

M.L. 2018 ENRTF

For the Period Ending June 30, 2019

PROJECT TITLE: Get Outdoors After School Training

Project Manager: Sara Holger

Organization: Project Get Outdoors, Inc. (Project GO)

College/Department/Division:

Mailing Address: PO Box 244

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FUNDING SOURCE: Environment and Natural Resources Trust Fund

LEGAL CITATION: M.L. 2018, Chp. 214, Art. 4, Sec. 02, Subd. 05c

Total Project Budget: \$30,000

Amount Spent: \$22,364

Balance: \$7,636

Sound bite of Project Outcomes and Results

Through this project, 174 after school providers from across Minnesota were empowered and equipped to incorporate nature experiences into already-existing after school programs. More than 93,000 youth have been and will be introduced to nature and outdoor learning over the course of the first year of this project.

Overall Project Outcome and Results

This project funded 8 training workshops across Minnesota. Participants included after school providers from child care centers, latch key programs, community centers, libraries, recreation centers, YMCAs, Boys and Girls Clubs, and other organizations that work with children during the out of school hours.

The 174 participants learned why children need to experience nature. They learned the basics of child psychology and child development and how to use these concepts when planning and leading outdoor programs for children. The training workshops also introduced participants to concepts of equity in the outdoors and provided resources for them to expand their understanding of the barriers that often prevent children of color and low income children from experiencing the natural world in safe, high quality outdoor settings. Participants learned about the green spaces in our communities and explored a variety of games, activities and opportunities for children within the small green spaces found on school grounds, city parks and neighborhoods. Participants had the opportunity to develop and lead a nature activity and they learned tips for safety and behavior management during outdoor explorations.

Project GO Equipment Kits were provided to the NE and NW regions, as they already existed for the SW, SE and Metro areas. The kits are housed with partner organizations in each region and available for youth-serving organizations to check out for free.

This project also allowed us to develop an on-line training segment to complement the 8-hour in-person workshop. With in-kind support from the MN Chapter for the International Society for Performance Improvement (MN ISPI), we organized a photo shoot at the MN Valley National Wildlife Refuge with youth models of various cultural backgrounds. These photos are being used to develop the inter-active on-line training that will introduce participants to concepts of program planning for equity and basics of youth development and behavior management so training participants will come to the classroom session prepared to engage in the conversation.

Through evaluation we found that participants were overwhelmingly appreciative of the opportunity to learn more about connecting children to nature. We especially found those in rural Minnesota were extremely grateful for the information and resources as they do not have access to as many training opportunities on this subject.

Project Results Use and Dissemination

Results of this project include:

- The completion of 8 training workshops/sessions offered around that State;
- 174 trained after school providers;
- 93,000 youth reached through this effort;
- Development of an eLearning tool to enhance the in-person training workshops. The on-line training will be available through the Project GO website once it is ready for use. (www.mnprojectgo.org)



Environment and Natural Resources Trust Fund (ENRTF)

M.L. 2018 ENRTF Final Report

Today's Date: January 30, 2020

Final Report

Date of Work Plan Approval: 06/05/2018

Project Completion Date: August 30, 2019

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Appropriation Language: \$30,000 the second year is from the trust fund to the commissioner of natural resources for an agreement with Project Get Outdoors to train and equip youth leaders at out-of-school youth organizations across Minnesota with knowledge, skills, and resources to incorporate outdoor nature activities into after-school programs for at least 6,000 children, including those from underserved populations.

I. PROJECT STATEMENT: This project connects low-income children and children of color to the outdoors. Research shows that low-income and under-served populations generally do not have as much access to or comfort with nature and the outdoors as white middle-class people. Communities across Minnesota and throughout the nation are in dire need of accessible programs and services that introduce children and families to information, resources and activities that promote healthy outdoor fitness in a fun and engaging way. In this era of broad-based support for building more parks and trails that encourage health and wellbeing within our communities, we are seeing many parks and trails void of people. This is not a model of “If you build it, they will come”. In our society, where kids spend an average of 10 minutes a day outdoors and 8 to 10 hours each day in front of electronic screens, successful outdoor programs must introduce people to the outdoors slowly, by helping them develop awareness of their local parks, trails and nature areas and introducing them to seasonal skills and activities they can enjoy at those locations. We learn to love the outdoors as children through our regular interactions that take place outside in our back yards, neighborhoods and nearby parks and trails. We must work to rebuild these connections to the outdoors if we truly hope to foster a healthy society that appreciates our natural resources.

The goals of this project include; 1. Training youth program providers who work with low-income children and under-served children across the state to incorporate nature into their existing after school and out of school programs, 2. Providing access to information, resources and equipment to facilitate outdoor program planning for youth program providers, and 3. Increasing outdoor participation among low-income and under-served populations in Minnesota.

By providing the Project GO Leader Certification training in each region of Minnesota, as well as access to equipment and other program planning resources, community action groups and after school program providers will be empowered and equipped to incorporate after school and out of school activities that connect low-income and vulnerable children, including immigrant, refugee and migrant children, and communities of color to the outdoors near to where they live. This is a critical issue as the demographics of our state continue to shift and diversify, we must invest in innovative programs and initiatives that work to reduce the barriers for people of color to experience the natural world so that they grow to appreciate our natural resources and increase participation in conservation and stewardship activities. Project GO has developed an 8-hour certification course/training that was piloted and evaluated in 2017 with funding through the National Park Service and with planning support from Holly Larson, Recreation Planner for the National Park Service. This training has been developed based on 11 years of Project GO program experimentation across Minnesota.

II. OVERALL PROJECT STATUS UPDATES:

First Update (11/13/18): Project GO trainings were held on October 15 in Winona and on November 5 in Duluth. Staff and volunteers from a variety of community action and youth-serving organizations attended these first two training sessions. In Winona, participants from Riverway Learning Community, Red Wing Environmental Learning Center, Winona YMCA and the Houston Nature Center attended. In Duluth, staff from Hawk Ridge Observatory, Duluth YMCA, Great Lakes Aquarium, Duluth Parks and Recreation, Hartley Nature Center, Vandyke Elementary School, Mentor Duluth, Steve O’Neil Apartments, and 3 Owls Outdoor Play Consultants were in attendance. The Duluth YMCA is housing the equipment kits for the NW region.

Because this training was offered free of charge, there were several registrations that cancelled at the last minute; people who signed up to participate and then did not attend on the day of the training. We are going to offer the next three training workshops in the spring in the hopes that we can enhance outreach with partners in each region and recruit participants far enough in advance of the training dates and have a waiting list of folks to fill in slots if they should become available at the last minute. Because we had open spaces available in both of the first two trainings that we held, we plan to have extra slots at the spring trainings so that we will still reach our goal of training 125 participants.

Participants were surveyed before the training via a Survey Monkey tool. Through the survey responses, we learned that these combined organizations serve around 12,000 children each year. At the end of each training, we issued a note card to each participant and asked them to share something they learned and are excited to use at their site and also to share ideas on how we can enhance the training. Post-training comments are listed below as well as photos from these trainings.

Winona – October 15, 2018

- The training was amazing – so much fantastic information! What I could have benefitted from is a little bit of a deeper dive into some of the information (i.e. asset mapping). It did feel like we moved a little quick but I'm grateful for all the resources you provided us to further educate ourselves. Thanks so much!
- This is a great training with lots of great ideas/concepts/information! It really probably does need more time – possibly use a master naturalist type model. Visit various sites but thank you for such a great program.
- This would have been great for our entire staff! It's nice to receive the information together at the same time, then discuss how/what we could do at our site.
- How to make more impactful...help those of us taking notes by referring binder page numbers in the power point.

Duluth – November 5, 2018

- Fabulous workshop! Thank you! So glad I came from Grand Rapids! Excited about the community mapping and great introduction activities!
- Thank you! I learned that it's ok to keep it simple. Some people might be intimidated by outdoors and intro is ok. Loved all the outside activity time today! Thank you for getting us out! Most definitely going to look further into asset mapping. Plan on using it! Would love to have delved deeper into diversity and working with specific populations.
- I loved the cultural awareness piece. I hope to bring these tools to Montana, and be an advocate for those who can't be for themselves and help the future generations get outside. Loved the small group activities. Maybe a little bit more space to share ideas, past experiences, etc. Overall I thought it was great.
- I learned different lesson ideas from a somewhat diverse group regarding experiences. Neat to see these examples and interact with others. The asset mapping portion seems helpful and applicable for me when viewing from an admin/planning lens.
- I will take home resources to increase my cultural competency and relationship building in new communities/groups. It would be nice to have some inter-agency resource/idea sharing or connection time (may not always be relevant depending on group make up).
- Appreciate so much the paradigm shift that asset mapping concept – and really most of what we covered today. Can be done with what we have or with very little resources. Appreciate the extensive coverage, change to get up and move and implement creativity. This was a really great way to start the week. So, so much information. I get that there is, maybe, too much for the time allowed.
- I learned that one of the things I could focus on more with certain groups of kids is alleviating their fears about the outdoors. Fear is one of the biggest barriers to kids spending time outdoors. I was never sure where we were in the binder or if we were supposed to be following along in it.

- I was excited to have the presentation about cultural awareness and to see the interactive pieces. I think the training could be better as you mentioned by having the sit down, look at slides be done at home and have interactive stuff in person. I would have liked to see more ways to incorporate things at my site or other sites. That you so much! So helpful and great training!
- Thanks again! I gained great resources for outdoor activities, networking opportunities with local organizations, and skill set to empower myself to help guide outdoor activities for youth. Possibly would be helpful to prioritize “homework”. I watched everything except the asset mapping (ran out of time) and I felt it was the most relevant. Just a thought.
- Great resources in one place! Wonderful grouping of ideas to get started. Great effort – really inspired me to get moving on getting kids outside even more than I already do. Continue to acquire resources from people – website clearinghouse.
- Today I learned the value of getting children outdoors, all the different barriers that kids of color and or low-income families face when it comes to accessing the outdoors and how to help them overcome barriers. I think this training could benefit from a guest speaker from somewhere like Afro Outdoors to speak directly to what it’s like to become involved in the outdoors as a person of color and what kinds of things helped them overcome their fear.
- I learned community asset mapping as a collaboration between many stakeholders to identify ways to push an idea forward. Something to improve or think about, recruit attendees from minority populations; talk more about what equity looks like in after-school programming.
- I learned so much! This training was packed full of useful information. Asset mapping was something I had never heard of and will take away. As well as all the amazing new activity ideas. To make better; online discussion of the videos as well as resources. More content on how to behavior manage and engage children.



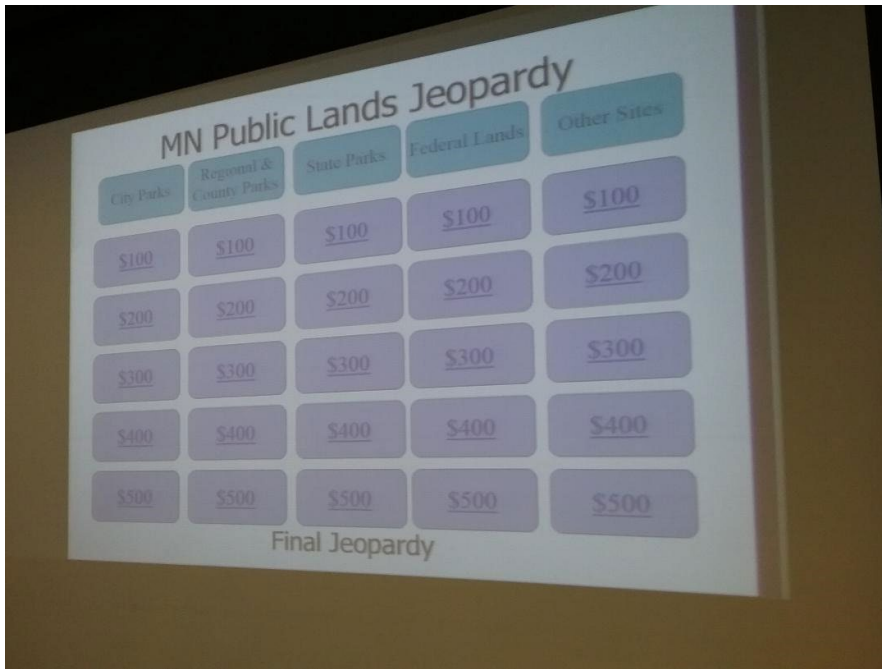
Ice breaker – getting to know you - activity



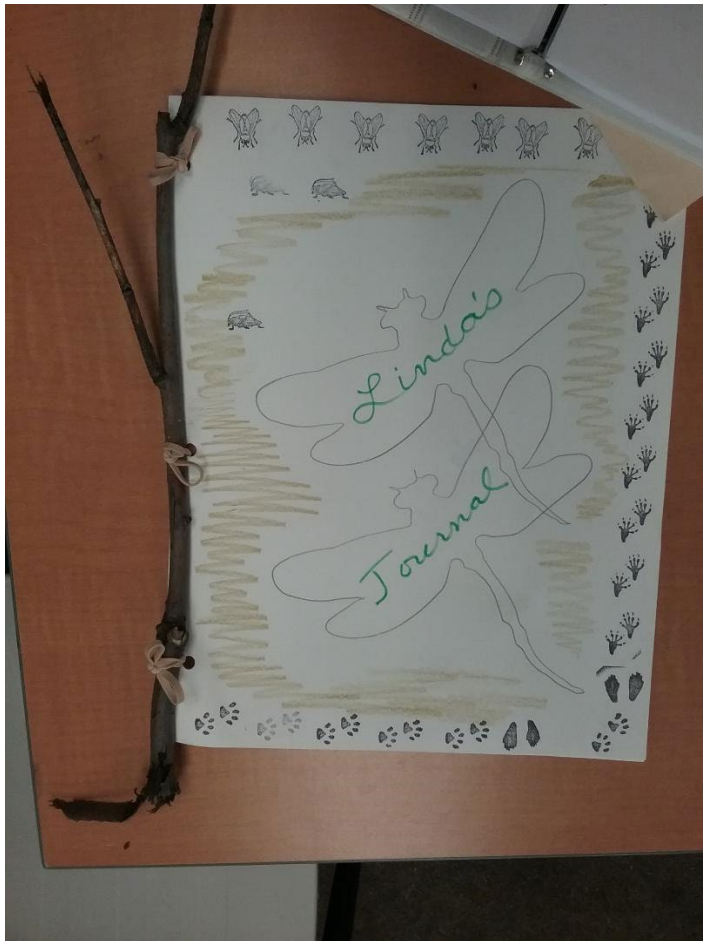
Project GO Backpack group activity



Project GO backpack group activity



MN Public Lands Jeopardy presentation slide



Nature journal activity



Touring our hand-made creature homes

Second Update (2/12/19): The final three training workshop dates and locations have been set including March 25 at the Mankato Boys and Girls Club, April 15 at the Rail River Folk School in Bemidji, and April 29 at the MN Zoo in Bloomington. A project amendment has been submitted with this update.

Amendment Request as of (2-12-19): A project amendment has been submitted with this update to amend the budget to include training kits for each region so that the newly trained Trainers have supply kits to access for leading the Project GO training workshops. Due to the inability to be reimbursed for backpack items that were pre-purchased in bulk before the start of this project, the costs for the training workshops have been less than anticipated. Therefore we have funds in the budget to cover costs of the trainer kits. The completion dates for the project activities and outcomes have also been amended to adjust for the delay of the final three training workshops.

Third Update (8/13/19): Trainings were held in April and May as indicated below. We struggled to get cooperation from partners in each region to help spread the word to after school organizations. We had very little cooperation from local or state government agencies in helping with promoting this free training. We had hoped to collaborate with the U of MN Extension Service, Regional Sustainable Development Partnerships, colleges, public health, etc. but for the most part there was not much support from these organizations (with the exception of the US Fish and Wildlife Service that helped share information about the trainings and sent interns and staff to participate).

From this project we did confirm a suspicion that we had from previous experiences when we first piloted the Project GO training in the Twin Cities in 2017; that this training is much better received in rural Minnesota where there are not as many resources and organizations working to connect people to the outdoors. We found that participants in out-state Minnesota seemed much more engaged and excited about the information and resources shared in the training. Many of the Metro Area participants, especially those who work with nature centers or environmental organizations, seemed more disengaged and not as inspired by the training. This observation will help us in prioritizing where to allocate our time and resources for future outreach and training efforts.

As part of the training evaluation, participants were asked to share something they were excited to use from the training and to give us some ideas on constructive feedback that will help us enhance the training for future participants. Evaluation feedback is below.

NOTE: We added another training for southeast Minnesota since the first one offered in Winona in October only had 5 participants. We also held a training for 25 child care providers at the MN Zoo after the 8-hour leader training on 4/29/19 and a training on 8/1/19 at the Audubon Center of the North Woods for 30 Montessori teachers from across the state.

Amendment Request as of 8/6/19:

We are requesting to add a new budget item under the Equipment/Tools/Supplies section of the budget and to shift some funds from the Trainer Kit row of the Equipment/Tools/Supplies budget line to the new line to support development of a eLearning training. Our original proposal assumed ENRTF dollars could be used to reimburse Project GO for the full \$5,000 workshop fee for each training as that is the flat fee we charge for an 8-hour workshop that can accommodate up to 25 participants. We did not understand that receipts must be itemized for every expense and that a single workshop cannot be invoiced for a flat rate of \$5,000. So we amended our original project proposal on 2/12/19 to include funding Trainer kits that each Project GO trainer will use when leading workshops in their regions. We still have around \$12,000 in remaining funds and would like to designate \$5,000 toward a Project GO eLearning training that volunteers with MN ISPI (Minnesota Chapter of International Society for Performance Improvement) are working to develop for Project GO that will complement the in-class training. Funds would cover the costs of teen models of diverse ethnicities so we can capture the necessary photos for creating the on-line training. The on-line training will focus on cultural awareness, strategies for reaching diverse audiences when planning outdoor programs, dealing with disengaged youth and behavior issues and where to find more resources on these topics. This will be a resource that participants can access again and again to review information discussed in the training class. The on-line training will be a pre-requisite for those who register for the in-class leader workshops (to enhance in-class discussion) but the on-line training will also be a stand-alone training that any youth-serving organization can access for free through the Project GO website. We would like to ask for an extension for the final report deadline so we can submit something by October 15, 2019.

Mankato (3/25/19) at Boys and Girls Club of the Mankato Area:

- I'm super excited to utilize the backpack with all its supplies and the calendar full of ideas! These resources take the thought process out of the equation making it easier to get kits outside!
- Need to think more about about inclusion in terms of ethnic diversity and economic diversity and finding ways around barriers and access to programs. Connections to place are part of community building so opportunities to explore home territory is important ground work for kids. Thanks for getting us thinking about this!
- Lots of great, fresh new icebreaker activities and other games. Love the binder and backpack! Awesome toolkit!
- I'm looking forward to utilizing some of the new ideas that can be used for all age groups. I will be more aware of cultural background and incorporating everyone to make sure they are equally included in programs.
- Love the activities, plan to adapt them to fit my program and student needs. Going to look into after school program connecting the city park and recreation and utilizing community green spaces.



Mankato training - Small group break out planning nature activity with assigned equipment kit.

Bemidji (4/15/19) at the Boys and Girls Club of the Bemidji Area:

- Excited to take our new backpack and think of new activities. I am hoping to gain some new ideas to also apply to our check-out backpacks. I like more detail so I probably would prefer less hand-on activities – my own learning preference.
- It was great training. Planning on getting the youth outside and using the resources around us in northern MN. Continue to train more people in rural areas!
- Activities for kids – mapping tools for different outdoor places to go with kids and share with families. Calendar send home monthly with families. Maybe talk about more activities to do with children.
- Great mix of information, slides and activities. Very excited to share information and activities with our day camp staff.
- Fantastic! Excited to look through the material. The example games, introduction ice breaker games and safety was very helpful! Maybe a sheet that lists how other groups have used their backpacks for more topic ideas.
- The equipment in the backpack will be great for our park walks with some of our after school program. More information on how to get funding for activities and how to find volunteers.
- I'm excited to check out the resources on the flash drive. And to check out the backpacks.
- A lot of ideas to use as we get more involved with volunteering getting kids outdoors!
- So inspiring! I'm gonna try sending a parent letter of introduction and expectations and a survey at the beginning of the year for my summer school students who come into the garden program. No improvements necessary! Love the interactions and movements!
- Excellent training! Excited to share what I learned today with youth volunteering programs at local wildlife refuges and community. I live in and with my grandchildren! Thank you for teaching us today and for the awesome backpack and resources book/jump drive.
- Excited to share the data and resources with my site staff. Sometimes adults need to tackle their fears of the outdoors too! More talk during presentation about how to propose nature activities to parents. How to educate them about the need/benefits.

- I like the idea of mapping as an outdoor activity and taking photos and uploading them to Google maps. Spend more time outside, depending on the weather.
- I'm excited to have all kinds of resources for program/activity development. Sometimes it's hard being creative! I do wish this training was two days but understand resource limitations.
- Recognizing cultural backgrounds will have different thoughts on outdoor activities and their parent's opinions/reactions. More time spent on communicating and handling kids of different ages.
- I enjoyed the new look at culture, racism and how to connect all people to nature. It was great except the "lecture" didn't follow the binder the whole time so it was a bit confusing.
- I really enjoyed inventing a game with staff from the backpack. I think having kids invent a game would be fun! I have a lot of tools and ideas that are easy to modify for different situations. This training is definitely going to improve our outdoor offerings. Thank you!
- I enjoy taking kids outside and being outside in the summer. We have our site next to a lake with walking trails and access to nature. However sometimes I lack ways to connect the kids with nature. We do go fishing but I like the idea of teaching them about fishing poles, what kinds of fish we can expect to catch, etc. and talking about that before doing those activities. I am also super excited about the backpack and giving the kids an opportunity to use their imagination and come up with games.
- Going over the different games used to interact between kids and nature. Continue the interactive group sessions.
- Develop green play (for community). Spaces for variety of ages and abilities – noting their age stages and nature "free" or minimal cost to families. Encourage family involvement and intergenerational.



Bemidji training – group activity designing a nature game.

Rochester (4/27/19) at Cascade Meadow Wetlands & Environmental Science Center:

- I am excited to use the information from today. I am re-energized to embrace the outdoors!
- I am excited to see how I can help my students learn to play in the outdoors besides playing on the playground and trying to be more creative. More group and hands-on activities.
- I liked all of the fun activities we learned. Cannot wait!!! Don't change anything! I think it was great; fun and engaging throughout!
- I loved everything! I am so excited to get these kids outside!
- Excellent work, well done! Very eye opening session. Learned a lot. Would like to volunteer as much as possible! Not sure how you advertised this – just curious.
- I'm excited to try the activity where we made our own creature homes w/my preschoolers this summer. I liked all of the activity ideas. Add more pictures and examples would be great.
- Maybe include more ways for leaders to incorporate unstructured play into a strong curriculum based program. I'm looking forward to using the backpack for programming this summer, and the materials to help train new staff this summer.
- I am excited to get outside more and design rocks and make a shelter for it. More hands-on group activities outside.
- I am excited to use the backpack in my room this summer and teach kids the importance of getting outdoors. More group activities.
- The toy activity was fun! More activities about diversity.
- The training was very beneficial to working with the SACC program. Getting the backpack is a great resource for us to have. It could be beneficial to have the backpacks at each school. All the information was great and I would come to the training again.
- I liked the Jeopardy, game ideas, snacks, books, thumb drive. More breaks. Make kits available via an on-line sign up.

Apple Valley (4/29/19) at the MN Zoo:

- Excited to look at new activities to use within the new tools provided. Provide the slides from the workshop in the binder – even if it's just 4 or 6 to a page – helps facilitate note taking.
- I'm excited to use the backpack games we played today and to work through the cultural awareness report card.
- Did a great job of mixing hands-on with covering a breadth of material. Loved the scenarios as practice.
- Lots of great resources! I liked the variety of inside/outside games/sitting, etc. Thank you!!! More time outside – away from our playground.
- I liked the mapping. More time outside.
- Excited to use the backpack items – so many creative ways to use the items. Make it a two day class – so much information to absorb.
- Enjoyed learning about the community asset mapping and tree bathing. Possible suggestion: Mix up groups a bit more – people tent to sit by those they already knew.
- Excited to use asset mapping for a new nature center in Inver Grove Heights, Darvan Acres Nature Center, to map our trails and where some of our ponds, prairie areas and other assets are located. Program is great with the volume of material, a little more time to do more activities, maybe 9 – 5 work give you a little more time.
- Excited to use the backpacks in our nature play program. Could enhance doing more hands-on activities.

- I'm excited to try some of the sample activities that we did today with my kids. This training involved a lot of valuable resources and places to find them – but it would be cool to invite possible community partners and have sort of networking "social hour" to give us the opportunity to connect directly during the training.
- Excited to use ways to incorporate cultural awareness into programming. More networking/brainstorming among groups/organizations represented at training.
- Excited to use the "Build a Habitat" and "Green Space Mapping" activities. Ideas of wonder, discovery and interconnectivity. Thanks! Could have less lecture, more group conversation. So many interesting people with incredible backgrounds would love to have more time to share. Also, you should check out the Earth Charter (document and organization) based in Costa Rica.
- Excited about exploring the contents of the backpack with kids. Could add more tangible ideas to do with youth. The ones we learned were great.
- Liked how many resources were provided. Could actually go through what resources are in the flash drive so we can have an idea. What about students with special needs/disabilities?
- Excited about trying/modifying some of the sample activities and checking out the additional resources. I thought we'd be outside more, not necessarily a bad thing we weren't but I expected more. Maybe add what you can wrap up each activity with...conclusions/follow-up before moving (kids) to next activity.
- Enjoyed all of the interactive activities. Good resources given. Use nature to teach kids. Make rock triangle; make a habitat for pretend animals.
- Excited to think and act more proactively with cultural differences in outdoor experiences. Computer not really needed at class – don't like leaving electronics behind as we leave the room in public environment.
- Excited to share the activity we did with the toys – creating shelters, etc. As a teacher, I would extend this to a creative writing activity. Great ideas and resources – thanks!
- Exploring things in your own community. A lot of things to discover at no cost. Getting more people involved to do nature projects.
- Excited to use asset mapping as well as story maps. I thought it was going to be more in depth. Activities were find but would like to learn more about what asset mapping has done for Project GO. More engagement theories and strategies for working with undeserved youth.
- I am excited to use the resources in the backpack. Hosting the training at a more accessible location such as a city park so public transportation is available. Reaching out to minority communities so there will be more people of color at the trainings.
- Something I am looking forward to take form this training is using the asset mapping while creating programming. It is something that is so important to ensure that every community is utilizing their community's resources. One thing to improve could be the information presented. It is important to make sure the statistics and tools are up to date. Sara mentioned that the power point was two years old. Thank you for the information!
- Excited to use the learning about all of the cultures in the community and how to engage and learn from them. Friendly criticism: break up activities and lecture time – many of the activities were after lunch.
- Enjoyed the mapping green space and the cultural awareness chapter. Makes me want to get more people out in our parks. Parks for all! Don't change a thing! Wonderful training.

- Wonderful boundless array of resources. Too much to cover keeping it general. I thought course was specifically working with young kids, so maybe less general theory (child development) and give/use more examples for those age groups.
- Good information. Talk to community to understand their needs. Nature walks through our Mpls Park use Mpls Naturalist in Park – start by talking to park director.
- I am excited to utilize the cultural awareness training. Improvement suggestion: I really can't think of anything, the hands-on activities are great – they illustrate the activity well and get you thinking how they can be adapted to different groups of kids.
- I'm excited about continuing to learn about how to connect with my students of various culture and using a lot of the information from today to encourage more diverse visitors to our site. I can't think of any real stand-out improvements. I got sleepy sitting sometimes – a room with natural light would have helped. Coffee.
- Excited about being able to evaluate my teaching, improve my techniques and awareness and become better environmental educator. I like that I have ideas for a more "informal" setting/that I have a better idea of how to work with what I have where I am. For next time, could we do a Q & A/debrief at the end?



MN Zoo training – group participants

Update (September 12, 2019):

We worked with the MN Chapter of the International Society for Performance Enhancement to coordinate a photo shoot at the MN Valley National Wildlife Refuge in Bloomington to capture photos for the eLearning

module that the MNISPI members are developing in-kind for Project GO. Youth models were coordinated through Agency Models and Talent in Minneapolis, which did a great job of finding youth of diverse genders and ethnicities. The US Fish and Wildlife Service staff at the refuge were very welcoming and helpful and we had a great day of photographing the models in poses and situations that will be incorporated into the training module to help after school program volunteers and staff think about various situations they may encounter when leading outdoor nature programs for kids. MNISPI volunteers hope to have the eLearning on-line and ready for use by spring 2020.

We also received evaluation feedback from the Project GO teacher training we held at Audubon Center of the Northwoods in August. See comments below.

- Great ideas. Got outside.
- More of organizations like this for resources!!
- Cultural awareness was unnecessary. Perhaps people of "brown" color don't like to be outdoors. It's a good reminder that racism is still a prevalent conflict but I would wanted more solutions on how to incorporate EE into the classroom.
- VERY fun and geared toward younger age groups, and provided activities and tools I WILL be using!
- engaging and informative
- Loved her. She was engaging and real and I just want to take kids outside now.
- Great presenter, great resources and ideas.
- To short of time with Sara. Would love to hear more:)
- I enjoyed this and found it beneficial and provided ways to bring things into the schools/ classrooms.
- This was my favorite part of the conference. She was knowledgeable and fun to listen to. I feel the activities we participated in I would really do in my classroom. We had a perfect balance of inside/outside and at appropriate times so I never lost focus.
- Super fun activities!
- Sara was fun and provided a lot of great ideas and resources.
- I can see this being very valuable to an educator who is new to outdoor ed, EE and cultural inclusion but I found less for me personally that was new or as comprehensive as my current approach. I see great resources here for more early childhood educators!
- This was by far the most aligned with the age group I serve. The activities were engaging and simple.
- The activities we did outside were very helpful. Definitely do this again!
- Outstanding!



Photo shoot at MN Valley National Wildlife Refuge for Project GO eLearning project.



Youth models pose for Project GO photo shoot.



Trainer kit full of supplies for Project GO Trainers to introduce after school staff and volunteers to outdoor activities and resources to get kids outdoors.

AMENDMENT REQUEST as of October 21, 2019:

We are requesting to re-adjust the budget allotment for the itemized expense categories within our approved budget. We would like to dedicate \$7,000 toward the equipment kits and \$8,000 toward the training workshops. The current budget has \$5,000 allotted for the equipment kits and \$10,000 for the training workshops. We currently have a negative balance in the equipment kit expense category and we have \$4300 remaining in the training workshop expense category. Readjusting the allotment in these two categories will ensure there are no negative balances in our final budget.

Amendment Approved by LCCMR 10/23/2019

Overall Project Outcome and Results

This project funded 8 training workshops across Minnesota. Participants included after school providers from child care centers, latch key programs, community centers, libraries, recreation centers, YMCAs, Boys and Girls Clubs, and other organizations that work with children during the out of school hours.

The 174 participants learned why children need to experience nature. They learned the basics of child psychology and child development and how to use these concepts when planning and leading outdoor programs for children. The training workshops also introduced participants to concepts of equity in the outdoors and provided resources for them to expand their understanding of the barriers that often prevent children of color and low income children from experiencing the natural world in safe, high quality outdoor settings. Participants learned about the green spaces in our communities and explored a variety of games, activities and opportunities

for children within the small green spaces found on school grounds, city parks and neighborhoods. Participants had the opportunity to develop and lead a nature activity and they learned tips for safety and behavior management during outdoor explorations.

Project GO Equipment Kits were provided to the NE and NW regions, as they already existed for the SW, SE and Metro areas. The kits are housed with partner organizations in each region and available for youth-serving organizations to check out for free.

This project also allowed us to develop an on-line training segment to complement the 8-hour in-person workshop. With in-kind support from the MN Chapter for the International Society for Performance Improvement (MN ISPI), we organized a photo shoot at the MN Valley National Wildlife Refuge with youth models of various cultural backgrounds. These photos are being used to develop the inter-active on-line training that will introduce participants to concepts of program planning for equity and basics of youth development and behavior management so training participants will come to the classroom session prepared to engage in the conversation.

Through evaluation we found that participants were overwhelmingly appreciative of the opportunity to learn more about connecting children to nature. We especially found those in rural Minnesota were extremely grateful for the information and resources as they do not have access to as many training opportunities on this subject.

AMENDMENT as of January 29, 2020

The budget has been adjusted according to the coded itemized list provided to the DNR Grants Unit. The amount spent on the first budget category has been adjusted from \$6,674 to \$1,958. The amount spent on the second budget category has been adjusted from \$5,614 to \$5,658. The amount spent on the third budget category has been adjusted from \$4,413 to \$4,369. The amount spent on the fourth budget category has been adjusted from \$5,706 to \$10,379. Therefore, this amendment requests to make the following changes to the budget for each budget category to accommodate the above corrected spending: subtract \$3000 from the first budget category (“Two sets each of the following equipment kits...”) and add \$3000 to the fourth budget category (“Five Project Go training workshops...”). All totals and balances have been adjusted accordingly, changing the final total amount spent from \$22,407 to \$22,364 and the final total balance from \$7,593 to \$7,636.

Amendment Approved by LCCMR 02/03/2020

III. PROJECT ACTIVITIES AND OUTCOMES:

ACTIVITY 1: Project GO Training

Description: Offer one 8-hour Project GO Training in each region of Minnesota (NW, NE, Metro, SW and SE).

ENRTF BUDGET: \$30,000

Outcome	Completion Date
<i>1. 5 trainings completed (added three additional trainings: one in Rochester for after school providers, one for child care providers at MN Zoo and one for Montessori teachers at Audubon Center of Northwoods)</i>	August 1, 2019
<i>2. 125 youth program staff trained (174 actually trained)</i>	August 1, 2019
<i>3. At least 6,000 youth participate in outdoor activities during first year (93,000 served)</i>	August 30, 2019
<i>4. Support development of eLearning tool to enhance in-person training workshops</i>	August 30, 2019

IV. DISSEMINATION:

Description: The project will be shared with communities throughout Minnesota via press releases, social media including Facebook (<https://www.facebook.com/ProjectGetOutdoors/>), and via the Project GO e-Newsletter, which is also available on the Project GO website (<https://www.mnprojectgo.org/>). Project GO Board Members actively seek out opportunities to present at local and national conferences as well. Our partner organizations will also be sharing about this project via their networks.

First Update November 30, 2018

This project was announced to several hundred of our partners, volunteers and supporters via the Fall 2018 issue of the Project GO e-newsletter (<https://www.mnprojectgo.org/newsletters>) and via posts on the Project GO Facebook page (<https://www.facebook.com/ProjectGetOutdoors>) . Personal communications were sent via email directly to public health staff, parks directors, tribal communities, regional colleges and other youth-serving organizations in each region. Press releases were sent to the newspapers in each region. Verbal promotion was made at the Early Childhood Care Conference in Owatonna where Project Leader, Sara Holger, presented two child care training sessions (https://smifoundation.org/file_download/eb56b054-9de5-4778-bf4b-71293059bdc2).

Second Update February 28, 2019

In addition to press releases and social media posts, we also posted training announcements on the Minnesota Master Naturalist blog (<https://minnesotamasternaturalist.wordpress.com/2019/02/28/adv-upcoming-project-get-outdoors-training>).

Final Update September 12, 2019

Information about the Project GO photo shoot was posted on the Project GO Facebook page and shared via our Fall 2019 newsletter that is sent out to several hundred partners and supporters. A statewide press release will be issued once the eLearning module is on-line and ready for use.

V. PROJECT BUDGET SUMMARY: Funds covered the costs of the five training workshops and costs to assemble two sets of outdoor equipment kits for after school organizations in NW and NE Minnesota to check out for free use at their sites. The other three regions already have Project GO equipment kits. Funds were also used to assemble regional Trainer kits for use in leading Project GO training workshops. Additional funds were used to support the development of a eLearning tool to enhance the in-person training workshops.

A. Preliminary ENRTF Budget Overview: See attached budget spreadsheet

Explanation of Capital Expenditures Greater Than \$5,000: N/A

Explanation of Use of Classified Staff: N/A

Total Number of Full-time Equivalent (FTE) Directly Funded with this ENRTF Appropriation: 0

Enter Total Estimated Personnel Hours: 0	Divide by 2,080 = TOTAL FTE:
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Total Number of Full-time Equivalent (FTE) Estimated to Be Funded through Contracts with this ENRTF Appropriation: 0

Enter Total Estimated Personnel Hours: 0	Divide by 2,080 = TOTAL FTE:
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B. Other Funds:

SOURCE OF AND USE OF OTHER FUNDS	Amount Proposed	Amount Spent	Status and Timeframe
Other Non-State \$ To Be Applied To Project During Project Period: <i>Project GO staff time in-kind (\$3000), Jeffers Foundation "Parents Guide to Nature Play" booklets for backpacks in-kind (\$625)</i>			
	\$ 3625	\$5525	196 (+) hours of Project GO time at \$25/hour + \$625 worth of booklets
Other State \$ To Be Applied To Project During Project Period:			
	\$	\$	
Past and Current ENRTF Appropriation: <i>2010 Project GO Toolkit Activities \$15,000</i>			
	\$	\$	
Other Funding History:			
	\$	\$	

VI. PROJECT PARTNERS:

A. Partners receiving ENRTF funding

Name	Title	Affiliation	Role

B. Partners NOT receiving ENRTF funding

Name	Title	Affiliation	Role
Holly Larson	Outdoor Recreation Planner	National Park Service	Assist with partner outreach in each region
Niall Murton	Camp and Outreach Director	YMCA of the Greater Twin Cities	Assist with YMCA outreach in each region
Erin Meier	Executive Director	U of MN SE Regional Sustainable Development Director	Assist with U of MN outreach in each region

VII. LONG-TERM- IMPLEMENTATION AND FUNDING:

The long-term strategy is to continue to offer these trainings around the state but to begin charging a fee for youth organizations and community action groups to participate in these trainings. In the future, trained program leaders could purchase, possibly at a whole-sale or discounted rate, the Project GO equipment kits to implement outdoor programs. Ideally, we hope to work with community groups to submit grants to local community foundations that would fund these training opportunities.

Long-term impacts of this project include increased participation in outdoor recreation activities by communities of color and low-income youth which will lead to increased participation in stewardship activities and increased

wellbeing and health for all Minnesota residents. This project will also help spark interest among young adults of color to explore and pursue natural resource degrees and career fields.

VIII. REPORTING REQUIREMENTS:

- **The project is for 1 year, will begin on July 1, 2018, and end on August 30, 2019.**
- **Periodic project status update reports will be submitted November/2018 and February/2019.**
- **A final report and associated products will be submitted by October 15, 2019.**

IX. SEE ADDITIONAL WORK PLAN COMPONENTS:

A. Budget Spreadsheet

Final Attachment A: Budget Spreadsheet
 Environment and Natural Resources Trust Fund
 M.L. 2018 Budget Spreadsheet



Project Title: Project Get Outdoors After School Training
 Legal Citation: M.L. 2018, Chp. 214, Art. 4, Sec. 02, Subd. 05c
 Project Manager: Sara Holger
 Organization: Project Get Outdoors, Inc. (Project GO)
 College/Department/Division:
 M.L. 2018 ENRTF Appropriation: \$30,000
 Project Length and Completion Date: 1 Year, August 30, 2019
 Date of Report: January 30, 2020

ENVIRONMENT AND NATURAL RESOURCES TRUST FUND BUDGET	Revised Budget 01-29-2020	Revised Amount Spent 01-29-2020	BALANCE 01-29- 2020
BUDGET ITEM			
Equipment/Tools/Supplies			
<i>Two sets of each of the following equipment kits; fishing, camping, bird watching, insect collecting, nature journals (\$2500 each)</i>	4,000	\$1,958	\$2,042
<i>Four sets of trainer kits. Kits will include: dry erase boards, files with trainer resources, markers, pens, post it notes, name tags, fold-out presenter easel, large easel pad, and a foldable rolling cart in additon to the following outdoor activity totes; bird watching, intro to camping, fish printing, insect observation, and nature journal making supplies.</i>	10,000	\$5,658	\$4,342
<i>Support development of eLearning tool to enhance in-person training workshops (coordinate models for a photo shoot to present various scenarios that address cultural awareness, enaaqing youth in nature, and dealing with behavior issues).</i>	5,000	\$4,369	\$631
<i>Five Project GO training workshops, includes Trainer time and mileage (at \$.50/mile) and all materials and supplies to train 25 people at each workshop; 125 activity backpacks, handbooks, flash drives with outdoor program planning resources and handouts</i>	11,000	\$10,379	\$621
COLUMN TOTAL	\$ 30,000	\$ 22,364	\$ 7,636

