

TAKE A HIKE

Trust Walk--Take a walk with a friend. Take turns being blindfolded. Hold your friend's hand or elbow, guiding and leading as you go. As you walk, ask if your friend can tell where he or she is going and what is happening. Ask if your friend is going uphill or down. If he or she is in the sun or shade? Ask your friend to think of something like a tree and describe it.

Rainbow Walk--While on a walk, have the group pick out all the different colors in the environment that they pass along the way. Then call out specific colors to look for as they hike.

Signs of the Time--While hiking, have the group identify things they see, hear, etc., that are unique to the season. Later have everyone write one word describing what he or she saw. Make up a song using all the words.

Caterpillar Hike--(This is a real giggle-producer.) The group stands single file with their hands on the hips of the person in front. The group then becomes one "caterpillar" and takes a hike as a caterpillar might. They can even close their eyes and put their heads on the back of the person in front, thus giving the caterpillar only two eyes.

Telescope Hike--With one hand rolled up like a telescope and held up to one eye, take a hike and discuss how different the world looks through "tunnel vision."

The Nose Knows--Nose around, breath deeply and take in all the smells of the area. How does the smell differ from the smell of your house or school? Zero in on one smell and try to find its source. Is the ground's smell different from that of a tree? Do different leaves and plants, when crumbled, have a different smell? Can you find sweet smells, and bitter smells? Can you taste a smell?