



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 2, LESSON 5: THE TRAIL WALK

Child Care Provider – Plan and write a timeline for an outdoor field trip you will take with students.

- When will you visit the site yourself?
- What information do you need to learn from your initial visit to help you prepare?
- How will the experience support your health and nutrition educational goals?
- How will you prepare your students before the trip takes place?
- How will you document the experience in ways that will make the learning visible?
- After the trip, reflect on the experience and plan for ways to follow up on children's interest. Do you need to adjust your original expectations and curriculum emphasis?

Director – Discuss with staff your philosophy on the purpose of learning outside the classroom.

Action Step:

Write or amend your field trip philosophy statement and share it with staff and families.

Reflection/Discussion Questions

- *How do you use field trips to support real world application of children's skills?*
- *How do you assess perceived risk versus potential learning value of a field trip?*
- *Review your field trip policies and procedures. So they allow teachers to provide field trip experiences easily and effectively? How have you addressed topics such as emergency contact information, required number of adults, first-aid supplies, communication needs before, during, and after the trip?*