

# HUG-A-TREE



Hug-a-Tree teaches children how not to become lost in the woods, and what to do should they become lost. BCWF is an AdventureSmart registered presenter of the Hug-a-Tree program.

In this program, students will:

- Confidently demonstrate outdoor skills and readily adapt to changing conditions
- Identify strategies to prevent separation from trusted adults
- Practice how to provide for basic needs and overall health, especially in emergency situations



**Target Age:**  
5-11



**Format:**  
In-person



**Duration:**  
45min

## Big Ideas

### Science 1/4:

Living things have features and behaviors to sense and respond to the environment

### Science 3/4:

Thermal energy can be produced and transformed

### PHE 2/3:

Adopting healthy personal practices and safety strategies protects ourselves and others

## Core Competencies



- Connecting and engaging with others



- Analyzing and critiquing



- Wellbeing

## Curricular Competencies

### Science

- Make observations in familiar or unfamiliar contexts
- Suggest improvements to investigation methods
- Contribute to care for self, others and community through personal or collaborative approaches
- Express or reflect on personal, shared or others' experiences of place

### Physical Health Education

- Develop and demonstrate safety, fair play and leadership in physical activities
- Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community