

# Outdoor Explorer

1. Take a nature walk and collect items of interest:
  - a. A leaf, and share why you like that particular one
  - b. A feather, and discover what bird it is from
  - c. A rock, and learn what type it is
  - d. A seed, and identify the plant it comes from
2. Recite the golden rules for hiking:
  - a. Never cut trees
  - b. Never pull up live plants
  - c. Do not remove any type of markers
  - d. Stay off “No Trespassing” property
  - e. Ask permission before walking on private property
  - f. Don’t litter
3. Explain what side of the road to walk on and why.
4. Walk half a mile to a picnic area. Carry and eat your own lunch.
5. Walk one mile and find nature items for each letter of the alphabet, such as: A = acorn; B = butterfly; C = cattail; D = duck; etc.
6. Take two walks of at least two miles each and talk about what you see. Tell what day of the week each item was created on.
7. Recite five safety rules for walking:
  - a. Always walk with at least one partner
  - b. Carry water when going for a walk
  - c. Wear comfortable shoes
  - d. Wear proper clothing
  - e. Watch where you walk so you won’t become lost



## Helps

1. Aim: To develop observation skills; to explore and share.
2. Learn and abide by the golden rules of hiking.
3. Check with your area’s Motor Vehicle Department, as laws may differ, but always walk well off to the side of the road.
4. Enjoy the walk and picnic together, making sure the children learn to carry their own food, jackets, etc.
5. When playing a game, the distance and time will quickly pass. Be creative and make it fun!
6. Walk and enjoy discussing when what you see was created, e.g., trees, birds, fish, butterflies, horses, etc. One walk should be with the club or class and one walk with the child’s family.
7. Children are never too young to learn the safety rules of walking with a partner, carrying water, wearing comfortable shoes and clothing, and watching so as not to become lost.