

Be an adventurer at
Cayuga Nature Center

- 100 acres of streams, fields, forest and gorges
- Butterfly Garden
- TreeTops (Six-story tree house)
- Live animal collection both indoors and outdoors
- Educational animal displays
- Pee Wee Naturalist Room
- Five miles of trails



COME VISIT! Hours for the main lodge:
 SUMMER HOURS Memorial Day—Columbus Day Open 7 Days a week 10am - 5pm
 WINTER HOURS Columbus Day—Memorial Day Thursday - Sunday 10am - 4pm

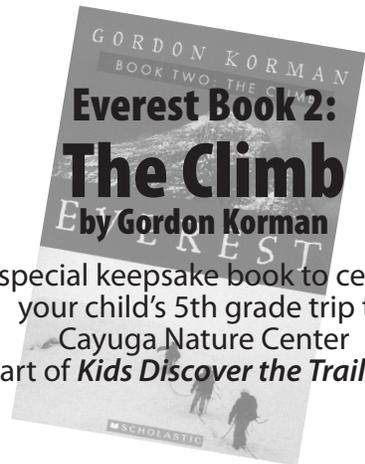
www.priweb.org/naturecenter

*"A public education venue of the
 Paleontological Research Institution"*

Adventure Books by Gordon Korman
Everest Book 1: The Contest
Everest Book 2: The Climb
Everest Book 3: The Summit
Dive Book 1: The Discovery
Dive Book 2: The Deep
Dive Book 3: The Danger
Island Book 1: Shipwreck
Island Book 2: Survival
Island Book 3: Escape

5th Grade Discovery Trail Site:

CAYUGA NATURE CENTER
 1420 Taughannock Blvd. Ithaca, NY 14850
 (607) 273-6260
www.priweb.org/naturecenter
 Admission:
 \$5 Adult (18 and older)
 \$4 Students/Senior
 \$3 Youth (under 3 yr. FREE)
 Members FREE



is a special keepsake book to celebrate
 your child's 5th grade trip to
 Cayuga Nature Center
 as part of *Kids Discover the Trail! Ithaca*



Kids Discover the Trail! Ithaca (KDT! Ithaca)

is a collaboration of the

- **Ithaca Public Education Initiative**
- **Discovery Trail**
- **Ithaca City School District**

to provide curriculum-based field trips to the eight sites of the Discovery Trail for Ithaca City School District students grades pre-K through 5.

For more on KDT! visit: www.kidsdiscoverthetrail.org
www.ipei.org
www.discoverytrail.com

Dear Adventurer,

We are excited to provide you an exhilarating visit to Cayuga Nature Center's TEAM Challenge course. During your visit you will be challenged both emotionally and physically, and we hope that you will push yourself in a number of ways. Opportunities like this create memories for life, especially when you get to share them with friends.

We hope you enjoy *The Climb* by Gordon Korman. We chose this book for you because it presents extreme obstacles that exemplify common challenges groups face when they must work as a team. Like the book, the program at CNC will encourage you to think about how to work together, under any circumstances.

We're really looking forward to this program, and we hope you are, too.

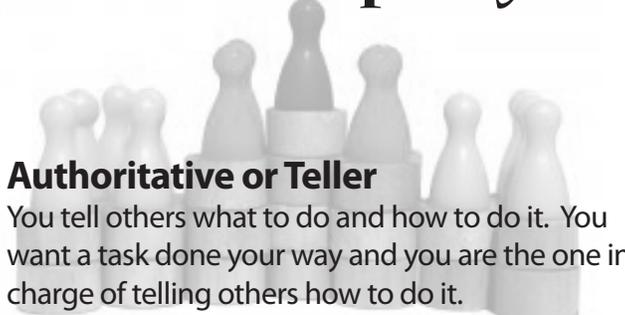
See you soon!

Matt Sacco, Director of Nature Center Programs

Participants of CNC's TEAM Challenge program and the characters in the book *The Climb* focus on **teamwork** and **self-discovery**. The success of participants depends on **team building, group dynamics, leadership, determination, and trust**.

There are several ways that you can discover more about yourself. Try a few:

What is your Leadership Style?



Authoritative or Teller

You tell others what to do and how to do it. You want a task done your way and you are the one in charge of telling others how to do it.

Democratic or Participative

You work with others to complete a task. You want to hear what everyone has to say and want to be everyone to be involved as much as possible.

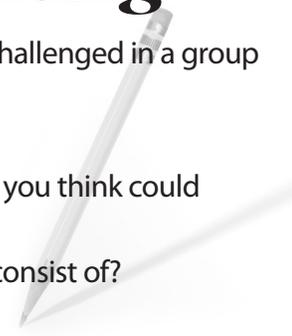
Delegative or Hands-Off

You offer little or no guidance to the task. You trust others in the group to make the right decisions and tell you what you need to do to complete the task.

Take a leadership style quiz!

<http://psychology.about.com/library/quiz/bl-leadershipquiz.htm>

Creative Writing

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- Describe a time that you felt challenged in a group with friends or family.
 - How was the issue resolved?
 - If it was not resolved, what do you think could have helped?
 - Who would your ideal group consist of?
 - Why would it be ideal?
 - What makes up an ideal group?

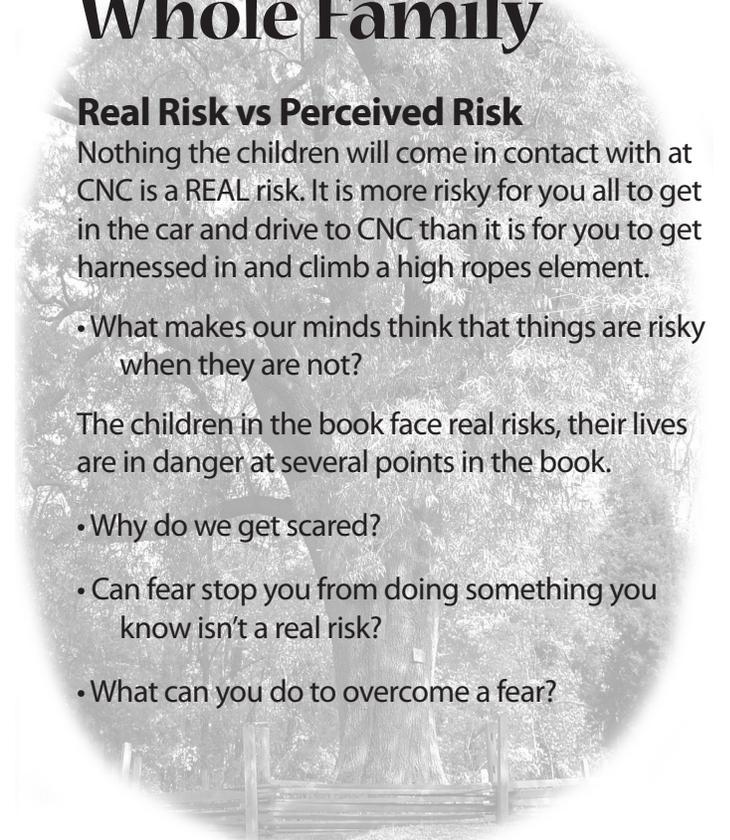
Get Involved!

Helping someone else can help you discover more about yourself.

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- Where are some places where you can volunteer in your community?
 - Why is it important to help others?
 - What can volunteering teach you about yourself?

Questions for the Whole Family

Real Risk vs Perceived Risk



Nothing the children will come in contact with at CNC is a REAL risk. It is more risky for you all to get in the car and drive to CNC than it is for you to get harnessed in and climb a high ropes element.

- What makes our minds think that things are risky when they are not?
- The children in the book face real risks, their lives are in danger at several points in the book.
- Why do we get scared?
 - Can fear stop you from doing something you know isn't a real risk?
 - What can you do to overcome a fear?

Visit CNC Again

We invite you to return to CNC. You can't participate in TEAM Challenge without a reservation but you can:

- Visit the Animals
- Come to Summer Camp, go to TEAM Challenge
- Animal Feedings: every Saturday at noon