

Conservation Mindfulness: Outdoor Codes and Ethics

(~ 60 minutes)

Jack Frank, Tyler Dean, Kensington Mikulenska

DATE: Tuesday, October 17th, 2023

LOCATION: Crockett Elementary School (Makerspace room) – 1300 Girard St, San Marcos, TX 78666

TIME: 7:55 am – 8:55 am

TOPIC: Conservation Mindfulness and Outdoor Ethics

GENERAL DESCRIPTION: An explanation of conservation through the principles of Leave No Trace and The Outdoor Code.

Materials	Costs
Cardstock or Construction Paper	\$5 - \$10 per pack
Markers and Colored Pencils	\$8 - \$15 per pack
Stickers and Stencils	\$5 - \$10 per pack
Glue or Glue Sticks	\$3 - \$8 per pack
Outdoor-themed Stamps	\$8 - \$15 per set

<p style="text-align: center;">5 minutes ~ Prep</p>	<ul style="list-style-type: none"> ● Printed out 7 pieces of paper that each explain a different principle of Leave No Trace for the activity ● Gather Materials: <ul style="list-style-type: none"> ○ Collect all the necessary materials for each craft, including paper, glue, scissors, markers, and any other specific items. ○ Ensure there are enough materials for all students, with a few extras in case of accidents or mistakes.
<p style="text-align: center;">5 minutes ~ Student Introduction/Crafts</p>	<p>Student leaders introduce themselves. During this time, encourage students to create their own nametag. Use the materials provided to showcase what they enjoy doing outdoors.</p>
<p style="text-align: center;">5 minutes ~ Engagement</p>	<p>Ask students questions such as the following to introduce today's concepts:</p> <ul style="list-style-type: none"> ● Who loves being outside? ● What do you do outside? ● Did you put any of the things you love to do outside on your nametag? ● Do you know if there are any “rules” to being outdoors? ● What is conservation? <ul style="list-style-type: none"> ○ Conservation is the practice of caring for environmental resources so all living things can benefit from them now and in the future.
<p style="text-align: center;">14 minutes ~ Leave No Trace</p>	<p>Intro: Introduce Leave No Trace National Parks Service’s seven principles of how to preserve nature.</p> <p>Plan Ahead and Prepare:</p> <ul style="list-style-type: none"> ● Know the regulations and special concerns for the area you'll visit. ● Prepare for extreme weather, hazards,

and emergencies.

- Schedule your trip to avoid times of high use.
- Visit in small groups when possible. Consider splitting larger groups into smaller groups.

Travel and Camp on Durable Surfaces:

- Durable surfaces include maintained trails and designated campsites, rock, gravel, sand, dry grasses, or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. just beginning.

Dispose of Waste Properly:

- Pack it in, pack it out. Inspect your campsite, food preparation areas, and rest areas for trash or spilled foods. Pack out all trash, leftover food, and litter.

Leave What You Find:

- Preserve the past: examine, and photograph, but do not touch cultural or historic structures and artifacts.
- Leave rocks, plants, and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts:

- Campfires can cause lasting impacts to the environment. Use a lightweight stove for cooking and enjoy a candle lantern for light.
- Where fires are permitted, use established fire rings, fire pans, or mound fires.

	<ul style="list-style-type: none"> ● Keep fires small. Only use down and dead wood from the ground that can be broken by hand. ● Burn all wood and coals to ash, put out campfires completely, then scatter cool ashes. <p>Respect Wildlife:</p> <ul style="list-style-type: none"> ● Observe wildlife from a distance. Do not follow or approach them. ● Never feed animals. Feeding wildlife damages their health, alters natural behaviors, [habituates them to humans], and exposes them to predators and other dangers. ● Protect wildlife and your food by storing rations and trash securely. ● Control pets at all times, or leave them at home. ● Avoid wildlife during sensitive times: mating, nesting, raising young, or winter. <p>Be Considerate of Other Visitors:</p> <ul style="list-style-type: none"> ● Respect other visitors and protect the quality of their experience. ● Be courteous. Yield to other users on the trail. ● Take breaks and camp away from trails and other visitors. ● Let nature's sounds prevail. Avoid loud voices and noises.
<p style="text-align: center;">10 minutes ~ The Outdoor Code</p>	<p>Intro: Introduce The Outdoor Code as the Boy Scouts of America guidelines for respecting nature.</p> <p>Be Clean in Your Outdoor Manners:</p> <ul style="list-style-type: none"> ● I will treat the outdoors as a heritage. I will take care of it for myself and others. I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways. <p>Be Careful with Fire:</p>

	<ul style="list-style-type: none"> ● I will prevent wildfire. I will build my fires only when and where they are permitted and appropriate. When I have finished using a fire, I will make sure it is cold out. I will leave a clean fire ring or remove all evidence of my fire. <p>Be Considerate in the Outdoors:</p> <ul style="list-style-type: none"> ● I will treat the land and other land users with respect. I will follow the principles of outdoor ethics for all outdoor activities. <p>Be Conservation Minded:</p> <ul style="list-style-type: none"> ● I will learn about and practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy. I will urge others to do the same. <p>Compare and Contrast: Ask students questions such as the following to differentiate between LNT and TOC concepts:</p> <ul style="list-style-type: none"> ● Are there common themes between Leave No Trace and The Outdoor Code? ● Are there any concepts mentioned in one and not the other? ● Which do you think is more important for preserving our natural environment? Why?
<p style="text-align: center;">3 minutes ~ Food for Thought</p>	<p>Ask students questions such as the following to conclude today's concepts:</p> <ul style="list-style-type: none"> ● Can you think of how you could use any of these principles while outdoors in San Marcos? ● The town of San Marcos values its outdoor spaces and natural wonders, and being conservation-minded, like following The Outdoor Code and Leave No Trace, helps protect and preserve these areas for future generations. Why is it essential to protect these beautiful places in and around San Marcos for the enjoyment of your generation and those to come?

<p style="text-align: center;">3 minutes ~ Call to Action</p>	<ul style="list-style-type: none">● Lead by Example: Encourage your friends and family● Educate Others: Share what you have learned● Respect Local Rules: Be aware of local rules or regulations● Participate: Learn more and get involved with nature
<p style="text-align: center;">15 minutes ~ Activity</p>	<ul style="list-style-type: none">● Explained the task of charades and how each group was to participate with the paper on their table● We explained with an extra principle on how to do the charade just to give them an idea● Each group took a couple of minutes to think about how they were going to perform their charade● Once they were all ready to perform they took turns and guessed which ones were what principle