Hiking Day

Grade level: K-2 and up
Session goal: Encourage hiking skills through BIPOC-centered children's literature and activities
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Length of program session: 6 hours+

Safety check

- **YPQA Indicator: Safe environment**
- Supplies:
  - First aid kit
- Description/Directions: Are the following accessible and visible?
  ___ Emergency procedure posted
  ___ Fire extinguisher
  ___ First aid kit

Overview

Hiking Day is designed to teach youth how to prepare for hikes and how to hike safely. It also encourages awareness of the world around them and gives them tools to record their findings.

Following is an overview of how the time is planned. If viewing in Google Docs, we recommend clicking on the "Show Document Outline" icon to the left of the page view for easier navigation.

Hour 1
- Welcome and Land Acknowledgement (30 minutes)
- Movement activity: Body Check-in (10 minutes)
- Reading: *Hiking Day* (20 minutes)

Hour 2
- Hiking supplies and skills (60 minutes)

Hour 3
- Free play (30 minutes)
- Lunch (20 minutes)
- Hike and Snack (1st 10 minutes)

Hour 4-5
- Hike and Snack (continued, 110 minutes)
- Book nook and journal time (first 10 minutes)

Hour 6
- Book nook and journal time (continued, 20 minutes)
- Reflection (15 minutes)
- Free play (15 minutes)

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Preparation

To do ahead of time:

- Choose a hiking location based on youth and staff's abilities, time limits, and location. (Have a back up plan in case of bad weather or unforeseen circumstances.) Remember, some youth may not be accustomed to long walks. Choose a final destination that everyone can easily get to in 30 minutes, with plenty of time to pause along the way and notice the world around you.
- Inform youth/caregivers about hiking clothes and supplies earlier in the week and give them a checklist (items on checklist will depend on your location/time of year, but may include: sturdy shoes, jacket, water bottle, backpack, etc.) Give this checklist to caregivers on day 1. If they need help sourcing any of these items, consider having some extra items or changing the hiking location to accommodate everyone.
- If your group has not already prepared a land acknowledgement, use these tools:
    - "We are gathered today on the occupied territory of the_____ people. They have cared for the land, water, air, animals, and spirits of this place for many generations and continue to do so. We thank them and their ancestors and hope to work towards a better world with more kindness, care, and healing."
    - Use this map to discover the tribal nations of your area: Native-Land.ca (Be sure to research and practice the pronunciation before teaching the names to others.)

Supplies:

- Every Day:
    - Checklist to inform caregivers about clothes and supplies needed throughout the week
    - First aid kit
    - Poster paper
    - Markers
    - 4-H sign or flag
    - Name tags
    - Roll call sheet
    - Land acknowledgement statement
    - Art supplies
    - Balls
    - Games and puzzles
    - Books
    - Drawing paper
    - Laptop or other screen device that everyone can see
- Hiking Day:
    - Leave No Trace 7 Principles poster
    - Magnets
    - Needles
    - Paper
    - Water
    - Bowls
    - Scissors
    - Compass (can use phone in Google Maps)
    - Canvas backpacks (can be ordered from Hobby Lobby)
    - Permanent markers
    - Plastic bag or waterproof recycled containers
    - Index cards
    - 5 Band-aids
    - 1 pair of vinyl gloves
    - 2 packets Isopropyl alcohol pads
    - 2 gauze pads, 2"x 2"
    - Small roll of medical tape
    - Quart-size plastic sandwich bags
    - 2 Tbsp. instant chocolate pudding mix or dairy-free alternative

Hiking Day Plan

Welcome & Land Acknowledgement

Time: 30 minutes

1. Welcome Everyone
    a. **YPQA Indicator: Warm welcome**
    b. Description/Directions: As parents/caregivers sign in their children, ask youth to write or draw their favorite _____ (food, animal, game, plant, machine, etc.) on a large piece of poster paper (everyone uses the same piece of paper.)
    c. Supplies:
        i. Sign-in sheets
        ii. Large poster paper
        iii. Pens and markers
2. Land Acknowledgement
    a. **YPQA Indicator: Belonging**
    b. Description/Directions:
        i. Use this map to discover the tribal nations of your area: Native-Land.ca (Be sure to research and practice the pronunciation before teaching the names to others.)
        ii. Explain to the young people that an important part of camp will be acknowledging the Native American tribes whose land we are on. To start, you may say something like, *"We are gathered today on the occupied territory of the _____ people. They have cared for the land, water, air, animals, and spirits of this place for many generations and continue to do so. We thank them and their ancestors and pledge to work towards a better world with more kindness, fairness, and healing."*
        iii. Ask youth what plants, animals, bodies of water, etc. they care about. Let this start a conversation about ways to "*steward*" (take care of) the land, as a way of saying thank you to the native people who've been caring for the land for so long.
        iv. As a group, create your own land acknowledgement or adjust the one above.
    c. Supplies:
        i. Poster paper to write statement and display
3. Acknowledgement that youth are a part of 4-H
    a. **YPQA Indicator: Belonging**
    b. Description/Directions: Explain what 4-H is to the group. Share 4-H sign or flag with the group for a visual representation. Display the sign-in poster from earlier. As you do roll call, ask each person to show what they drew. Give examples of how youth might turn that interest into a 4-H project.
    c. Supplies:
        i. Sign-in poster
        ii. Roll call list

Movement Activity: Body Check-in

- Time: 10 minutes

- **YPQA Indicator: Belonging**
- Description/Directions:
    - Form a circle with youth and adults. Ask, “what movement shows how you are feeling today?” Ask someone to start by doing a movement in place. Have everyone copy that movement, then continue until everyone has had a turn. It’s OK to pass!
    - When everyone has had a turn, give the group 15 seconds to “get all their wiggles out.” After 15 seconds, ask the group to settle into their reading time circle.
    - To transition into reading time: “Let’s get ready to listen by pretending you are a blueberry bush, rooted in one spot. Keep your branches to yourself and be as quiet as a blueberry bush on a calm, sunny day. Deep roots, calm branches, soaking up the sun.”

Reading *Hiking Day* by Anne Rockwell

- Time: 20 minutes
- **SEL-PQA Indicator: Active Learning**
- Description/Directions: Read *Hiking Day* by Anne Rockwell as a large group.
- Supplies:
    - *Hiking Day* by Anne Rockwell

Vocabulary words (Vocabulary words can be built into the project-based learning and reflection)

- Time: 5 minutes
- **SEL-PQA Indicator: Skill-building**
- Words: *hiking, hickory, sneakers, trail, terrarium, trail marker, antlers, woodland, summit, first aid kit, compass, “leave no trace”*
- Ask youth:
    - What words did you hear?
    - Are any of these words new to you?
    - Do they remind you of a story you’d like to share?
    - Do you ever see hikers? What have you noticed about them? (This may bring up new vocab words.)
- Write vocab words on a large sheet of paper and return to them throughout the day or at the end of the day.

Hiking Supplies & Skills

- Time: 60-75 minutes
- **YPQA Indicator: Choice, Skill-building, Active Engagement, Reflection**
- Hiking Supplies & Skills Lesson Plan

Free Play

- Time: 30 minutes
- **YPQA Indicator: Choice**

Lunch Time

- Time: 20 minutes
    - **YPQA Indicator: Nourishment**

Hike and Snack

- Time: 120 minutes
- **YPQA Indicators: Active engagement, Skill-building, Reflection**
- Happy Hiking Lesson Plan

Book Nook & Journal Time

- Time: 30 minutes
- **YPQA Indicator: Reflection, Choice, Session Flow**
- Description/Directions: Put together a bin of: kids' books that fit the day's theme, art supplies, and drawing paper. Campers can browse books, write/draw in their nature journal, make art, or just relax. Set a timer for 25 minutes and ask everyone to help clean the space when it rings.
- Supplies:
    - Books
    - Nature journals and pencils
    - Art supplies and paper
    - Rest area

Reflection[1]

- Time: 15 minutes
- **YPQA Indicators: Reflection**
- Description/Directions: Toss the ball gently around the circle (in no particular order). Explain, "When you're holding the ball, tell us something you learned (or inspired you)." Make sure everyone has a chance to speak. For fun, you could limit the number of words they can use, require them to answer in two sentences, etc. After everyone has had a turn, go through the activity again, asking, "What will you do that is related to this experience in the next month?"
- Take notes and photos of projects/writing (with permission) to use for camp evaluation.

Free Play

- Time: 15 minutes
- **YPQA Indicators: Choice**
- Description/Directions: Encourage youth to gather their things to return home, then allow everyone free play time until parent/caregiver pick up.

Other Resources:

- Tips for responsible hiking: https://treadlightly.org/learn/recreation-tips/hiking/

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[1] Other Reflection Activities: https://docs.google.com/document/d/1NnaBXQSOdyBXKso-IaH4VHGyreyolQR6SgmZZ_Dbbd4/edit?usp=sharing