



Glide's Guide on being active!

Nature Walk



Materials: None

Age(s): All

Directions: Go outside and take a few minutes to just look around, listen, smell, and touch different elements in nature. Talk about what information their senses are gathering. Now take a walk and try to move at different levels (climb a tree, roll down a hill, balance on a rock, etc).

Modification: Collect natural items on your walk and create an art project. Make an adventure movie to tell about about your nature walk.

FAMILY ENGAGEMENT