–August 2 – Insects and Birds – Ages 6-14

Insects and Birds: This week we will be learning all about insects through games and stories, why they are so important to our ecosystems, their impressive teamwork and all that they accomplish. We will be building bug houses and placing them around the forest to provide shelter for our tiny 6-legged friends. We will also explore the world of birds through sit spots, games and tracking; learn how to identify different types of common birds; and begin to understand their language- what their calls and behaviour mean. Bird projects will include making bird feeders and learning how to build nests the way they do.

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Week 6 - August 6-9 – Super Camp – Ages 8-14

Super Camp: Earth Path is pleased to host a low ratio camp for children with special needs. With advance collaboration from parents we will be customizing the activities of the week to line up with the children's interests. Having a low ratio (3:1) of children to mentors and a maximum of 9 participants will allow us to easily adapt our games and activities to help the children feel at ease and have a fun time in the forest! Activities will include camp fires, games, crafting, sensory exploration, bush skills, and adventurous nature wanders. Our goal is to help the children feel safe and comfortable in an outdoor environment, while expanding their edges for growth, discovery, and self-empowerment!

IF YOU WOULD LIKE TO REGISTER YOUR CHILD, please contact us first (info@EarthPath.ca) so we can chat about whether this camp would likely be a good fit.

Week 7 - August 12-16 – Global Adventurers' Camp

This is a camp being organized collaboratively with our friends from The Chi Garden, and it will introduce visitors from China to local nature and agriculture through a week of activities for parents and children.

NOT OPEN FOR REGISTRATION



Week 8 - August 19-23 – Apocalypse Week – Ages 8-14

Apocalypse Week: If you have an imaginative child who likes strategic games of stealth and getting down in the dirt, this is the camp for them! Running our programs on over 150 acres of NCC-owned, publicly accessible land means that we often see dog walkers and other locals out enjoying the meadows and forest. In our apocalypse-themed camp we will master the arts of camouflage, hiding, sneaking and tracking, using all our senses and vigilance to adventure through the land without being detected. During this week-long role play, all walkers and dogs in the area will be considered zombies and we must use our skills to accomplish important missions without being discovered.

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