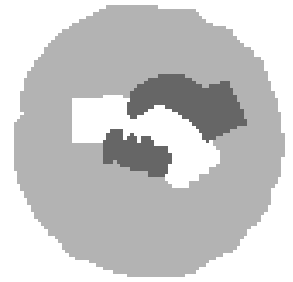


## Helping Hand



## 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 walking shoes
  - d. Wear proper clothing
  - e. Watch where you walk so you won't become lost