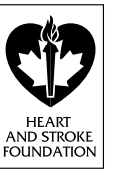


# PowerSkills



## Adventure Outdoors

Explore and enjoy nature!

### Shape Hike

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

### Coin-Flip Hike

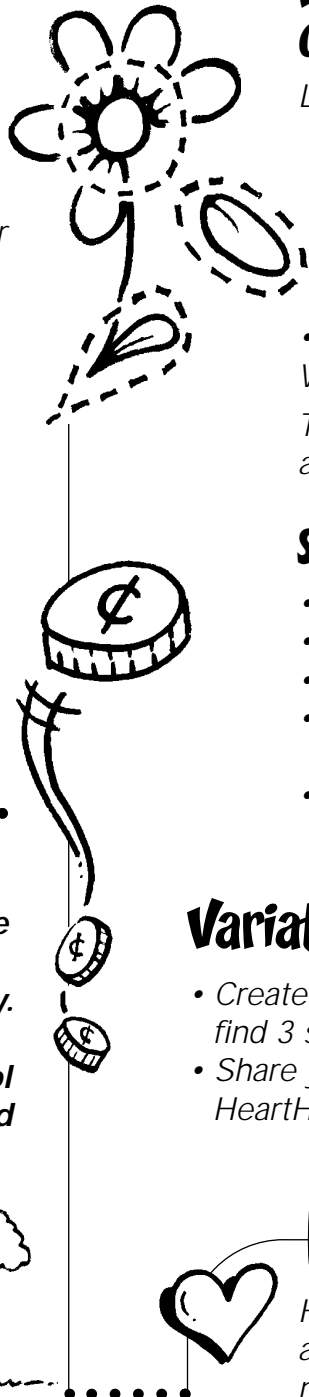
To start the hike flip a coin. Heads goes left and tails goes right. Look for unusual or interesting objects on your adventure. Every few minutes, flip the coin again and go in a new direction.

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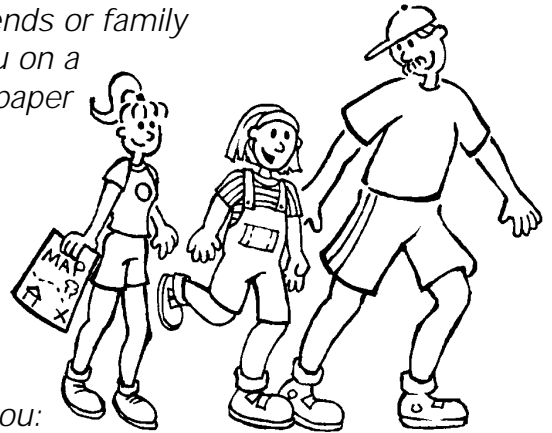
Draw to scale a map of your school property. Show how you

would make the school 'greener'. Where would you add trees, shrubs, gardens, etc. to make it a more natural environment.



## 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.



## 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](mailto:HeartHealthyKids@hsf.on.ca)

## Heart Leaders!

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!