

Mountain Roots Outdoor Education Program

Program Overview:

Mountain Roots Outdoor Education programs provide an opportunity for students to reach outside the classroom and engage in nature-based science education as well as social emotional learning throughout the entire school year. Mountain Roots facilitates “Outdoor Ed” experiences that connect K-8 students (some high school programming as well) to the outdoor spaces in their schoolyards & backyards. Our programs provide intentional standards-integrated opportunities for students to learn in an experiential way during their school day. Mountain Roots incorporates an interdisciplinary curriculum that enhances classroom learning and incorporates exploration and active play into every lesson. We partner with schools and districts to design the best experience possible for them. Topics may include (but are not limited to) the following:

Environmental education:

- Forest ecology
- Aquatic ecosystems/Watersheds
- Geology / Rock Cycle
- Habitat / Forest Community / Web of Life
- Water Cycle / Weather
- Wildlife native to North Carolina
- Insects
- Plants / Trees
- Stewardship & Sustainability
- Cycles of the natural world (rock, water, etc.)
- School gardens (we have partnered with several successful school gardens)



TLC--Team building, Leadership, and Character development:

- Group dynamics team building activities
- Leadership development activities (especially for older students)
- Trust activities
- Communication activities
- Conflict resolution
- Decision making
- Sense of Self--Discovering individual strengths and interests
- Group building projects (STEM focused)
- Sense of Place lessons, Wilderness ethics, & Leave No Trace
- Survival Skills (10 Essentials, etc.)

An Overview of Mountain Roots, Inc.

The mission of Mountain Roots Outdoor Education is to provide discovery and outdoor learning experiences with a focus on environmentally responsible and community centered learning.

Who we are: Mountain Roots is an educational non-profit, offering a range of experiential education programs in western NC since 2011. We provide outdoor, art-based, and community-building programs for youth and adults. We care about helping our participants make connections through hands-on / minds-on learning.

What we do: Mountain Roots has provided Outdoor Education programs for over ten schools in WNC since 2015. (as well as an annual summer Day camp and leadership/professional development retreats). We engage young people outdoors year-round! We focus our programs around the educational philosophies of Expeditionary Learning:

1. The primacy of self-discovery
2. The having of wonderful ideas
3. The responsibility for learning
4. Empathy and caring
5. Success and failure
6. Collaboration and competition
7. Diversity and inclusion
8. The natural world
9. Solitude and reflection
10. Service and compassion

Why we do what we do: Mountain Roots was founded with the intent of serving our community. We are passionate educators who believe in the potential that tomorrow holds. Our aim is to share our passion and excitement for the natural world, for working together within community, and for helping others. We hope to reach out to both youth and adults in our community to encourage healthy and positive living while we take care of the earth for generations to come.

TO LEARN MORE, VISIT...

- Our website: www.MountainRoots.org & Our Facebook page: Mountain Roots, Inc.
- Or contact Mountain Roots Executive Director—Ali Lien ali@mountainroots.org or (828) 384-4629