

# I Went Hiking Opening

## Materials:

Paper with lines printed for Cub Scouts to read

**Cub Scout #1** - I went hiking, I took a walking stick.

**Cub Scout #2** - I went hiking, I took a camera.

**Cub Scout #3** - I went hiking, I took some water.

**Cub Scout #4** - I went hiking, I took a snack.

**Cub Scout #5** - I went hiking, and enjoyed the journey.

**Cub Scout #6** - I went hiking, not a piece did I take.

**Cub Scout #7** - I went hiking, not a piece did I leave.



# **I Went Hiking Opening**

**(lines to cut out for Cub Scouts to read)**

**Cub Scout #1** - I went hiking, I took a walking stick.

**Cub Scout #2** - I went hiking, I took a camera.

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**Cub Scout #6** - I went hiking, not a piece did I take.

**Cub Scout #7** - I went hiking, not a piece did I leave.

# Look and Listen Instructions

## Materials:

None

## Instructions:

Explain that once they finish their other outdoor activity (1 Foot Hike), they will go on a small walk around the school.

What kinds of animals, plants and insects live in our area of Houston?  
[robins, cardinals, mockingbirds, blue jays, red squirrels, gray squirrels, cockroaches, mosquitoes... ] What else do you see? How can we tell different birds and animals apart?



grasshoppers,

They need to look and listen while they are outside. Look for signs of spring, signs of plant life, signs of animal life. Look at the trees – are the leaves starting to come? Look closely. What bugs are in the grass or dirt? What bugs are on the branches? Are there any birds in the sky? What do you see up in the trees? What kinds of trees do we have around here? [pine, oak, maple, etc] How do we tell different trees apart?

What do you think you'll be able to hear? Listen for birds. Listen for animals (dogs, cats, etc). Can we hear the wind? (As a group will have to be quiet as we walk so that we can hear. )

**Remind each group of Cub Scouts what they can be looking or listening for as they go outside.**

**Tigers** – Look for two different kinds of birds. Pick out two sounds from nature they hear during their time outside.

**Wolves** – Try to name two birds, two insects and two animals that live in your area. Look for them as you are outside. [They don't have to see them on this walk.]

**Bears** – Identify 6 signs that any mammals, birds, insects, reptiles or plants are living nearby.

**Webelos/Arrow of Light** – Start to identify 6 trees common to their area. How do humans and wildlife use the trees? Is the bark the same on all trees? Are leaves all the same? What plants are common to their area? Have them think about how trees help the environment.

# One Foot Hike

## Materials:

4 ft piece of yarn

Paper

Pencil

Ruler

## Instructions:

Have each Cub Scout do the following outside in the grass.

1. Make a square that is 1 foot long on each side.
2. Look closely at what is inside the square you just made. It might be small, but there is a whole world of activity happening in there. Do you see any bugs or bug homes? Do you see signs of animal food (has anyone tried to eat the grass?). Is there any litter?
3. Write down the things you find in your square .

*A Scout is clean. Be sure to clean up your square.*



# The Six Cub Scout Essentials



## Materials:

Pictures of the 6 Cub Scout Essentials, or the actual objects

## Instructions:

So today we're going to pretend. We're going to pretend that we're going on a hike or outing and we need to figure out what we need to take and what we need to remember before we go.

Cub Scouts should have at least six things. What do you think we might need if we were going outside on a hike for a little while?

[They may have the answers. If they get an answer correct, have them come up front and hold the object or the picture of the object.]

## Six Cub Scout Essentials: (why would we need these things?)

**First Aid kit** (simple with adhesive bandages, moleskin, hand sanitizing gel, etc) - blisters

**Flashlight** – check your batteries; Your flashlight will be only used in an emergency, so don't play with the flashlight so that the batteries aren't working when you need the flashlight to work.

**Filled Water Bottle** – You should bring enough water for you to drink your whole hike and back. And make sure your bottle is full when you start out! It may not be safe to drink water you find along the trail.

**Snack/Trail food** – Trail mix or a granola bar provides quick energy when you need it.

**Sun protection** – Sunscreen should be SPF 30 or greater. A hat is good to have too!

**Whistle** – A whistle is only for emergencies, but a whistle will last longer than your voice.

What might we pack if we think it might rain? How will we carry this stuff?

[A rain coat or poncho. And we will put all of this into a backpack.]

Let's list the Six Cub Scout Essentials. Let's say them together! (do this several times)