

Hiker

Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

MEETING 2 ACTIVITY CHOICES

Pack a Snack for Energy

GORP: Pack healthy snacks featuring raisins and peanuts to take on a hike.

Make a “Walking Salad”: Prepare a salad using raw vegetables and fruits to take on a hike.

Bring a “Nose-Bag Lunch”: Pack a bag lunch featuring your favorite on-the-go snacks.

Go On Your Hike

Have a Scavenger Hunt: Enjoy a scavenger hunt while hiking. Make a list of ten things you might find along your trail.

Play “I Spy”: Find something in each color of the rainbow or something that starts with each letter of the alphabet.

Do a Detective Hike: Identify new leaves or tracks on the trail.