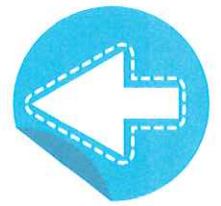
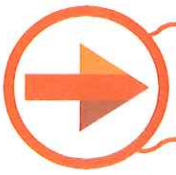


Here are three fun ways to encourage Helping Hands to explore the outdoors. Adapt the activities to meet the needs of your Helping Hands or create your own activities.





The following activities partially fulfill the requirements for the Outdoor Explorer award.

## ACTIVITY

# 1

# Hiking Songs

# 10

MINUTES

## WHAT YOU DO

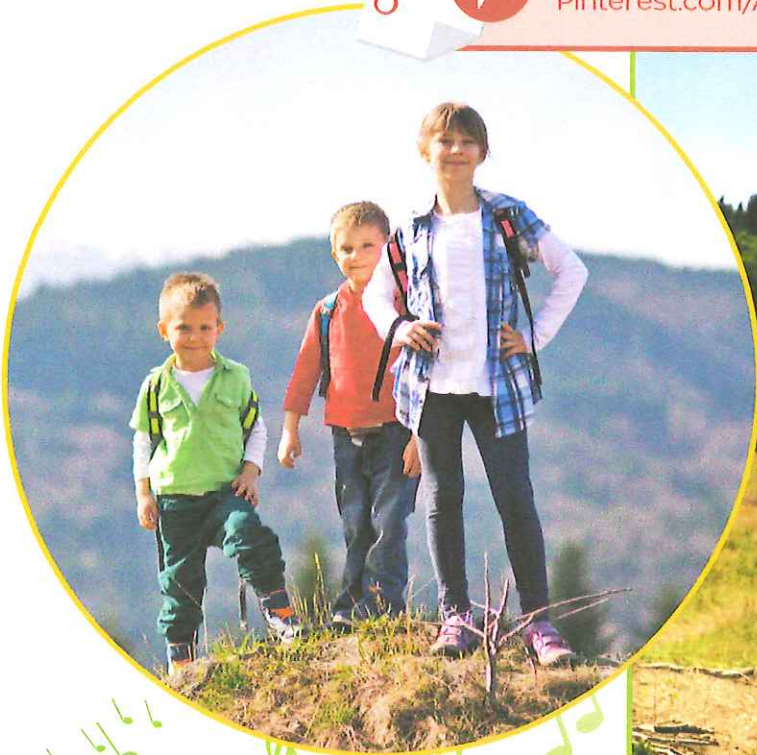
Teach your Helping Hands some songs that will liven up their hikes! After practicing, have the children sing the songs again while marching around or through the building.

## MATERIALS NEEDED

- Lyrics to favorite hiking songs (see pp. 127 and 128 or Pinterest)



Find **Hiking Songs** at  
[Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





# Trail Signs

## WHAT YOU DO

15  
MINUTES

Ahead of time: Find or create a handout that shows trail signs. Use the trail signs handout and sticks, stones, and pebbles to create a trail for the kids to follow. You can form a trail indoors or outdoors depending on your location. If you are short on space, build a maze that has a lot of turns but can fit in a small area.

Begin by reading Exodus 13:21 (CEB): “The Lord went in front of them during the day in a column of cloud to guide them and at night in a column of lightning to give them light. This way they could travel during the day and at night.” Discuss how God continues to guide us. Now tell them that they are going to learn some signs to follow when they go hiking.

Distribute the handout and explain what each sign means. Give the kids some sticks, stones, and pebbles and ask them to make a sample of each trail sign. Then take the children outside and have them follow your trail by obeying the signs. You might want to stagger the children’s starting times or create more than one path to prevent crowding.

## 2 ACTIVITY

### MATERIALS NEEDED

- Trail Signs Handout (see Pinterest or search the Internet or library for ideas)
- Sticks
- Stones
- Pebbles

 Find inspiration for a **Trail Signs Handout** at [Pinterest.com/AdventSource](https://www.pinterest.com/AdventSource)





## ACTIVITY

# 3

# Themed Hike

20  
MINUTES

## MATERIALS NEEDED

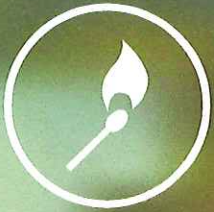
- None

## WHAT YOU DO

Ahead of time: Choose a place where the kids can go hiking and explore it to identify any safety concerns. The hike could take place on the school or church campus, in a neighborhood, or on a walking path. Also, choose a theme for your hike. Examples include:

- Sounds: identify sounds
- Plants: identify plants
- Birds: identify birds
- Animal homes: find animal homes
- Insects: identify insects
- Rainbow colors: find the colors of the rainbow
- ABC: find objects that begin with each letter of the alphabet
- Music: sing hiking songs
- Scavenger hunt: give the children a list of objects to locate
- Around the block: go around the block (or a short distance) and ask the children what they observed (examples: Who saw the most round things? What kinds of trees were seen? What did you see that was orange?)
- Create a map: give the children paper and pencils to draw a map of their hike

Share the following rules for the hike: stay with the group, stay on the path or sidewalk, stay off private property, leave nature in place, and don't litter. Include additional rules that are necessary for your hike. If your location doesn't allow for one long hike, divide the children into groups and have an adult lead them on several different themed hikes.



**Award:** Outdoor Explorer

To complete this award, check the requirements on p. 139 and add activities as needed.