

THREE SEASONS AT HEART LAKE

Since 2003, the *Marie L. Haberl School Outreach Program: Three Seasons at Heart Lake*, the Adirondack Mountain Club's (ADK's) inquiry-based environmental education curriculum, has been transforming the lives of fourth-grade students by bringing them to the outdoors and the outdoors to their classrooms. The primary goal of the program is to create significant life experiences that inspire students to become life-long stewards of nature.

Three Seasons at Heart Lake has three components: classroom visits, field trips, and naturalist journals designed to be used both in the classroom and on field trips throughout the year. All are designed in conjunction with teachers to help meet classroom goals and to align with New York State Learning Standards.

FALL

ADK educators meet the 4th graders for the first time in their classrooms and teach about local cultural history, Leave No Trace, and hiking preparedness. On the first field trip, students are led on a hike up Mt. Jo. Along the way, they practice responsible hiking techniques and closely observe the surrounding environment.



WINTER

In the classroom, ADK educators teach students about different ways animals and humans adapt to survive the harsh Adirondack winters and how to read animal tracks. On their field trip, students learn to hike with snowshoes and use their newly acquired nature detective skills to identify the tracks they find along the way. After lunch, they also write haiku poetry about their experience.



SPRING

In the classroom, ADK educators teach basic mapping skills which they put to use by making a map of their classroom for a treasure hunt! On their field trip, the students practice following the Leave No Trace principles as they brave the mud and bugs while hiking around Heart Lake and mapping the new spring growth they discover.



The program concludes with a final in-class wrap-up visit, during which ADK educators prompt the students to review and reflect on all they've learned with ADK through the year. Every student is given a FREE parking pass and encouraged to revisit Heart Lake with their family.

SCHOOLS

Participating schools are largely from under-served communities in Hamilton, Clinton, Franklin, and Essex counties. All but one of the schools we work with are classified as Title-1 schools, meaning that 40% or more of their student body comes from low-income households. ADK has been able to offer this program to all schools below free of charge thanks to generous donors and grant funding.

- Arthur P. Momot Elementary
- Ausable Forks Elementary
- Boquete Valley Central School District
Lake View Campus
- Keeseville Elementary School
- Keene Central School
- Long Lake Central School
- Lake Placid Elementary
- Oak Street Elementary
- Petrova Elementary
- St. Bernards School
- Schroon Lake Central School
- St. Regis Falls Central School

ONLINE PROGRAM: BRINGING HEART LAKE TO YOUR BACKYARD

Designed to reach a wider audience, ***Bringing Heart Lake to Your Backyard*** is ADK's asynchronous online environmental education program available for free to teachers, homeschool educators, and anyone else looking for outdoor education resources for fourth graders.

In the online program, we share five videos each season that employ science, beauty, wonder, and humor to highlight observable natural phenomena and encourage students to explore right in their backyards. The videos are accompanied by a nature journal and activities that support the fourth-grade curriculum and help students engage with the outdoors.

We use examples that students can experience wherever they are to reinforce New York's Next Generation Science Standards (NGSS). We hope to inspire students with the beauty of their world and foster a desire to protect it. The Leave No Trace principles are infused throughout the program and provide students with tangible steps they can take to protect the places they love.

