

An Escape Into the Woods

By Alexandra Ponsica

We live in a world that has become very fast PACHED compared to how it used to be, especially if you live in the CITIES. Many people are often in a rush. Schedules are typically full, hours are spent on endless technology, and there is seemingly always a CHORE to be done. When life feels too rushed and CHAOTIC, you might enjoy an ESCAPE into the WOODS for a good old CAMPING trip.

Spell: ESCAPE WOODS CITIES

We live in a world that has become very, what? FAST PACHED

Many people are often in a _____. RUSH

Hours are spent on _____. ENDLESS TECHNOLOGY

There is seemingly always a _____ to be done? CHORE

When might you enjoy an escape into the woods? WHEN LIFE FEELS TOO RUSHED AND CHAOTIC



Question Type Key

KNOWN – SEMI-OPEN – PRIOR KNOWLEDGE – MATH – OPEN – VAKT

There are a variety of different ways to enjoy a camping experience. If you're TRADITIONAL camping, you're typically taking a tent to a REMOTE location and creating your own makeshift shelter to truly enjoy nature. If you feel you are not too SAVVY in the woods, you can set up your tent at a traditional CAMPGROUND. These campgrounds typically include a fire pit with grill, bathrooms, water, or other AMENITIES to ease your camping experience. Some people enjoy camping in HAMMOCKS, which are a swinging bed usually made of netting and slung by strings that attach to trees on each end. There are also many people who camp right out of their cars! They typically set up a sleeping area in their trunk with an air mattress or sleeping bag.

Spell: NATURE SAVVY AMENITIES

What kind of camping is it if you're typically taking a tent to a remote location and creating your own makeshift shelter to truly enjoy nature?

TRADITIONAL CAMPING

If you are not savvy in the woods, you can set up your tent at a traditional _____? CAMPGROUND

What are people sleeping in when they sleep in a swinging bed?

HAMMOCKS

Name one amenity discussed that campgrounds typically include? A

FIRE, PIT WITH GRILL, BATHROOMS, WATER



If you are a serious traveler, you might end up investing in an RV (recreational vehicle) or a trailer. These are basically homes on the road with one or more bedrooms, bathroom, kitchen, and living space. Living in

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an RV has become more common over the years, as people work from “home” and are able to travel. Many campgrounds also have options to camp in a CABIN or COTTAGE. These are more LUXURIOUS than traditional tent camping as they may include air conditioning or heating, showers, kitchen, etc... but still give the experience of spending time outdoors. One might also consider this GLAMPING (glamorous camping).

Spell: SERIOUS ROAD TRAVEL

What does RV stand for? RECREATIONAL VEHICLE

Many campgrounds also have options to camp in a cabin or _____.
COTTAGE

Cabins or cottages are more _____ than traditional tent camping.
LUXURIOUS

What is it called when you are glamorous camping? GLAMPING

Name one area an RV/trailer typically has: ONE OR MORE BEDROOMS,
BATHROOM, KITCHEN, LIVING SPACE

Name one amenity discussed that a cabin or cottage may have that would
make them more luxurious than traditional tent camping? AIR
CONDITIONING, HEAT, SHOWERS, KITCHEN

Describe what your ideal camping experience would look like.

VAKT: Watch this video of the ultimate glamping experience:

https://youtu.be/dWQVsNrW1_g

You might think of camping as being a short weekend or even a week long activity but have you ever thought about camping as something you engage in long term? This is what is called THRU HIKING. A THRU-HIKE is an end-to-end BACKPACKING trip on a long distance trail like the APPALACHIAN TRAIL (A.T.) on the east coast or the PACIFIC CREST TRAIL (PCT) on the west coast. THE A.T. runs more than 2,100 miles from GEORGIA to MAINE. The PCT runs more than 2,600 miles long from MEXICO to CANADA, through the states of CALIFORNIA, OREGON, and WASHINGTON. Most thru-hikes take between five and seven months. The average is a week or two shy of six months. Weather conditions tend to limit the amount of time available.



Spell: BACKPACKING WEEKEND WEEKS

What is an end-to-end backpacking trip on a long distance trail called?
THRU HIKE

Which trail runs on the east coast? APPALACHIAN TRAIL (AT)

Which trail runs on the west coast? PACIFIC CREST TRAIL (PCT)

Most thru hikes take between five and ____ months? SEVEN

What can limit the amount of time available on the trails? WEATHER
CONDITIONS

Name one of the states the PCT runs through: CALIFORNIA OREGON
WASHINGTON

Approximately how many miles is the A.T.? 2,100 MILES

Approximately how many miles is the PCT? 2,600 MILES

How many miles longer is the PCT than the A.T.? $2,600 - 2,100 = 500$
MILES

If you had a choice to choose to thru hike between the AT and the PCT,
which one would you choose and why?

VAKT: Practice packing a backpack with items one might need for a hike

There is a lot of prepping one needs to do in order to complete a thru hike successfully. It takes a lot of PLANNING, BUDGETING, and ACQUIRING all the necessary tools needed for the months living on the trail. Most EXPERTS say you should set aside even more planning time than actual hiking time. Some of the planning entails WHERE and WHEN to start and finish. It is also very important to know an ESTIMATE of how many miles per day you plan to average so that you can project when you will finish

your journey. This will also keep you on track when you are on the trail. Knowing where RESUPPLY STOPS are located is vital to ensuring you have enough food, water, and supplies along your journey. Having a CONTINGENCY plan for UNANTICIPATED events is also an important part of the planning process. As you can see, there is a lot a person needs to do in order to set off on their months-long TREK through the woods.

Spell: START FINISH MONTHS

It takes a lot of planning, _____, and ACQUIRING all the necessary tools needed for the months living on the trail. BUDGETING

Experts suggest that you should set more _____ time aside than actual hiking time. PLANNING

It is vital to know where _____ are located RESUPPLY STOPS

It's important to have a _____ plan in case of unanticipated events?

CONTINGENCY PLAN

Why is it important to know an estimate of how many miles per day you plan to average? SO THAT YOU CAN PROJECT WHEN YOU WILL FINISH YOUR JOURNEY

What is one obstacle you think a thru hiker might face along their journey?

You might wonder why anyone would decide to EMBARK (to start) on such a TREACHEROUS (marked by hidden dangers, hazards, or perils) journey for months on end? There are quite a few reasons and for each person that reason varies. Some do it to cross it off their BUCKET LIST. Some do it to overcome a CHALLENGE and achieve a set GOAL. Some do it to build their relationship with the EARTH or with God, intending a spiritual journey. Some do it as a way to HEAL. Some do it to find themselves or an answer to a question they have struggled with. Regardless of the reason for beginning the journey, every thru hiker learns many LESSONS along the way and are forever changed from their journey.

Spell: WONDER LEARN FOREVER

What word that I used means marked by hidden dangers, hazards, or perils? TREACHEROUS

Some embark on a thru hike to cross it off their _____. BUCKET LIST

Some do it to overcome a _____. CHALLENGE

Some do it to build their relationship with the earth or with God, intending what? A SPIRITUAL JOURNEY

Every thru hiker learns many _____ along the way? LESSONS

What might an example be of a lesson a thru hiker might learn on their journey?

VAKT: Watch documentary of thru-hiking the Appalachian Trail. One girl's experience: <https://youtu.be/IJduf7v4Wwo>

It doesn't matter how short or how long you end up under the sun and in the woods. Research shows that walking in nature YIELDS (to produce as return) measurable BENEFITS and may reduce risk of DEPRESSION. It is no wonder many people turn to hiking and camping in the outdoors to relax and take a break from everyday life.

Spell: SHORT WALKING RISK

What word did I use that means to produce as return? YIELD

Research shows that walking in nature yields measurable _____ and may reduce _____. BENEFITS, DEPRESSION

What other health benefits has research shown as a result of being outdoors?

Use three adjectives that describe how it makes you feel when you spend time outdoors.

Creative Writing: Write about what your reason would be if you were to embark on such a treacherous journey. What would be your motivation or inspiration for such a journey?

VAKT: Watch short clip of how research shows being in nature reduces depression:

https://www.youtube.com/watch?v=wTzl_AHCmho&feature=youtu.be

References

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Alexandra Ponsica is the owner and founder of See Me Speak and a Certified S2C Practitioner. She is a mother to twin boys, Caleb and Noah, who are nonspeakers and spellers. Alexandra is very passionate about giving a voice back to nonspeakers through spelling and supporting individuals with sensory motor differences.