

Upham Woods



Outdoor Learning Center



UW
Extension

University of Wisconsin-Extension

Class had just been dismissed, a classroom of sandstone rock faces, fallen maples, and hemlock groves. These energized learners have just spent the morning walking the trails and exploring the caves on Blackhawk Island at Upham Woods. Questions, observations, and wonder write the lesson plan. When class is over, they work together to paddle across the Wisconsin River. The opposing current requires determination and cooperation with their peers in order to make it back for lunch. For many students this day of school is a once in a lifetime experience. A day that will provide the opportunity to develop critical thinking skills, practice respectful engagement with their peers, and create unforgettable memories. A day that will build foundations to last a lifetime.

fyi.uwex.edu/uphamwoods/ - uphamwoods@ces.uwex.edu - 608.254.6461

Programs at Upham Woods can improve academic outcomes and positive social behavior

Nature based education can enhance creativity and critical thinking. Promote increased enthusiasm for learning and a greater engagement with learning ^{1,3,4,5}



Learning in nature can support improved relationship skills and help reduce stress, anger and aggression ^{2,6,7,8,9}

STEM learning in the outdoors can "stimulate the science specific interests of children" ¹⁰

Contact Upham Woods to learn more

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Our Classroom includes; **4 ½ miles of Wisconsin shoreline, 310 wooded acres, including 210-acre Blackhawk Island**

Program available all **4 seasons of the year**

Focus your program in an variety of academic areas: **STEM, Forestry, Ecology, Geology, Freshwater studies, Snow Science, Team building, Wisconsin History**

¹"Nature Can Improve Academic Outcomes" http://www.childrenandnature.org/wp-content/uploads/2016/10/C-NN_AcademicOutcomes_wcrop.pdf. ²"Nature Can Improve Health and Wellbeing" http://www.childrenandnature.org/wp-content/uploads/2016/10/C-NN_NatureImprove_wcrop.pdf. ³Lieberman & Hoody (1998). Closing the achievement gap: Using the environment as an integrating context for learning. Results of a Nationwide Study. San Diego: SEER. ⁴Moore & Wong (1997). Natural Learning: Rediscovering Nature's Way of Teaching. Berkeley, CA: MIG Communications. ⁵Blair (2009) The child in the garden: An evaluative review of the benefits of school gardening. J Environ Educ, 40(2), 15-38. ⁶Chawla et al. (2014) Green Schoolyards as havens from stress and resources for resilience in childhood and adolescence. Health Place, 28, 1-13. ⁷Roe & Aspiall (2011). The restorative outcomes of forest school and conventional school in young people with good and poor behavior. Urban For Urban Gree, 10, 205-212. ⁸Younan et al. (2016). Environmental determinants of aggression in adolescents: Role of neighborhood green space, J Am Acad Child Adolesc Psychiatry, 55(7), 591-601. ⁹Chawla (2015). Benefits of nature contact for children. J Plan Lit, 30(4), 433-452. ¹⁰Bell, P., B. Lewenstein, A.W. Shouse & M A. Feder. (Eds.).(2009). Learning science in informal environments: People, places, and pursuits. National Academic Press.