

Writing Activities

- Research benefits of aerobic exercise; write a paragraph
- * Create a display board about benefits of aerobic exercise for the community building
- Design and make a brochure about trip; include information about proper clothing/dress, nutrition, and winter camping
- Compose a friendly letter to a supporter thanking them for donations or whatever opportunity emerges
- * Write a final draft of reflections of the trip; integrate photos into the final document
- Rewrite a simple traditional story into a children's book; add descriptive language and dialogue in the manner of Michelle Renner's *The Girl Who Swam With The Fish*

Science Activities

- Experiment with force, friction, and energy transfer
- Research calories burned per hour while skiing and foods that will efficiently replace those calories
- Experiment with efficiency of no wax versus hot wax
- Observe and reflect on the vegetation, land, and water features along the trail
- Discern the characteristics of a Boreal forest

Cultural/Social Studies Activities

- Research the history of the Iditarod Trail and traditional uses of it
- Involve Elders to teach about historical and modern winter travel and clothing
- * Host and listen to Elders' stories as they visit camp along the trail
- Make an illustrated map showing scenes and reflections from the trail, both historic and current

Technology Activities

- Research on internet all aspects of the trip: skiing, winter camping, food, clothing, staying warm and safety.
- Create brochure Picasa, Google Docs, and Google Maps to upload photos
- Design a Google map of trip
- Plot progress on GPS; mark historic and camping points
- Write all assignments with word processor



Reading Activities

- Read books relating to the local area concerning culture, winter travel, and trails (e.g., *Hwch'ihwzoya'*, (Nikolai version); *The Frozen Trail* by Alaska's Iditarod National Historic Trail
- Make story maps of the original Nikolai version of *The Girl That Stayed With The Fish*, and the children's version, *The Girl That Swam With The Fish* by
- Compare/contrast story elements

Math Activities

- Find and take average of their heart rates at different levels of activity
- Record and graph individual ski times
- Develop menu and generate purchase orders
- Determine mark-up for fundraising dinners
- Organize other fundraising activities
- Sell items, use calculators, and make change during fundraisers. (M4)
- Use map scale and GPS to: find locations, determine distance travelled, and plot next day's course.

Health/PE Activities

- Participate in regular physical conditioning sessions
- Research the benefits of aerobic exercise
- Engage in lessons on hypothermia with community health aide
- Investigate the caloric value of snacks and meals

Art Activities

- Paint favorite scene on Illustrative map/mural
- Format/stylize favorite quote from reflections paper to include on Illustrative Map; include quotes about trip from Elders