

# Trail Activities for Kids



There is more on the ground than meets the eye! Find an interesting flower or plant, and take a closer look. There may be insects pollinating those plants. Use a journal to draw what you find.



Look for different types of leaves and tree needles. How do they feel? Are they soft or sharp? What shape are they? Pick your favorite one. What do you like about it?

Nature is full of many colors. Walk around for five minutes and look for colors other than green or brown.

What things blended in? What things stood out?

If you find evidence of an animal home (like a burrow, nest, web), look for clues to figure out what lives there.

Look for tracks or scat (poop), sign of an animal's home, or a nearby food source. Where would you find food if you lived here?



Rocks come in a variety of shapes, colors, and textures. Find three different rocks. Use your senses to describe how they feel. Are they rough or smooth, shiny or dull? How do rocks smell? Use your magnifying lens to look for tiny crystals or colorful spots.



Stop, look, and listen: find a comfortable place to sit with a nice view. Take turns completing sentences like:

I see \_\_\_\_\_, I hear \_\_\_\_\_,

I smell \_\_\_\_\_, I feel \_\_\_\_\_.

**But most of all, HAVE FUN!**

