Appendix

Project Narrative Into the Woods: Exposing Children to the Outdoors Amy LaTomme

Section 1 – Title, Purpose and Rationale

1.1 Into the Woods: Exposing Children to the Outdoors.

1.2 The purpose of the study is to design outdoor classrooms that will promote learning for preschool children at daycare centers in Muncie, Indiana, including Apple Tree Child Development Center and one other site to be determined. Once the other site is determined, a modification to the proposal will be submitted. So that the design of the outdoor space is conducive to the educational and emotional needs of the children, observational research will be conducted.

The objectives of the research will be to better understand how to design outdoor learning environments where children learn in nature, based on how children perceive indoor learning spaces and perceive various landscapes, both real and archetypal. Parental and teacher attitudes about the outdoors will be used to establish contextual attitudes about outdoor learning environments. In addition, research will be conducted to understand children’s spatial relationships in the outdoors and in typical indoor classrooms.

Our hypothesis is that a child’s spatial cognition is primary to their learning environment. Understanding how preschoolers and kindergarteners use indoor and outdoor space individually and in groups will provide data necessary to design successful outdoor learning environments.

1.3 The research will be used to determine how to design “best practice” outdoor learning environments. Previously collected data illustrates that children have higher scholastic performance when they are exposed to the outdoors. In addition to behavioral observations on site, this study will utilize literature and precedent studies. The data we collect will show how children recognize space in the outdoors and how their unfamiliarity or comfort level with their surrounding environment affects their learning.

The data will also be used to help design and establish a Forest Kindergarten on site in Muncie, Indiana. The analysis of the data will establish design standards for this outdoor learning environment generating a case study prototype that can be used for further research in the United States. With standards for these classrooms set, the anticipated movement towards the creation of outdoor learning environments will be able to occur.

Section 2 – Description of Subject Population

2.1 There are three subject groups: a) three to five year old children at local daycare centers; b) parents of three to five year olds; c) daycare center educators and administrators.

2.2. a The first subject group is the three to five year olds who are enrolled in daycare centers. This age group is the age group that Forest Kindergartens in Europe use. Because of the want to
establish this type of program in Muncie, the children should be the same age as in the precedent studies used in the research.

2.2 b The second group will be parents of three to five year olds. The parents will be asked to participate in a survey and will be asked to reflect on the needs of their children related to being outdoors.

2.2 c The third group will be the daycare teachers and the administration of the daycare. The daycare centers will recommend classrooms and students that can be used in the study.

2.3 The criteria used to determine the participants in the study will be their association and enrollment in one of the daycares. The administration at the daycare centers will recommend specific classrooms for the study. The members of the classroom that the administration recommends do not have to participate in the study; parental consent will be necessary for the classroom observations.

For example, at the Apple Tree Daycare Center, there are potentially seven classrooms of three to five year olds. The administration will recommend teachers and classrooms of students that might be willing to participate in the study. The parents of each student will be asked to sign a consent form in order for the child to participate. If the majority of the class is participating in the study, then the child who is not participating will be placed in another classroom.

Because of the prolonged exposure to the outdoors, the children should also have basic outdoor gear (boots, long sleeves, a hat, etc.) This might be an exclusion for some who want to participate.

Section 3 – Subject Recruitment

3.1 The subjects of the study will be three to five year old students, their parents and the educators of the preschool and kindergarten daycare classes.

A letter to the administration of the daycare centers requesting permission to perform the research was sent. Their response to the research was in the affirmative. (See letter of support from Apple Tree Child Development Center.) The parents of the three to five year olds must give consent in order for their child to participate in the study.

Section 4 – Methods and Procedures

4.1 The methods and procedures of the study will be divided into five phases.

The first phase will be presenting the purpose and reason for the research to the daycare faculty and staff and the preschool and kindergarten children's parents. This will be presented at a meeting where a brief informational survey will be handed out to the faculty, staff and
parents. The survey will be used to determine their comfort level with nature and with the children being outside. Also at the meeting, the role of their participation will be explained.

The surveys will be administered using two methods. One will be to administer the survey at the meeting by the researcher and it will be picked up at the end of the meeting. The second method will be the daycare administration identifying a time and place where the surveys can be returned once completed.

The second phase will be observing the children. There will be three different settings that the children will be observed in.

The first and fourth observations will occur in the children's indoor classroom where they are during the week. The activities during the first and fourth observational visit will follow the same protocol. These visits will establish a student-teacher and student-student relationship between the observers and the children. This will take place during regular business hours of the daycare. The observers will interact with and record the children's movement in the context of an indoor classroom environment. The observers will also record clustering, group size and movement patterns. They will take notes and sketch the children's interactions with themselves and with others and the spatial relationships inside the classroom (Attachment A). The observers will also interact with the students individually and in groups while the teacher is present.

A small flash card game called "Name Your Place" will be presented that will have pictures of nature, both realistic and mythical (see attachment B). The children will be asked by the researcher to talk about the pictures. The children will be asked to pick their favorite picture and their least favorite picture. This activity will be recorded by the Principal Investigator, the faculty advisor and the students from Ball State University enrolled in the Wild Kindergarten Class. The child’s favorite and least favorite places will be quantified.

The second setting will be observing the children experiencing an outdoor unstructured space near the daycare. The potential sites will be within a five minute walk from the children's indoor classroom. This observation will also occur during regular business hours. The observers will record the children's movement in the context of the outdoor environment. They will record clustering, group size and movement patterns. They will also take notes and sketch the children's interactions with themselves and with others and the sequence of spatial relationships in the outdoor setting.

The third setting will be in the woods at one of the Ball State Field Station sites. Again, the observations will occur during regular business hours. The observers will record the children's spatial relationships, how the children interact in the woods and how they relate to each other in a wooded or forested outdoor space.

The field observations will occur during the fall semester. The first and last observation will be in the indoor classroom.
The third phase of research will be data analysis and concept development. GIS, an analytical tool frequently used by landscape architects, will be used to overlay existing conditions of the site, soil characteristics, utility lines, and other information. Data selected will be based on evidence generated by survey results and field observations. This phase of research will be ongoing with the second phase of research.

The fourth phase will be the findings and discussion of the data. These findings will help answer the potential for having outdoor/forest curriculum at Apple Tree and other sites and the designing of the landscape that would best support desired learning outcomes in the open space adjacent to the facility.

The fifth and final phase of the study will be a research report and publication including results.

Section 5 – Anonymity/Confidentiality of Data

5.1 The data will be recorded by taking notes of personal observations, drawing and sketches of the site, and photographs of the site. The data will be used to better understand how children recognize their space in the outdoors. The data will be collected by the Principal Investigator and the students from Ball State University enrolled in the Wild Kindergarten Class (all will be CITI certified.)

Paper data will be stored in a locked filing cabinet in the Department of Landscape Architecture’s office under lock and key. It will be stored for three years and then be shredded. The data will also be entered into a software program and stored on the researcher’s password-protected computer for three years and then be deleted. Only members of the research team will have access to the data.

The data will be used in publication; no identifiers will be used.

Section 6 – Potential Risks and Benefits

6.1 The risks associated with taking children outdoors are poison ivy, bug bites, bee stings, tripping on fallen objects, cuts and bruises, soiled clothing, sun burn and emotional responses. The off-site field trip will include travel arrangements with associated transportation risks such as traffic delays, crashes and vehicle malfunction. The off-site trips will be administered by the daycare. Emotional responses of the children engaging in the indoor game “Name Your Place” may have lasting effects. Risks will be minimized by using images of landscape that are fairly neutral and/or pleasant.

Emotional response of the parents and educators will also be an associated risk of taking the children outside. Children of parents and educators who do not feel comfortable with their children going outside will not participate. The consent form will assure adherence.
6.2 The risks will be minimalized by teaching the children about poison ivy and having the children carry a bag that has various items in it like a change of clothes, a blanket, snacks, etc. The teachers will carry with them a first aid kit for cuts, bites and stings, water, and other necessities. All participants will use sunscreen. Off-site travel will conform to best practices at the daycare according to applicable legislation.

The emotional responses of the children, parents and educators will be minimalized by informing them of the risks and the preventative measures that will occur. This information will be discussed at the orientation meeting. The parents will be shown the game and the observation materials that will be used with the children before signing consent. If the parents and educators have further concerns, they are welcome to discuss those individually with the principal investigator.

6.3 This research will provide important information that can be used in establishing outdoor classrooms. The benefits of those participating in the observational phase of the study will be their ability to recognize poison ivy, safely interact in the woods, equip themselves for an outdoor experience and be outside. The benefits of those participating in the survey phase of the study will be increasing awareness of personal and community attitudes about learning environments and nature.

The risks involved in the study will be minimalized by using locations that have minimal risks (i.e. a site with little poison ivy.) Also, outdoor apparel, food and skin protection will be supplied by the daycare to the participants.

Section 7 - Subject Incentives/Inducements to Participate

7.1 No incentives will be offered.

Section 8 – Other Financial Considerations

8.1 The subjects will not have any extra expense associated with the research. All transportation and additional outdoor gear will be provided by the daycare. The survey will be administered on-site at the daycare facility. If time does not permit this, then the survey can be taken home and returned to the daycare.

8.2 Emergency medical treatment is available if you become injured or ill during your participation in this research project. You will be responsible for the costs of any medical care that is provided. It is understood that in the unlikely event of an injury or illness of any kind as a result of your participation in this research project that Ball State University, its agents, and employees will assume whatever responsibility is required by law. If any injury or illness occurs in the course of your participation in this research project, please seek treatment as appropriate and notify the Principal Investigator as soon as possible.
Counseling services can be obtained from Ball State University Counseling Services (765-285-1736) if you develop uncomfortable feelings during your participation in this research project. You will be responsible for the costs of any care that is provided. It is understood that in the unlikely event that treatment is necessary as a result of your participation in this research project that Ball State University, its agents and employees will assume whatever responsibility is required by law.

Section 9 – Informed Consent

9.1 The parents and teachers of the children involved in the study will be informed of the project at a meeting. The meeting will be no longer than two hours and will be scheduled before the first day of student observations. The parents will have the opportunity to fill out and sign a consent form. The form must be signed in order for their child to participate in the study. The survey will also be distributed at the meeting; if there is not time the parents and educators may take the survey home to complete.

10.1 List all attachments related to or referenced in your narrative.

Letter from Apple Tree Child Development Center giving permission for research

Attachment A: An example of observational notes

Attachment B: "Name Your Place"

Informed Consent

Parental Consent

Child Assent

Adult Survey

Undergraduate Students Participating in Recording Observations
August 26, 2011

Coordinator of Research Compliance
Office of Academic Research and Sponsored Programs
Ball State University
2100 Riverside Avenue
Muncie, IN 47306

To Whom It May Concern:

Apple Tree Child Development Center YMCA supports the proposal submitted by Amy LaTomme, principle investigator and Dr. Jody Rosenblatt, faculty sponsor titled “Into the Woods: Exposing Children to the Outdoors”.

The project detailed in the proposal supports the mission, philosophy and curriculum of Apple Tree Child Development Center YMCA. In particular, this project will support unique learning opportunities where children explore and learn a deeper appreciation for the natural world around them.

Seventy-three percent of our enrolled children are below poverty level, many of these children do not have safe neighborhoods to play, get to explore outdoors, or have any exposure to natural environments. It is our responsibility to create these opportunities that will influence our future generations. If we fail, many of today’s children will not learn to value our natural resources.

I strongly support this proposal and will provide the necessary logistical support from Apple Tree Child Development Center YMCA. I encourage you to give this proposal your strongest consideration.

Sincerely,

Diana Badger
Executive Director
Apple Tree Child Development Center YMCA
This survey is part of a graduate study that will identify the best possible outdoor learning environment for your child. The survey will also establish the parameters of parents and teachers that permit children to be taught in an outdoor learning environment.

Your participation in this survey is voluntary and refusal to participate will not result in any consequences or any loss of benefits that you or your child are otherwise entitled to receive.

Your responses will remain confidential and will have no identifiers associated with the survey. You have the right to withdraw from the survey at any time without any consequences.

Thank you for your participation and valuable input.
Basic Information about yourself. Circle the best answer for each question.

Male/Female

Age range: 18 and under  19-24  25-30  31-35  36-40  40 and over

Ethnicity:

Working: Yes  No  Stay at home

How often are you outside?
  a. Never
  b. At least once a week
  c. At least once a day

When outside, how long are you there?
  a. I do not go outside
  b. Less than 30 minutes
  c. At least 30 minutes
  d. At least one hour
  e. More than an hour

How often are you outside with your preschool aged children per day?
  a. Never
  b. Less than 30 minutes
  c. At least 30 minutes
  d. At least one hour
  e. More than an hour

When you go outside, do you like being there?
  a. Yes
  b. Sometimes
  c. No

Do you like your preschool aged children to be outside?
  a. Yes
  b. Sometimes
  c. No

Do you like your preschool aged children to be outside with other children?
  a. Yes
  b. Sometimes
  c. No

When your child is home, do they go outside?
  a. Yes
  b. Sometimes
  c. No
Things in a Neighborhood

The following list describes things in a neighborhood. Some things might prevent you from taking your child outside. Some things might encourage you to take your child outside. Please check the boxes with your corresponding answer.

<table>
<thead>
<tr>
<th>Factor</th>
<th>Favourable</th>
<th>Prevent</th>
<th>No Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proximity to home</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needs a vehicle to get there</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Busy streets and intersections near the site</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Railroad tracks near the site</td>
<td></td>
<td></td>
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<tr>
<td>Stream or water body near the site</td>
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<td></td>
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<tr>
<td>Lack of adult supervision</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Presence of adult supervision</td>
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<td></td>
<td></td>
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<tr>
<td>Child would be playing alone</td>
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<td></td>
<td></td>
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<tr>
<td>Icy conditions</td>
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<tr>
<td>Wet conditions</td>
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<td>Hot conditions</td>
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<td>Cold conditions</td>
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<tr>
<td>Sunny conditions</td>
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<td></td>
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<tr>
<td>What others think</td>
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<td></td>
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<tr>
<td>Lack of play equipment</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Presence of play equipment</td>
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<td></td>
<td></td>
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<tr>
<td>Presence of trees</td>
<td></td>
<td></td>
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<tr>
<td>Presence of open field</td>
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<td></td>
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<tr>
<td>Insect repellent</td>
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<tr>
<td>Improper clothing</td>
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<td></td>
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</tr>
<tr>
<td>Previous experiences at similar sites</td>
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<td></td>
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<tr>
<td>Too tired</td>
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<td></td>
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<tr>
<td>Too busy</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Availability of television and video games</td>
<td></td>
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<td></td>
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<tr>
<td>Availability of baby-sitter</td>
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</tbody>
</table>
The following pictures show different outdoor environments. We want to know which you would prefer to explore by yourself. Put them in order by numbering them 1 thru 6 (1st being your highest preference.)
The following pictures show different outdoor environments. We want to know which you would allow your child to be in while at school. Number them according to the following preference list.

1 = I would let my child be there all the time
2 = I would let my child be there frequently
3 = I would let my child be there sometimes
4 = I would never let my child be there
5 = The picture does not have enough content for me to make a decision
Where is your child’s favorite place to be inside? ________________________________

Where is your child’s favorite place to be outside? ____________________________

Please list the fearful aspects about being in the woods. ________________________

__________________________________________

__________________________________________

__________________________________________
Name Your Place

These are example images that would be used as flash cards in the game "Name Your Place."

The researcher would show the card to the child and ask if the child liked the picture and if they would play there.

The researcher would then record the child’s response on a master sheet of the images. This data would be used to help identify features that might be important in an outdoor classroom.
Study Title  Into the Woods: Exposing Children to the Outdoors.

Study Purpose and Rationale
The purpose of this research project is to design outdoor classrooms that will promote learning for preschool children at daycare centers in Muncie, Indiana. The study will also establish parameters that parents and teachers have when permitting their children to be taught in an outdoor learning environment.

Inclusion/Exclusion Criteria
To be eligible to participate in this study, the child must be between the ages of 3 and 5, and be enrolled in a participating daycare facility or one must be a parent or a teacher of a three to five year old participating in the study.

Participation Procedures and Duration
For this project, the children will be asked to play a game entitled “Name Your Place” and go on field trips outside. One trip will be near the daycare facility, the other location will be at a Ball State University Field Station.

There will be four observational sessions that the children would be involved in, two indoors and two outdoors. The sessions will last about two hours a piece and will be during typical daycare hours.

The parents and teachers of the children will be asked to attend an informational meeting and participate in a brief survey. The meeting and the taking of the survey will take no longer than two hours.

Audio or Video Tapes
There will not be any audio or video recording.

Disclosure of Alternative Procedures
If a child chooses not to participate, there will be an alternative classroom at the daycare that the child will be placed in while the class participates in the observations.

Data Confidentiality or Anonymity
All data will be maintained as confidential and no identifying information such as names will appear in any publication or presentation of the data.

Storage of Data
Paper data will be stored in a locked filing cabinet in the Department of Landscape Architecture’s office under lock and key. It will be stored for three years and then be
shredded. The data will also be entered into a software program and stored on the researcher’s password-protected computer for three years and then be deleted. Only members of the research team will have access to the data. The data will be used in publication; no identifiers will be used.

Risks or Discomforts
Because the majority of the research will be done outside, there will be risks associated with the study similar to those associated with being outdoors. The risks include but are not limited to: emotional reaction to the outdoors, poison ivy, bug bites, bee stings, tripping on fallen objects, cuts and bruises, soiled clothing and sun burn.

Emotional responses of the children engaging in the indoor game “Name Your Place” may have lasting effects. Risks will be minimized by using images of landscape that are fairly neutral and/or pleasant.

Emotional response of the parents and educators will also be an associated risk of taking the children outside.

Who to Contact Should Your Child Experience Any Negative Effects from Participating in this Study
Should you or the child experience any feelings of anxiety, there are counseling services available to you through the Ball State University Counseling Services (765-285-1736)

Benefits
The benefits to the children who participate in the study will be their ability to: recognize poison ivy, safely interact in the woods, equip themselves for an outdoor experience and be outside.

Compensation
There will be no compensation for participating

Voluntary Participation
Your participation in this study is completely voluntary and you are free to withdraw your permission at anytime for any reason without penalty or prejudice from the investigator. Please feel free to ask any questions of the investigator before signing this Informed Consent form and at any time during the study.

IRB Contact Information
For questions about your rights as a research subject, please contact Chris Mangelli Director, Office of Research Integrity, Ball State University, Muncie, IN 47306, (765) 285-5070, irb@bsu.edu.
Study Title: Into the Woods: Exposing Children to the Outdoors

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Consent

I, __________________________, agree to participate in this research project entitled, “Into the Woods: Exposing Children to the Outdoors.” I have had the study explained to me and my questions have been answered to my satisfaction. I have read the description of this project and give my consent to participate. I understand that I will receive a copy of this informed consent form to keep for future reference.

To the best of my knowledge, I meet the inclusion/exclusion criteria for participation (described on the previous page) in this study.

Participant’s Signature __________________________________________ Date __________________________

Researcher Contact Information

Principal Investigator: Amy LaTomme, Graduate Student Landscape Architecture Ball State University Muncie, IN 47306 Telephone: (541) 260-5405 Email: aclatome@bsu.edu

Faculty Supervisor: Jody Rosenblatt-Naderi Landscape Architecture Ball State University Muncie, IN 47306 Telephone: (765) 285-1971 Email: jrnaderi@gmail.com
Study Title  Into the Woods: Exposing Children to the Outdoors.

Study Purpose and Rationale
The purpose of this research project is to design outdoor classrooms that will promote learning for preschool children at daycare centers in Muncie, Indiana. The study will also establish parameters that parents and teachers have when permitting their children to be taught in an outdoor learning environment.

Inclusion/Exclusion Criteria
To be eligible to participate in this study, the child must be between the ages of 3 and 5, and be enrolled in a participating daycare facility or one must be a parent or a teacher of a three to five year old participating in the study.

Participation Procedures and Duration
For this project, your child will be asked to play a game entitled "Name Your Place" and go on field trips outside. One trip will be near the daycare facility, the other location will be at a Ball State University Field Station.

There will be four observational sessions that your child would be involved in, two indoors and two outdoors. The sessions will last about two hours a piece and will be during typical daycare hours.

The parents and teachers of the children will be asked to attend an informational meeting and participate in a brief survey. The meeting and the taking of the survey will take no longer than two hours.

Audio or Video Tapes
There will not be any audio or video recording.

Disclosure of Alternative Procedures
If you choose to not let your child participate, there will be an alternative classroom at the daycare that your child will be placed in while the class participates in the observations.

Data Confidentiality or Anonymity
All data will be maintained as confidential and no identifying information such as names will appear in any publication or presentation of the data.

Storage of Data
Paper data will be stored in a locked filing cabinet in the Department of Landscape Architecture’s office under lock and key. It will be stored for three years and then be shredded. The data will also be entered into a software program and stored on the
researcher's password-protected computer for three years and then be deleted. Only members of the research team will have access to the data. The data will be used in publication; no identifiers will be used.

**Risks or Discomforts**
Because the majority of the research will be done outside, there will be risks associated with the study similar to those associated with being outdoors. The risks include but are not limited to: emotional reaction to the outdoors, poison ivy, bug bites, bee stings, tripping on fallen objects, cuts and bruises, soiled clothing and sun burn.

Emotional responses of the children engaging in the indoor game "Name Your Place" may have lasting effects. Risks will be minimized by using images of landscape that are fairly neutral and/or pleasant.

Emotional response of the parents and educators will also be an associated risk of taking the children outside.

**Who to Contact Should Your Child Experience Any Negative Effects from Participating in this Study**
Should you or your child experience any feelings of anxiety, there are counseling services available to you through the Ball State University Counseling Services (765-285-1736)

**Benefits**
The benefits to the children who participate in the study will be their ability to: recognize poison ivy, safely interact in the woods, equip themselves for an outdoor experience and be outside.

**Compensation**
There will be no compensation for participating

**Voluntary Participation**
Your child's participation in this study is completely voluntary and you are free to withdraw your permission at anytime for any reason without penalty or prejudice from the investigator. Please feel free to ask any questions of the investigator before signing this Parental Permission form and at any time during the study.

**IJB Contact Information**
For questions about your rights as a research subject, please contact Chris Mangelli
Director, Office of Research Integrity, Ball State University, Muncie, IN 47306, (765) 285-5070, jrb@bsu.edu.
Appendix

LaTomme 20

COLLEGE OF ARCHITECTURE AND PLANNING
DEPARTMENT OF LANDSCAPE ARCHITECTURE

Study Title: Into the Woods: Exposing Children to the Outdoors

Parental Consent
I give permission for my child to participate in this research project entitled, "Into the Woods: Exposing Children to the Outdoors." I have had the study explained to me and my questions have been answered to my satisfaction. I have read the description of this project and give my permission for my child to participate. I understand that I will receive a copy of this informed consent form to keep for future reference.

__Parent’s Signature__
__Date__

Child Assent
The research project has been explained to me and I have had the opportunity to ask questions. I understand what I am being asked to do as a participant. I agree to participate in the research.

__Child’s Signature__
__Date__

Researcher Contact Information

Principal Investigator: Amy LaTomme, Graduate Student Landscape Architecture Ball State University Muncie, IN 47306 Telephone: (541) 260-5405 Email: aclatome@bsu.edu

Faculty Supervisor: Jody Rosenblatt-Naderi Landscape Architecture Ball State University Muncie, IN 47306 Telephone: (765) 285-1971 Email: jnaderi@gmail.com
Script for the Child Assent

We would like you to go outside with us.

There will be a team made up of students from Ball State who will be drawing and taking notes about how you play inside and outside. You are welcome and encouraged to talk with them and play games with them.

The team will be there four times; two times they will be in your classroom with you, the other times they will take you outside.

Inside there will be a game that you will get to play that has pictures of different places. You will get to tell members of the team which one is your favorite.

If you do not want to be around the team, that is okay. There will be another classroom that you can be in for the day.

Do you want to go outside with us?