



Boredom Busters: Hiking Adventure

“Explore outdoors, the parks are yours!”



NATIONAL PARK TRUST
TREASURE FOREVER.

National Park Trust

www.parktrust.org

Boredom Busters



Visit www.buddybison.org to get your own Buddy Bison and take him with you on your hike! Can't get a Buddy Bison? Use the coloring page at the end of this booklet to design your own.

This booklet will help you have a wonderful experience wherever you decide to hike. Bring this with you on your adventure and follow these quick steps to make your visit fun and easy! Also, don't forget to use the amazing hiking activities found in this booklet that your whole family will enjoy.

Use this Booklet to:

- Enjoy the beauty of a local, state, or national park
- Have a fun, safe hiking adventure
- Participate in new exciting outdoor activities
- Learn quick and easy tips, tricks, and guided activities to enhance your trip

Before you go hiking:

Call the trail visitor center or visit the website and ask what is available.

- Water activities?
- Playground?
- Sports fields?
- Rentals?

Decide how much time you can spend on the trail and pick your adventure.

Make sure you pack:

- Buddy Bison or BB coloring page
- Healthy snacks and water
- The proper clothing, footwear, sunscreen, hat, and sunglasses
- Sporting equipment and/or outdoor recreation materials

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Ready to start your hike? Check out this hiking gear list and pick what you'll need for your adventure.

Hiking Gear List

Hiking Gear

Backpack
Trekking poles

Optional:

Headlamp or flashlight
Camera
Field guide
Outdoor journal with pen/pencil
Binoculars
Two-way radios

Navigation

Map
Compass

Optional:

Guidebook
GPS unit
Altimeter watch
Personal locator beacon

Emergency & First Aid

First-aid kit
Whistle

Optional:

Two copies of itinerary

Clothing/Footwear (to wear)

Moisture-wicking underwear
Moisture-wicking T-shirts
Quick-drying pants
Long-sleeve shirt
Lightweight fleece or jacket
Hiking boots or comfortable shoes
Socks

Sun protection:

Sunglasses
Sun hat

Items for inclement weather:

Rainwear
Windbreaker
Long underwear
Warm insulated jacket or vest
Fleece pants
Gloves or mittens
Warm hat

Optional:

Bandana

Food & Water

Water bottles
Water filter/purifier
Trail snacks
Lunch
Extra food
Extra water

Health & Hygiene

Hand sanitizer
Insect repellent

Sun Protection

Sunscreen
SPF - rated lip balm

Tools & Repair Items

Knife or multi-tool

Personal Items

ID
Cellphone

*This hiking gear list is a suggestion. Take only the things that you think you will need.

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To do while hiking

1. Geocaching

This activity is better suited for older kids. Using a GPS or a smartphone, download a geocaching app and let the treasure hunt begin!

2. Photography

Capture the natural beauty of your surroundings with photos you can bring back to share with friends and family.

3. Animal tracking

Use animal tracks to become a junior detective. Where did the animal come from? Where is it going? What kind of animal is it? Be careful, some animals are potentially dangerous. Do not cause any harm to animals in your search.

4. ISpy

Revive this traditional game on your hike to call attention to the amazing things you and your buddies are seeing.

5. Sit spots

When you reach a good spot for a break, have the kids spread out and sit quietly. They can simply take in their surrounds and reflect, or older students can journal.

6. Eagle eyes

This is a great tool to avoid having kids yell out when they see something cool, and possibly scare away the wildlife. When you or a student sees something exciting, have them freeze and make "Eagle Eyes"- hold up your hands to your eyes like you are wearing binoculars. When someone puts on "Eagle Eyes" everyone else should race to freeze and hold up their hands like binoculars too.

7. The Alphabet Game

As you hike, the groups must look for something that starts with every letter of the alphabet. When you see something call out the letter and point to what you see. But remember only one item per letter.

8. Foraging

As you hike, collect flowers, berries, nuts, and other things that catch your eye (only if 100% sure they are safe). Be careful! Not every berry or flower is safe or edible.

9. Make music

Bring along small instruments such as a flute or banjo to make music to go along with the natural sounds of the trail. Or, just use sticks and rocks to make "natural" instruments.

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9 Games For Hiking

1. One Word Stories

One person begins a story by saying one word, and then the story is passed on to the next person, and the next, and so on, with each person building to the plot of the story. Since each person can only say one word at a time, the story becomes really silly and fun, and this game allows your kid's imagination to run wild.

2. The Ants Go Marching

This is a classic song that is easily adapted to hiking. Everyone sings the beginning of the song "the ants go marching..." and then each person gives one thing that the little ant does. After everyone gives one, you move on to the next verse. This activity helps kids with their vocabulary and rhyming skills, as well as giving them something to think about while walking.

Example:

All: "The ants go marching one by one, hurrah, hurrah. The ants go marching one by one, the little one stops to..."

Person 1: Eat a plumb

Person 2: Have some fun

Person 3: Eat a ton

3. Twenty Questions

One person thinks of a noun (person, place, or thing). All the other hikers ask yes or no questions to try to guess the noun.

4. Categories

Choose one category, such as types of fruit, animals, books, etc. One by one everyone identifies something in the category until no one can think of any more. Then pick another category and play again.

5. "I'm going on a hike and I'm bringing..."

One person starts and says what they are bringing on a hike, beginning with the letter "A." The next person says what the first person is bringing, and something else beginning with the letter "B." You work through the rest of the alphabet this way. This game helps kids with their memory, gives them a fun way to think about hiking, and builds vocabulary.

Example:

Person 1: "I'm going on a hike and I'm bringing apples"

Person 2: "I'm going on a hike and I'm bringing apples and a backpack"

Person 3: "I'm going on a hike and I'm bringing apples, a backpack, and a canteen"

6. Riddles

Write down your favorite age appropriate riddles and pull them out when your kids start to get tired and grumpy. Riddles will challenge their minds.

7. Sing Songs

This one is very simple. Before hiking come up with a list of songs that everyone in the family knows and enjoys. When your kids start to get tired, start singing songs to bring back the mood.

8. Exploring Breaks

When people are tired, stop walking and explore your area. Turn over logs and rocks and record what you see.

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Scavenger Hunt Bingo

Want to explore your surroundings in a fun way? Try this Scavenger Hunt Bingo. Find 5 in a row for a prize or healthy treat! Be careful not to disturb or harm any animals in your hunt.

B	I	N	G	O
Tree Hole	Stream or Creek	Butterfly	Smooth Rock	Pine Needles
Fallen Tree	Moss	Berries	Animal Tracks	Mushroom
Wild Flowers	Trash *throw it away*	Free	Sign Posts	Yellow Flower
Pinecone	Spider Web	Chipmunk	Footprints (Human Tracks)	Snail
Tree Stump	Bird	Squirrel	Animal Shaped Clouds	Bird's Nest

Find anything not on the list? Write it here.

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Objective:

Identify animals with the ability to camouflage and describe the importance of adaptations to animals.

Method:

Children observe a live animal that uses camouflage techniques.

Age Level:

5 - 9 years old

Duration:

One 20- to 30-minute session

Group Size:

Any

Materials:

Terrarium with vegetation and one animal

Other Information:

One of the most important characteristics of an organism is its ability to adapt to its environment. Camouflage is an adaptation that allows animals to physically blend into their surroundings, in some cases blending so seamlessly they appear invisible.

Invisible Animals

Procedure

1. Assist children with building a temporary terrarium for an animal that uses camouflage techniques. Line a shoebox or plastic bug box with natural materials similar to that of the animal's habitat (leaves, twigs, etc.). Find and place an animal with a camouflage adaptation inside. Some animals with camouflage techniques include: grasshoppers, earthworms, bark bugs, leaf insects, some lizards, and various species of frogs and toads.
2. Encourage the children to observe the terrarium and ask them to describe what they see.
2. If they have not found the animal that is living in the terrarium, encourage them to look very closely until they do.
3. Ask the children to think of other animals that blend with their environments. Talk about their ideas. Are the animals camouflaged? What about their environment requires camouflage? Ask the children how camouflage helps an organism to survive.
4. Have children assist with the process of returning the animal to its habitat. Remind students not to cause harm to the animal or any other animals.

Questions for Discussion

1. Why is camouflage important to the animals you observed?
2. What other adaptation techniques do animals use?
3. Identify two behavioral and two physical adaptations.

Note: If using a shoebox, cut a hole in the lid and line the box with saran wrap prior to putting natural materials or animals inside. An alternative to using live animals is to make an animal out of pipe cleaners.

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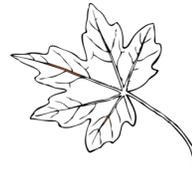
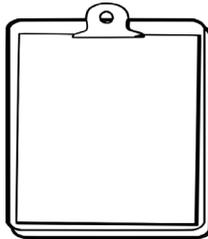
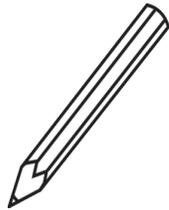
When leaves fall from the tree, it is a great time to study them and make a great piece of art. Place a leaf under this paper inside the square below. Then rub the leaf using your pencil or a crayon.

My Leaf Rubbing

Do you know why leaves fall from the trees? In the Fall, the days are growing shorter, so there is less sunlight. Trees use sunlight to make food. The leaves fall because the trees can't make enough food to keep them on their branches.

You Need:

- crayons or a pencil
- clipboard
- leaves



Pick the best looking leaves to make a rubbing

Can you see the veins in the leaves? The veins bring nutrients to all of the leaves.

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Keep an Adventure Journal

When you are out, take a moment to write down your thoughts. Where did you go? What activity did you do? What did you see or feel? How long did you hike or row? Keeping a journal is a great way to remember all the fun times you had in a park.

Date: _____

Time: _____

Where did you go? _____

Who were you with? _____

What did you do? _____

Thoughts: _____

Draw what you see!

Keep your camping fun going by designing your own Buddy Bison. Draw your environment around Buddy Bison.

