Day 1 - Introduction to Canoeing & Safety

9:00 am - 11:30 am

Lance Canoeing Basics & Safety (Physical Education/Science/Social Studies) Activity:

- Visit a local canoe rental or guided tour service in Broken Bow or Hochatown (e.g., Broken Bow Lake Canoe Rentals or Beavers Bend Canoe Rental)
- Learn about different types of canoes and paddles
- Practice basic paddling techniques on calm water with supervision
- Discuss essential safety gear: life jackets, helmets, footwear
- Review canoeing safety tips: capsizing prevention, communication, and emergency protocols
- Talk briefly about the history and cultural importance of canoeing in the region

Lunch (11:30 am - 12:30 pm)

Picnic lunch by Broken Bow Lake or eat at:

Jack's Pancake Shop – Cozy spot for hearty, kid-friendly meals

4013 US-70, Broken Bow, OK

1:00 pm - 3:00 pm

- Science of Canoeing & Environmental Awareness (Physics/Environmental Science)
 - Explore physics concepts: motion, resistance, buoyancy
 - Discuss local water ecosystems and the importance of conservation
 - Observe and document plant and animal life around the lake or river
 - Reflect on sustainable practices for canoeists to protect waterways

3:30 pm - 7:00 pm

☆ Cabin Time: Art & Journaling (Art/Language Arts/Reflection)

 Draw canoe designs, maps of local waterways, or nature scenes observed during the day

- Write a journal entry about your canoeing experience and environmental observations
- Cook dinner together (suggested: "Paddle Paddle Pasta" or "Lake Shore Tacos")
- Share stories about teamwork and challenges faced while canoeing

7:00 pm - 8:30 pm

📚 Relaxation & Reflection (Emotional Well-being)

- Read stories about canoeing adventures or local legends related to lakes and rivers
- Share what you learned and discuss the mental health benefits of spending time on the water
- Practice calming breathing or meditation exercises inspired by water sounds

Day 2 - Teamwork, Measurement & Outdoor Exploration

9:00 am - 11:30 am

Teamwork & Coordination in Canoeing (Physical Education/Social Studies) Activity:

- Tandem canoeing exercises focusing on balance, timing, and communication
- Practice steering and coordinated paddling through simple obstacle courses on water
- Discuss the cultural significance of canoeing as a team activity in different societies

Lunch (11:30 am - 12:30 pm)

Eat at:

The Taggart's Grill – Popular spot with a varied menu for families

1494 US-70, Broken Bow, OK

1:00 pm - 3:00 pm

Nathematics & Technology in Canoeing (Math/Tech/Geography)

- Measure distance paddled and calculate speed using time and distance data
- Use GPS or smartphone mapping apps to track canoe routes (for older students)

• Draw maps of the paddling route with landmarks and distances noted

3:30 pm - 7:00 pm

- Cabin Activity: Creative Expression & Storytelling (Art/Language Arts)
 - Create a group mural or collage depicting the day's canoeing journey and nature scenes
 - Write or tell a short story inspired by canoeing adventures or local water legends
 - Cook dinner together (suggested: "Riverbank Roast" or "Campfire Chili")
 - Reflect on lessons learned about teamwork, nature, and safety

7:00 pm - 8:30 pm

Evening Wind-Down & Sharing

- Review photos, sketches, and journal entries
- Share favorite moments and discuss how canoeing improves physical and mental health
- End with a calming water-themed meditation or storytime