



EXPERIENTIAL EDUCATORS' CONFERENCE 2019

Nature, Wellbeing and Experiential Learning

November 25-26, 2019

[Upper Canada College Norval Outdoor School](#)

Conference Overview

Monday November 25, 2019

8:30 am - 9:00 am - Arrivals and Registration

9:00 am - 10:00 am - Keynote: Danielle Lachance from Trent University with a special introduction from Kirsten Johnston from Lakefield College School.

Kirsten will be speaking about the Lakefield College School's wellbeing program which includes daily time in nature for all students. Lakefield has recently partnered with Trent University to begin a long-term research study assessing the connectedness and well-being benefits of such a program. Danielle will share with us an overview of how researchers study and measure individual differences in connectedness with nature (nature relatedness) and the latest findings on nature's health and well-being benefits.

Danielle Lachance completed her MSc at Trent University. Her research in environmental psychology focuses on the influence of the natural environment has on nature relatedness, well-being, and pro-environmental attitudes and behaviours. Her recent work is focused on the effects of nature immersion and outdoor education in green space versus blue space on students' mood and concern for the environment. Danielle is an academic assistant in the psychology department at Trent, a research assistant in Dr. Lisa Nisbet's Nature Relatedness lab, and the lead researcher of an environmental stewardship program for The Land Between Charity.

10:00 am 10:15 am - Snack and Introduction of the 'Experience Wellbeing Naturally' Activities

10:15 am - 12:00 pm - Activities 'Experience Wellbeing Naturally'
(Attendees select one of the following)

Option One: Forest Bathing led by Krista Kilian, Certified Forest Therapy Guide

Shinrin-Yoku (Japanese for 'Forest Bathing') is commonly known in North America as Forest Therapy. The guide opens the door to experiencing the forest or other natural area through a series of 'Invitations' designed to connect you with the more than human world, yourself and others. Scientific research has demonstrated that forest therapy can have multiple healing benefits including reduced stress, lowered blood pressure, increased attention, boosted immunity and more. Intentional, slowed down time in nature helps reconnect you back to the rhythms and truths at your very core. This experience is like no other- unlike hiking or a naturalist walk, forest bathing offers something else that is difficult to put into words. Come and immerse yourself, letting time slip away in liminality.

Option Two: Flow Activity Chain Reaction led by Norval Staff

Participants will design and build a giant Rube Goldberg machine. A Rube Goldberg machine is a machine intentionally designed to perform a simple task in an indirect and overcomplicated fashion. Often, these machines consist of a series of simple devices that are linked together to produce a domino effect, in which each device triggers the next one, and the original goal is achieved only after many steps. We like to use Steve Jobs' quote in our design programs, "design is not about interacting with a computer; it's about interacting with the world." We will see if a group of educators can set off a rocket in the middle of the woods in the most dramatic way possible. Check out [a video of the chain reaction](#).

Option Three: Happy Campfire: 'An intro to your happy hormones.' led by Melissa Tong, Nuwa Health & Wellness

What makes you happy? How do we push happy?? First, we need to understand how happy happens. In this workshop, participants will be invited to play, laugh and learn while filling up their toolbox to help and foster a happy mindful community. We will be addressing the foundations to mental health, physical health and overall wellbeing. Ignite your fire with this interactive workshop that focuses on the happy hormones and how to keep your fire burning!

12:00 noon - 12:45 pm - Lunch for Wellbeing and Group Photo

1:00pm -2:00pm - Breakout Sessions Include:

- Co-op, Entrepreneurship and Mentorship Programs
- Global Programs
- Local Community Partnerships
- Outdoor Education
- Sustainability, EcoSchools, Community Gardens and Farm Programs

*Questions and topics for discussion are required from participants.

2:00pm - 4:30 pm - Local Field Trips

(Attendees select one of the following)

Option One: Armstrong Manor Farm Tour

[The Armstrong Family](#) has combined technology with farming as has the best farm tour Norval Outdoor School has ever been on. You will witness cows being milked in the parlour, tour the barn where our cattle are housed and fed, the heifer barn, the calf barn which has a robotic feeder, and learn about the modern use of genetics to help produce the best quality milk possible.

Option Two: Tour of Riverwood

[The Riverwood Conservancy](#) is a volunteer and member-based charity that provides programs and services to the community in nature and environmental education, stewardship of Riverwood, and gardening and horticulture. Riverwood is a hidden gem in central Mississauga. We invite people to come and explore this natural area, and take advantage of our free adult and family programs. The Riverwood Conservancy also offers a wide selection of Education programs for both the public and schools. Our programs include:

- Elementary school programs JK – Grade 8, Education Naturally.
- Secondary field science school programs Grades 9-12. L.E.A.D.S.
- The Enabling Garden program for schools and community groups
- Scouting and Guiding offers hands-on Badge Programs
- Art Naturally! The Riverwood Conservancy (TRC) and Visual Arts Mississauga (VAM) also collaborate to present a joint school program combining art and science.

Option Three: Evolutionary Psychology: How Fire Making, Risky Play, and Free Play Helps Reduce Anxiety with Dr. Greg Evans <https://theflourishingcenter.com/about/your-tfc-team/greg-evans/> **and Brent Evans** <https://www.ucc.on.ca/welcome/our-people?letter=E>

Participants will engage in some risky forest and free play and explore Evolutionary Psychology research that looks at risky play - the kind where someone actually could get hurt. Researchers suggest that the fear kids experience when climbing at great heights, being near a cliff, making a fire or handling a knife keeps them alert and careful and teaches them how to cope with potentially dangerous situations. Over time, mastering such scary situations has an “anti-phobic” effect which results in lower levels of anxiety overall.

Option Four: Cory Trepanier Barn Art Studio

Cory Trépanier is a Canadian landscape painter and filmmaker best known for his detailed oil paintings of the Canadian wilderness. He is also the creator of four films documenting his extensive painting journeys: A Painter's Odyssey, Into The Arctic, Into The Arctic II, Into the Arctic Awakening. Participants will be visiting Cory's barn studio with a personal tour from Cory and his wife Janet. Cory will give a presentation about his art, traveling in the arctic and introduce the curriculum that goes with his films. All of his films and resources are free to teachers and Cory is excited to share. Check out the Into The Arctic Website for more information: <http://www.intotheartctic.ca/films/>

5:00 pm - 6:00 pm Speed Innovation - *Volunteers are required for these sessions

6:00 pm - Dinner and Keynote with Chef Pam Fanjoy

[Chef Pam Fanjoy](#) a winner from season 3 of [Chopped Canada](#) will be preparing a 3 course meal for us and talk about her journey. Pam Fanjoy enjoyed a highly successful career as a clinical social worker before becoming a Chef, she applies her 25+ years of experience helping people with a culinary passion. She has a creative program that combines cooking with therapy and has used the kitchen as a personal lifetime mission to foster joyful healthy relationships by using fabulous, healthy food to facilitate connections between others; nourishing bodies, minds, and souls.

8:00pm - Campfire (Weather permitting)

Tuesday Nov 26th, 2019

8:00 am - Breakfast

8:30 am - 9:30 am - Keynote Speaker: Adventure Learning Experiences with Greg Rogers

Greg Rogers is currently a Director at WE and is a program coordinator for Adventure Learning Experiences, an organization he founded with his partner Robert Lato. Greg recently retired for the Toronto District Catholic School Board where he was a member of Staff Development and was the Coordinator of Student Leadership. He is also an instructor at York University's Faculty of Education and during the summer months he is the Associate Director of Olympia Sports Camp in Huntsville, Ontario.

Mr. Rogers began his teaching career at St. Clement's School in Zambia, Africa where he and his wife devoted the first two years of their professional lives. Upon returning to Canada in 1977 he taught Geography at Chinguacousy High School in Bramalea. He then became the Head of Social Sciences at Brebeuf College School from 1981 to 1989 and then acting Vice-Principal at Brebeuf from 1989 to 1994. In 1994 he was seconded to the Toronto Catholic District School Board to work on curriculum changes. Greg's first teaching job inspired him to bring students to the developing world.

Mr. Rogers is very involved in the development of youth leadership programs. He continues to lead programs to the developing world with colleague Robert Lato. Mr. Rogers is married with seven children and 12 grandchildren. Greg has been recognized for his outstanding work with many awards including the Patrick Fogarty Medal of Honour.

<https://www.catholicregister.org/item/26259-york-university-professor-earns-medal-of-honour-for-building-catholic-leaders> Greg is an outstanding speaker that will share with us the power of student leadership.

9:30 am - 11:00 am - Framing the Experience: 30 minute rotations

Rotation One: Preparing Faculty Leaders for Global Experiential Trips - led by Lesley Buckmaster & Dawn Ronfeld (Appleby College)

Rotation Two: Framing the experience using pre and post and trip assessments that lead to high school credits - led by Greg Rogers

Rotation Three: The Power of the Pre-Trip: The Norval Outdoor School developed a pre-trip program to prepare students for their global and local trips. Participants will experience our pre-trip program to learn how we can help students be ready to learn when they go on their actual local or global experience.

11:00 am - Lunch 100 mile meal - The Norval Outdoor School will present a program based on Michael Pollan's book, "Cooked." We will use ingredients from within 100 miles of the Norval Outdoor School to create a meal. We will explore how the 4 natural elements, Fire, Water, Air, and Earth transform raw ingredients into food. The program will give the participants an enlightening and compelling look at the evolution of what food means to us through the history of food preparation and its universal ability to connect us. Each of the four groups will focus on one of the natural elements: "Fire" (barbecue); "Water" (braising); "Air" (bread making); and "Earth" (fermentation) (cheese making). The culmination of the workshop will see all 4 elements placed on your plate for a great meal together.

1:30 pm Closing Remarks, Group Photo and Departure