**Power Skills**

**Adventure Outdoors**
Explore and enjoy nature!

**Sounds of Nature**
With a friend or family member, go for a walk in your neighbourhood, park or natural area. Find a spot, close your eyes and listen carefully.

Record the different sounds. Do any of the sounds have a rhythm or pattern? For example:

**Bird**
CHIRP chirp pause CHIRP chirp

**SARDINES!**
**Ready!**
- Invite 3 or more family members and friends to join you.
- Choose a safe outdoor area to play this game. Make sure there are lots of safe things to hide behind such as trees, branches, bushes.

**Set!**
**Learn the Adventure**
- While Abdul runs and hides (no more than 50 steps away), the rest of the players close their eyes and count to 50 out loud.
- Each player separately begins the search.
- As each player finds Abdul, he/she hides with him - close together like sardines!
- When the last player finds Abdul, start the game again with someone else hiding first.

**GO!**
Have fun with the adventure.
**Hint:** Some people wear or create camouflage! Think about how animals disguise themselves.

This is a great indoor rainy day activity too!

**Heart Leaders!**
Make your neighborhood a better place! Clean up the environment, arrange to plant trees... you decide! Set a plan with your friends and family or class to make a difference!