**Adventure Outdoors**

Explore and enjoy nature!

**COOL HIKES!**

Invite a group of friends or family members to join you on a hike. Take a pencil, paper and a coin with you.

**World of Change Hike**

List all the things in nature that are changing around you:

- Plant bending in the breeze.
- Twig breaking as you pass.
- Clouds in the sky.
- Leaf falling to the ground.

What changes are irreversible?

Take the same hike in a different season and record all the changes that have occurred.

**Silent Hike**

- Walk quietly without speaking.
- How many sounds can you hear?
- Find a quiet place to stop.
- One-person can walk ahead and close their eyes.
- Now try to catch up without the person hearing.

**Shape Hike**

- Look for shapes that you can see in nature.
- Use a pencil and paper to quickly sketch your discoveries.

**Coin-Flip Hike**

To start the hike flip a coin. Heads goes left and tails goes right. Look for unusual or interesting objects on your adventure. Every few minutes, flip the coin again and go in a new direction.

**Variations!**

- Create your own hike. For instance, challenge a partner to find 3 shapes, 2 sounds and 3 bugs in less than a minute.
- Share your discoveries and ideas with us at HeartHealthyKids@hsf.on.ca

**Help nature while you hike.** Wear sturdy gloves and bring a garbage bag to clean up any garbage you find. Be sure not to pick up any sharp or dangerous items!