

Adventure Books by Gordon Korman

Everest Book 1: The Contest

Everest Book 2: The Climb

Everest Book 3: The Summit

Dive Book 1: The Discovery

Dive Book 2: The Deep

Dive Book 3: The Danger

Island Book 1: Shipwreck

Island Book 2: Survival

Island Book 3: Escape



Be an adventurer at Cayuga Nature Center!

- 120 acres of streams, fields, forest and gorges
- Butterfly House
- TreeTops (Six-story tree house)
- Live animal collection both indoors and outdoors
- Educational animal displays
- Pee Wee Naturalist Room
- Five miles of trails

“cultivating awareness and appreciation and responsibility for the natural world through outdoor and environmental education”

www.cayuganaturecenter.org

Grounds are open dawn to dusk, 365 days a year!

Hours for the main lodge: *Tues-Sun: 10AM - 4PM, Closed Mondays*

Admission: \$3 Adult (12 and older) :: \$2 Students/Senior :: \$1 Children

ABOUT the PROGRAM

Trumansburg Kids Explore & Discover (TKED) is a program of the TCSD Foundation with support from the Discovery Trail and the Trumansburg Central School District to provide curriculum-based field trips to the eight sites of the Discovery Trail for Trumansburg Central School District students grades Pre-K through 6.

Thank you to Art & Anthropology Inc. for the creation of this flier and to the Trumansburg Elementary PTO for the funding of the book.



TCSD
FOUNDATION

Learn more about **Trumansburg Kids Explore & Discover** at www.tcsdfoundation.org and www.discoverytrail.com



Fifth Grade

Discovery Trail Site:

Cayuga Nature Center

1420 Taughannock Blvd. (Rt. 89)
Ithaca NY 14850
(P) 607-273-6260

www.cayuganaturecenter.org

ROPES COURSE & Environmental Stewardship

Outdoor adventure teaches environmental respect and the importance of team building to help students learn to work together in preparation for middle school.

book details inside >



THE CLIMB *by Gordon Korman*

is a special keepsake book to celebrate your child's 5th grade trip to the Cayuga Nature Center as part of **Trumansburg Kids Explore & Discover** program.

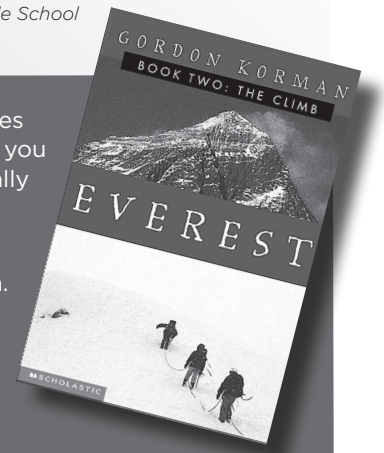
Special thanks to the Trumansburg Middle School PTO for funding this book.

Dear Adventurer,

We are excited to provide you an exhilarating visit to Cayuga Nature Center's TEAM Challenge ropes course. During your visit you will be challenged both emotionally and physically, and we hope that you will push yourself in a number of ways. Opportunities like this one create memories for life, especially when you get to share them with friends.

We hope you enjoy *The Climb* by Gordon Korman. We chose this book for you because it presents extreme obstacles that exemplify common challenges groups face when they must work as a team. Like the book, the program at CNC will encourage you to think about how to work together, under any circumstances.

We're really looking forward to this program, and we hope you are, too.
See you soon, Tom Trencansky, *Executive Director*



TEAM BUILDING ACTIVITIES FOR FAMILY AND FRIENDS

Participants of Cayuga Nature Center's TEAM Challenge Ropes Course and the characters in the book *The Climb* focus on **teamwork** and **self-discovery**. Participants are challenged with **problem-solving** skills to accelerate **communication** skills.

The success of all participants depends on team-building, group dynamics, leadership, determination and trust. In this flyer there are several activities that focus on teamwork, reflection and community service.

How do all these activities relate to TEAM Challenge or *The Climb*?

Line Up

Get the entire group into order (lined up) based on some fact (i.e.: by day and month of birth, by shoe size, alphabetically by middle name, etc.). Usually, this is done without talking.

This activity focuses on non verbal communication and problem solving.

Gotcha

Group together in pairs facing each other with an additional single person as the caller. Each person in the pair places one palm facing their partner's with their index finger pointing down into the partners palm.

When the caller says "Gotcha" everyone tries to catch the finger in the palm while trying not to be caught. The caller may try to trick participants by saying "On your mark, get set, GO!" or "1, 2, 3" or "GO!"

This activity focuses on communication and multitasking.

Hug a Tree

Start on a track in a pleasant forested area. This activity works well as a break during a hike.

In pairs, one is blindfolded. The blindfolded person is to be the tree-hugger. The tree-hugger is lead through the trees and then placed next to a special tree. The tree-hugger touches the tree and tries to memorize its size, shape, location, texture, etc.

The tree-hugger person is lead back to the starting point, takes his/her blindfold off and tries to locate his/her tree. Swap. Usually participants like to have a couple of turns at being blindfolded and trying to find a tree.

This activity focuses on communication and trust.

Creative Writing

- Describe a time that you felt challenged in a group with friends or family.
- How was the issue resolved?
- If it was not resolved, what do you think could have helped?
- Who would your ideal group consist of?
- Why would it be ideal?
- What makes up an ideal group?

Community Service

- What are some ways we can help others?
- Why is it important to help others?
- What is Community Service?
- Complete three services that you believe are Community Service.