

# KID'S HIKING ACTIVITY SHEET

Bring this fun activity sheet on your next family hike to keep kids engaged, curious, and excited on the trail!

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## Nature Scavenger Hunt

Check off each item as you find it:

- ☐ A leaf bigger than your hand
  - ☐ A smooth rock
  - ☐ A bird or butterfly
  - ☐ A fallen pinecone or acorn
  - ☐ Something that smells good
  - ☐ Something shaped like a heart
  - ☐ A tree taller than the others
  - ☐ A plant with tiny leaves
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## I Spy on the Trail

Take turns spotting things you see:

- I spy something **green**
- I spy something **moving**
- I spy something **rough**
- I spy something **quiet**
- I spy something **tiny**



## Wildlife Watch

Circle what you spot today:

- Bird
  - Butterfly
  - Squirrel
  - Lizard
  - Ants
  - Animal tracks
  - Spider web
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## Draw What You See

Draw your favorite thing you see on the trail today:





## Trail Challenges

Complete these challenges during your hike:

- ☐ Walk quietly for 1 minute
  - ☐ Count 10 different plants
  - ☐ Take 20 steps without stopping
  - ☐ Spot a trail marker
  - ☐ Take a deep breath and listen to nature
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## My Hiking Adventure

- **Trail Name:** \_\_\_\_\_
- **Date:** \_\_\_\_\_
- **Weather:** \_\_\_\_\_
- **Best Part of the Hike:** \_\_\_\_\_

