



JPII Outdoor Lab Program Guide





JPPI Outdoor Lab

Catholic Outdoor Education

Encountering Christ in Creation

JPPI Outdoor Lab provides outdoor experiential education within the context of the Catholic faith. Through an authentic encounter with Christ in his Creation and sacraments, students are inspired to deepen their relationship with God, thus shaping their relationship with themselves, others and Creation. Students will further learn to apply faith and reason while exploring the wonder and beauty of the Rocky Mountains.

Our Program

Founded in 2008, the John Paul II Outdoor Lab was inspired by Pope Saint John Paul II's encyclical Fides et Ratio. We are a three-day (Mon-Wed or Wed-Fri) Catholic outdoor education program for middle and high school students, offered September through May. Students participate in inquiry-based lessons, exploratory hikes, small-group discussions, campfire activities, stargazing, Mass, Adoration, and Reconciliation.

JPPI Outdoor Lab is a program of Annunciation Heights Catholic Youth and Family Camp located at the base of Longs Peak in Estes Park, Colorado, two miles north of historic Camp Saint Malo. Our programs regularly make use of both beautiful properties as well as nearby Rocky Mountain National Park and National Forest trails.

Your 3-Day Program Includes Choice of One Track Option

Every program includes:	Lesson Track Options:
<ul style="list-style-type: none">Lodging & MealsAltum Institute Missionary for each small group of 10-12 studentsSacraments<ul style="list-style-type: none">Mass, Reconciliation, AdorationLessons/Activities<ul style="list-style-type: none">Four Relationships LessonHike (with snowshoes in winter) at Camp Saint Malo or Rocky Mountain National ParkEvening Programming (Campfire & *night lesson according to track)Optional Sub: Human Wilderness Survival or Low Ropes for any lesson in any track	<p>Earth Sciences (suggested for 6th grade)</p> <p>Human Wilderness Survival (3 hour) Colors of Creation with JPPI Geology & Mining Mountain Meteorology *Astronomy</p>
<p>Hike Themes:</p> <p>6th Grade: Identity and Gift 7th Grade: Virtue 8th Grade: Saint Stories</p>	<p>Life Sciences (suggested for 7th grade)</p> <p>Forestry Elk Ecology & Environmental Stewardship Animal Signs & Survival Botany & Pollination Life in the Water *Nocturnal Hunters</p>
	<p>Physical Sciences (suggested for 8th grade)</p> <p>Archery & Motion Mechanics (3 hour) Low Ropes & Leadership (3 hour) Orienteering *Night Hike</p>

JP II Outdoor Lab Sample Schedule

Time	Activity
Day 1	
11:00	Arrival, Settle into Cabins
11:15	Group Welcome, Sack Lunch, 5 Senses
12:15	4 Relationships in Small Groups // Chaperone Meeting
1:30	Lesson
3:00	Lesson (<i>new lesson or previous lesson continued</i>)
4:30	Choice Time - <i>Camp Store, Activity Shed, & Mt. Tabor Open</i>
5:30	<i>Dinner in Dining Hall</i>
7:00	Night Lesson/Activity
8:30	Small Groups
Day 2	
7:45	Mass
8:30	<i>Breakfast in Dining Hall</i>
9:30	Lesson
11:00	Lesson (<i>new lesson or previous lesson continued</i>)
12:30	<i>Lunch in Dining Hall</i>
1:30	Hike
4:00	BOB Time in Lodges
4:30	Choice Time - <i>Camp Store, Activity Shed, & Mt. Tabor Open</i>
5:30	<i>Dinner in Dining Hall</i>
6:45	Adoration & Confession
7:55	Small Groups
8:20	Campfire & S'mores
Day 3	
8:00	Luggage Pack Up and Drop
8:15	T-Shirts & Group Photos
8:30	<i>Breakfast in Dining Hall</i>
9:00	Lesson // Team Lead Meeting with OL Director
10:45	Final Small Group, Evals
11:15	Closing Mass
12:00	Sack Lunch
12:30	Departure

► Earth Sciences Track

The “Earth Sciences” track is designed with 6th graders in mind. Each lesson invites students to observe and interact with creation in a new and unique way, invoking wonder and discovery. In the Earth Sciences track, students will build forts and fires, create watercolor art, models of the earth’s layers and explore the weather patterns of the mountains.



Human Wilderness Survival (3 hour)

Our Creator wants us to explore His beautiful wilderness! Students will learn how to assess an emergency calmly and methodically in the wilderness. Through hands-on activities, students will gain skills for keeping themselves warm and dry, building a shelter, and using available resources to get water and food. This knowledge and these skills are essential for learning and playing in the outdoors while honoring God in the process.



Colors of Creation with JPII

Our own creativity is a gift and reflection of the Divine Artist. In this lesson, students learn about observation, Saint John Paul II, and engage their own creative abilities through sketching and water coloring.

► Earth Sciences Track (Continued)

Geology and Mining

This. Lesson. Rocks. We can see how God's loving design is at work in the presence of His vital mineral resources. In this lesson, students will demonstrate how igneous, sedimentary, and metamorphic rocks are formed and related and will be able to distinguish between them.

Mountain Meteorology

After a yearlong hiatus, Mountain Meteorology is back! Through a series of experiments, students will explore air density and pressure to reveal how the weather around us is formed. Students will then become detectives and figure out what different types of clouds can tell us about the weather to come.



Night Lesson: Astronomy

This lesson is out of this world! This content will inspire wonder and awe about our universe, as well as explore the harmonious relationship between faith and science. Students discover the phases of the moon and other cosmic objects through exploration and discussion, concluding with stargazing.

► Life Sciences Track

The “Life Sciences” track is designed primarily for 7th grade students. During this track, students will explore God’s creation by making connections with the world around them. Throughout these lessons, students will learn about various plants, animals, and ecosystems that shape our environment. Students will also have a chance to spend a day exploring the ecosystems within Rocky Mountain National Park. Upon leaving Outdoor Lab, students will discuss how they can make a difference and take care of God’s creation.

Forestry

Forests are important for a variety of human and ecological needs. How do we sustain a healthy forest and act as good stewards of God’s creation? In this lesson, students learn to identify the important roles each part of a tree plays in our lives and in the life of a forest. Students will also learn how to identify various kinds of trees. This leads to a discussion about land management issues and how to meet the human need for resources while caring for the forest ecosystem. Students will also discover how trees are used throughout Scripture as a metaphor for the Christian life.



Elk Ecology and Environmental Stewardship

Elk have a long history with the Rocky Mountain region. In this lesson, students learn about the characteristics and behaviors of elk, along with the interplay between food resources and reproduction. Student’s will also focus on what actions can be taken to know, love, and take care of God’s creation, as stewards.

► Life Sciences Track (Continued)

Animal Signs and Survival

By investigating God's design of various Colorado animal species, students will view nature with new eyes! Skulls, hides, and bones facilitate discovery of local animals' abilities to survive harsh climates. Learning about predators and prey will spark discussion about our human role in the circle of life.



Botany and Pollination

Students' knowledge will bloom as they investigate the inner workings of God's beauty in plants. Students will explore the role of pollination and God's design for the life cycle and reproduction of plants.



Life in the Water (Fall/Spring only)

Water is a limited and life-giving resource on our planet. Students will learn about water availability, water sources, and water treatment systems through a variety of hands-on and critical thinking activities. Students will come away with an understanding of the sacramental nature of water and how God teaches us to be good stewards of this resource.

Night Lesson: Nocturnal Hunters

Have you ever wondered what it is like to be an owl prowling through the night? Or a tiny mouse hiding in the snow? Take this lesson to learn about Colorado raptors and the adaptations they possess. We will talk about owls and their special abilities to hunt in the dark. We will finish off with a game of "Owl and Mouse" hide and go seek, in the dark!

► Physical Sciences Track

In combination with longer, more technical lessons and the undertone theme of leadership, the “Physical Sciences” track is suggested for 8th grade students. While students participate in this track, they will enjoy some of our most popular lessons offered. Students will have the chance to shoot a bow and arrow, navigate through the woods with a compass, and work together as a team to complete a series of challenges, all while learning their own leadership style.

Archery and Motion Mechanics (3 hour)

The fundamental laws that God has created to govern our physical world can be seen in lots of activities. In this lesson, students will learn the basics of archery range safety and how to shoot a bow & arrow. They will also explore what this ancient sport can teach us about both physics and virtue, leading to a greater understanding that working in accordance with God’s designs helps us “hit the mark” and become who He created us to be!

Science of Sledding (3 hour)

(This lesson replaces Archery & Motion Mechanics during the snowy months). Everyone knows the best part about snow is sledding! We use creativity and Newton’s Laws of Motion to explore the science of sledding. Students will get a chance to share stories, build their own sleds, and do a deep dive into motion mechanics!



► Physical Sciences Track (Continued)



Low Ropes and Leadership (3 hour)

With our unique gifts and abilities, each of us are called to be leaders in the Kingdom of God! Through team building activities, students will be challenged to develop their authentic style of servant leadership. This lesson will teach group dynamics and communication skills. Watch your students increase in self-knowledge and in the service of others.

Orienteering

Lacking direction? In orienteering, students will learn how to navigate the land around them using a map and compass. This lesson sparks an illuminating discussion about how God helps us navigate the twists and turns of life.

Night Lesson: Night Hike and Stargazing

The night hike is the perfect opportunity to challenge students to disconnect from the distractions of the world and spend some time reflecting on God and His creation. In this activity, students will complete a 1 mile silent night hike. Afterwards, students will be guided in a meditation and finish off the night with some stargazing in the dark skies of the Rocky Mountains.

► Registration

To register, submit an online Inquiry Form at:
<https://annunciationheights.org/outdoor-lab/inquiry-form/>

For more information, contact Faith Brake, Director of JPPI Outdoor Lab, via email faith.brake@annunciationheights.org or via phone (970) 586-5689.



“Faith and reason are like two wings on which the human spirit rises to the contemplation of the truth; and God has placed in the human heart a desire to know the truth—in a word, to know himself—so that, by knowing and loving God, men and women may also come to the fullness of truth about themselves.”

► Pope Saint John Paul II
Fides et Ratio

On the Relationship Between Faith and Reason