



## We have a challenge for you!

# Trail Adventure Challenge



**Be an adventurer!**

- 1. Choose your outdoor adventure**
- 2. Prepare for your adventure**
- 3. Go on your adventure**
- 4. Share @gsnnj**



**Be an adventurer! Be imaginative and go on an adventure at home. Create stations that represent different places you would like to go. Think about how far away your destination would be. Discover how focusing on your breathing could help you get to your destination. Share your adventure with us at [gsnnj](#).**

**Supplies:**

- Paper
- Markers, pencils, pens, etc.
- Water bottle
- Sunscreen and bug spray (prop)

**Imagine you're jogging around your block, in your neighborhood, or in a park. Draw a picture of yourself jogging in that place (or your favorite place).**

**Practice breathing from your belly. When you breathe, you get oxygen. Oxygen will give you energy for your adventure.**

**Now create the scene, draw pictures of the place you would like to be and set up stations around your yard or home, then go on your trail adventure.**

**For more fun, put obstacles in your way that you will have to overcome on your trail hike i.e. toys, rocks, backpacks, etc.**



## Trail Adventure Challenge Examples

### Breathing

Practice breathing from your belly. When you breathe, you get oxygen. Oxygen will give you energy for your adventure! Put one hand on your belly and take a deep breath. Can you feel your belly move out like a balloon? When you breathe out, your belly will move back to normal. Time yourself to practice breathing like this for one minute. Breathe in for a 2 count and out for a 2 count (in-2, out-2).

### Hiking Trail Games

#### Walk This Way:

Act like different animals. You might pound your chest like a gorilla, waddle like a penguin, flutter like a butterfly, or hop like a frog. Have your hiking buddies guess the animal, then try moving like that animal.

#### Senses Walk:

##### Pretend you have:

- Deer ears (cup your hands around your ears)
- Owl eyes (form binoculars with your hands)
- Snake tongue (stick out your tongue)
- Fox feet (tiptoe)
- Dog nose (you can smell everything)

How does your hike change when you do these things?

#### Run Like an Animal:

Animals move at different speeds. Some are fast and others are slow. On your own or with others in your home, sprint like a cheetah, run like a horse, jog like a pig, and walk like a turtle. Shout out a new animal every 10 to 20 seconds. Did you change the way you run? Did you move at different speeds? Which animal is your favorite?

