

# YOUTH NATURE RUNNING SERIES

Name

School



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# How to Use This Packet



## Welcome to **YOUR** Running Journey!

This series is great for kids who want to build their fitness and enjoy the outdoors! The Youth Nature Running Series is comprised of **15 different activities** designed for **youth ages 5-11 and their caregivers**. This series is co-created by Venture Outdoors and Kids of STEEL.

## In this series, each component contains:

- A "Before You Leave" activity and discussion
- A Run-Walk Activity
- An Outdoor Activity to do during your run



## Take it outside!

Each day contains a different "postcard" that you can cut out and take outside with you when you run. The postcard has the run-walk activity for the day and directions for the outdoor activity.

## All finished?

Once you have completed your running journey, complete the last page and return it to Venture Outdoors to receive a special prize.

# Schedule

I am starting this series on: \_\_\_\_\_.

Cross each day out as you complete it.

## Day 1

Run: 30 seconds  
Walk: 60 seconds  
Repeat: 4-6 times  
Know Before You Go

## Day 2

Run: 30 seconds  
Walk: 45 seconds  
Repeat: 4-6 times  
Plant ID

## Day 2

Run: 30 seconds  
Walk: 30 seconds  
Repeat: 4-6 times  
Color Run

## Day 4

Run: 45 seconds  
Walk: 75 seconds  
Repeat: 4-6 times  
Choose the Right Path

## Day 5

Run: 45 seconds  
Walk: 60 seconds  
Repeat: 4-6 times  
Animal Camouflage

## Day 6

Run: 45 seconds  
Walk: 30 seconds  
Repeat: 4-6 times  
Trash Your Trash

## Day 7

Run: 60 seconds  
Walk: 2 minutes  
Repeat: 4-6 times  
Fox and Weasel Walk

## Day 8

Run: 60 seconds  
Walk: 90 seconds  
Repeat: 4-6 times  
Leave What You Find

## Day 9

Run: 60 seconds  
Walk: 60 seconds  
Repeat: 4-6 times  
Square Knot

## Day 10

Run: 90 seconds  
Walk: 2 minutes  
Repeat: 4-6 times  
Be Careful with Fire

## Day 11

Run: 90 seconds  
Walk: 90 seconds  
Repeat: 4-6 times  
Tree ID

## Day 12

Run: 90 seconds  
Walk: 60 seconds  
Repeat: 4-6 times  
Respect Wildlife

## Day 13

Run: 2 minutes  
Walk: 2 minutes  
Repeat: 4-6 times  
Nature Art

## Day 14

Run: 2 minutes  
Walk: 90 seconds  
Repeat: 4-6 times  
Be Kind to Other Visitors

## Day 15

Run: 2 minutes  
Walk: 60 seconds  
Repeat: 4-6 times  
Celebrate!

# Day 1: Know Before You Go

**Before you leave (continued on next page):**

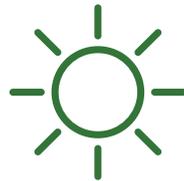
## Discuss with your family:

- Why is it important to tell someone where you are going running?
- How do you prepare to go running?

**Directions: Fill in the blanks to learn about Leave No Trace.**

**seven      LNT      running      environment**

Leave No Trace \_\_\_\_\_ is an outdoor ethics code that informs people of potential impacts on the \_\_\_\_\_. LNT is centered around \_\_\_\_\_ principles to keep in mind when going outdoors. The principles can be adapted to any outdoor experience- recreation, \_\_\_\_\_, walking, and more!



## Day 1: Run-Walk Activity

Run 30 seconds  
Walk 60 seconds  
Repeat 4-6 times

# Day 1: Know Before You Go

**Before you leave (continued from previous page):**

## LNT Principle 1: Know Before You Go

**Directions: Fill in the blanks with a word you think fits the sentence.**

**Plan your outfit:** Now that the weather is getting warmer, a breathable shirt and a pair of \_\_\_\_\_ work great for running.

**Gather your gear:** Get what you need to go for a run. This may include running shoes and \_\_\_\_\_ to keep you hydrated!

**Plan your route:** Break out a map and plan your route. I will be gone for \_\_\_\_\_ minutes.



### Hand Signal

Remember this principle with a hand signal! Take your writing hand and use your pointer finger and practicing writing a list of gear you may need on your other hand.



## Day 1: Outdoor Activity

Each time you walk, use the hand signal to write or draw one thing you needed to prepare for your run.

*Ex. I needed running shoes for today, so I will draw shoes on my hand.*

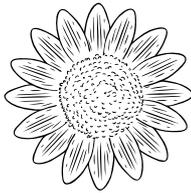
# Day 2: Plant ID

*Before you leave (continued on the next page)*

**Directions: Match the following plants with their names.**



**Maple**



**Fern**



**Sunflower**



**Pine**



## Day 2: Run-Walk Activity

Run 30 seconds  
Walk 60 seconds  
Repeat 4-6 times

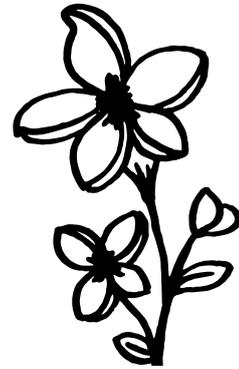
# Day 2: Plant ID

**Before you leave (continued from the previous page)**

**Directions: Use the iNaturalist App to identify species. Practice identifying a plant before your run.**

1. Download the app, with adult permission.
2. Tap on the "Observe" button on the bottom of the screen.
3. Take a clear, close-up picture of a plant you want to identify.
4. Tap "What did you see?" to view suggestions of what the plant is.
5. Tap on the plant you think most matches the one you see.
6. Congrats, you identified a plant!

Scan the QR Code to download iNaturalist



## Day 2: Outdoor Activity

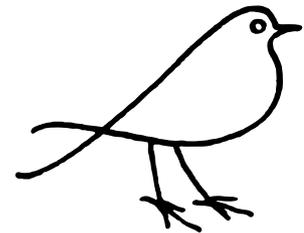
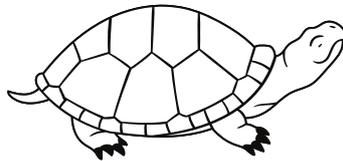
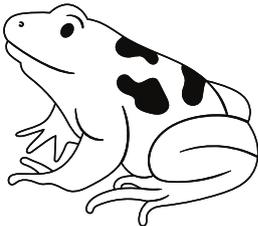
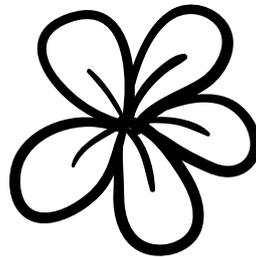
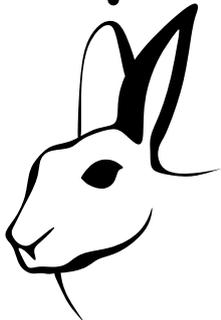
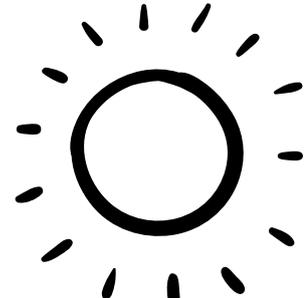
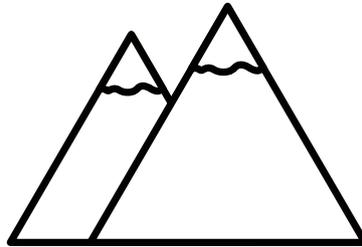
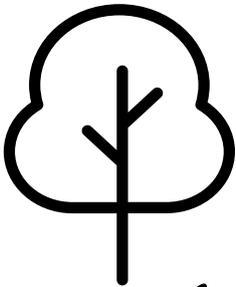
Each time you walk, use the iNaturalist App on a phone to identify a plant!

*Draw what you saw below:*

# Day 3: Color Run

*Before you leave (continued on the next page)*

**Directions: Color the following pictures. Circle the things you see in nature often.**



## Day 3: Run-Walk Activity

Run 30 seconds  
Walk 30 seconds  
Repeat 4-6 times

# Day 3: Color Run

**Before you leave (continued on the next page)**

## Find bright colors in nature!

1. Wear bright colors on for your run, like pinks, blues, and oranges!
2. See if you can find something in nature that "matches" the color you are wearing.
3. When you find something that matches what you are wearing, take a picture of it!
4. Be kind to nature and leave what you find.

**Two colors I am wearing on my run today:**

- 1.
- 2.

**Two things in nature I found that match the colors I'm wearing:**

- 1.
- 2.



## Day 3: Outdoor Activity

Each time you walk, find something in nature that matches a color you are wearing.

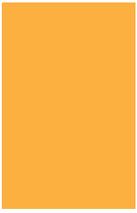


# Day 4: Choose the Right Path

*Before you leave (continued on the next page)*

## Read Trail Blazes

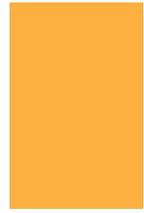
Trails are marked with blazes to help you make sure you are staying in the trail.



Trail turns left



Trail continues straight



Trail turns right

**Practice: Use paper to draw trail markers to create a trail in your house or outside!**



## Day 4: Run-Walk Activity

Run 45 seconds  
Walk 75 seconds  
Repeat 4-6 times

# Day 4: Choose the Right Path

*Before you leave (continued from the previous page)*

## LNT Principle 2: Chose the Right Path

### **Discuss the following questions:**

- What could happen if you accidentally wandered off the trail?
- What can you do to make sure you stay on the path?



Ask an adult to create a trail for you using trail blazes, so you can practice following them!

Ready to create your own trail? Use paper to draw trail blazes to create a trail in your house or outside!



## Day 4: Outdoor Activity

Each time you walk,  
determine which trail blaze  
you would leave so someone  
can follow your footsteps.



# Day 5: Animal Camouflage

**Before you leave (continued on the next page)**

When you run, you may pass by animals that you can't see. They may be hiding or they may use camouflage to blend in with thier surroundings.

**Directions: Match the type of camouflage with the correct description.**

## MIMCRY

Spots and stripes on an animal make it more confusing for predators to see **(ex: a tiger)**

## PATTERNS

Animal has traits that look like other, more dangerous animals **(ex: a monarch butterfly)**

## BACKGROUND COLORATION

An animal that can *change* its color or shape **(ex: an octopus)**

## DYNAMIC

An animal that is colored to blend in with its environment **(ex: a polar bear)**



## Day 5: Run-Walk Activity

Run 45 seconds  
Walk 60 seconds  
Repeat 4-6 times

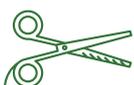
# Day 5: Animal Camouflage

*Before you leave (continued from the previous page)*

## Play Camouflage!

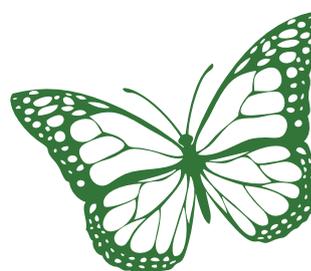
As you walk, play the following game to understand why prey (animals that are eaten) hide from predators (animals that eat other animals).

1. Select one person to be "it" or the "predator."
2. When the individual who is the "predator" yells "camouflage," everyone else has 10 seconds to run and hide somewhere they can see the the "predator," but the predator can't see them. Those that hide are now the "prey"
3. Once the "predator" finishes counting down from 10, they then begin calling out the "prey" individually if they are seen. The "predator" must stay in one place must stay in one place.
4. Once all visible prey are called out, the predator yells "Wolfpack" to get everyone back together.



## Day 5: Outdoor Activity

Each time you walk, play a round of Camouflage. How well can you hide?



# Day 6: Trash Your Trash

*Before you leave (continued on the next page)*

## LNT Principle 3: Trash Your Trash

**Directions: Fill in the blanks using the word bank to reveal how to be mindful of how we can decrease our trash.**

**Composting**

**Reuse**

**Recycled**

**Reduce**

Some objects, like metals and glass, can be \_\_\_\_\_ to make new objects. For example, glass can be melted and formed into new objects.

\_\_\_\_\_ is when we recycle organic materials (used to be alive) to create soil for our gardens.

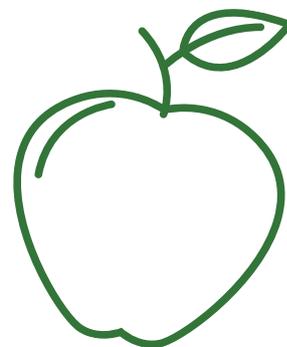
To \_\_\_\_\_ our trash, use only what you need and try pick objects that have the least amount of packaging.

\_\_\_\_\_ objects that you can use more than once. For example, use a water bottle that you can refill.



## Day 6: Run-Walk Activity

Run 45 seconds  
Walk 30 seconds  
Repeat 4-6 times



# Day 6: Trash Your Trash

*Before you leave (continued from the previous page)*

## Have you heard about PLOGGING?

**Plogging** is a combination of jogging and collecting trash outside. It started in **Sweden** in 2016. *Plocka upp* in Swedish means "**picking up.**" Plogging is a combination of the words jogging and *plocka upp*.



While you are running, try plogging! Remember to avoid collecting sharp objects.

**LOCATION I WENT PLOGGING:** .....

.....

**TRASH COLLECTED:** .....

.....



## Day 6: Outdoor Activity

Grab a plastic bag, gloves, and a safety vest and go plogging!



# Day 7: Fox & Weasel Walk

**Before you leave (continued on the next page)**

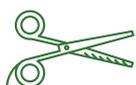
Learn how predators approach their prey quietly and undetected! Practice the Fox and Weasel Walk to help you sneak a post-run snack. Practice each walk before your run.

## **Fox Walk:**

The basic movement of the 'fox walk' is that the foot is placed on the ground before weight is placed on it and the stride is shorter than a 'normal' one. The centre of gravity for this walk should be in the hips.

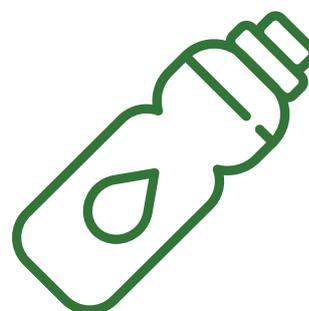
The fox walk is carried out as follows:

- Touch the foot lightly to the ground, with the outside edge hitting the ground first. The heel, ball and edge of the foot strike together.
- Next, roll the foot inward, until the whole surface area of the foot is on the ground.
- At this stage, the walker will be able to feel exactly what the foot is stepping on and be able to judge whether the foot needs to be withdrawn or if it is safe to put weight on the foot.



## Day 7: Run-Walk Activity

Run 45 seconds  
Walk 30 seconds  
Repeat 4-6 times



# Day 7: Fox & Weasel Walk

***Before you leave (continued from the previous page)***

Practice the Weasel Walk before heading out for your run.

## **Weasel Walk:**

The weasel walk is similar to the fox walk. The arms are kept very close in to the body and the hands can be put on the knees for support.

The weasel walk is carried out as follow:

- The back foot should be picked up and moved slowly to the front of the body.
- The foot should then be carefully and slowly lowered until it is a few inches away from the ground.
- The toes are then turned upward and contact with the ground is made with the outside ball of the foot, which is then rolled slowly inwards.
- The heel of the foot comes down and finally the toes. At this stage, weight can be put on the foot. If an object such as a stick is felt before the weight is placed on it, the foot can then be removed and replaced somewhere else.



## Day 7: Outdoor Activity

Practice your Fox and Weasel walks during the "walk" time. Are you as sneaky as they are?



# Day 8: Leave What You Find

*Before you leave (continued on the next page)*

## LNT Principle 4: Leave What You Find

Every time you go outside, you probably find something really cool in nature!

Sometimes it's a heart-shaped rock or a giant leaf. We want to take these home with us. It is important to remember that these are animals' homes, and we want to respect them.

**Directions: Draw a picture of the coolest thing you found in nature.**

**Example: A stick in the shape of a "K" for Kelly!**



## Day 8: Run-Walk Activity

Run 60 seconds  
Walk 90 seconds  
Repeat 4-6 times

# Day 8: Leave What You Find

*Before you leave (continued from the previous page)*

**"Take Only Picture, Leave Only Footprints"**

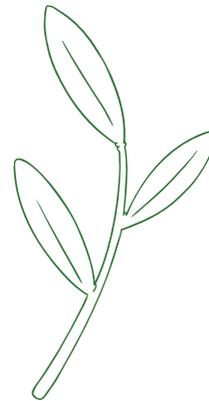
**Directions: One way to remember what we see in nature is to take pictures! As you run, take pictures of cool things in nature. When you get back, draw or describe each item in its own box.**

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## Day 8: Outdoor Activity

Look for 3 cool things in nature. Take a picture. When you return, draw them above.



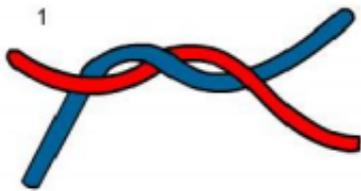
# Day 9: Square Knot

**Before you leave (continued on the next page)**

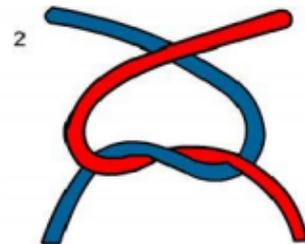
**Square knots** are used to primarily join two ropes of similar thickness together. They can be used in first aid situations to tie bandages or to tie shoelaces.

**Directions: Practice the square-knot before going for your run. Directions continue on the next page. You will need two different ropes to complete the square knot.**

**Step 1:** Take the right (red) rope and wrap it around the left rope. The right rope will now be on the left side.



**Step 2:** Take the rope now on the left (red) and put it over the rope now on the right (blue).



## Day 9: Run-Walk Activity

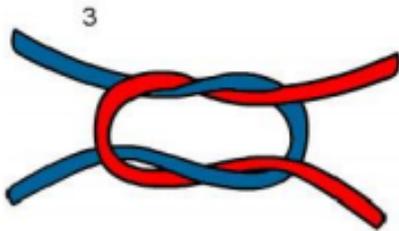
Run 60 seconds  
Walk 60 seconds  
Repeat 4-6 times

# Day 9: Square Knot

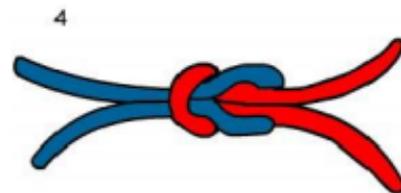
**Before you leave (continued from the previous page)**

**Continue to tie the square knot.**

**Step 3:** Wrap the left (red) rope around the right (blue) rope. This will look like a square.



**Step 4:** Pull the ropes tight!

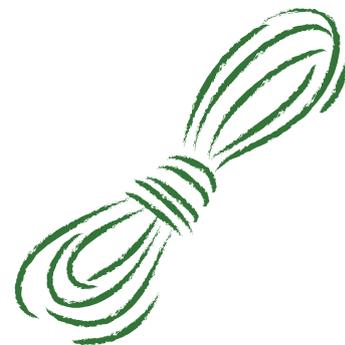


**Want to learn more about the square knot and watch a "How-To" Video? Scan the QR Code Below**



## Day 9: Outdoor Activity

Each time you walk, practice tying a square knot. See how quickly you can tie them.



# Day 10: Be Careful With Fire

*Before you leave (continued on the next page)*

**Fire building can be fun and can be used to cook food, but we have to make sure we are being safe before we start.**



**Keep these safety practices in mind if you decide to build a campfire:**

- Build your campfire in a **fire ring**. Clear the ring of any dead sticks, leaves, or other flammable materials. Fire Rings keep the fire contained.
- If the weather is **windy**, it's not the best idea to build a campfire. Build campfires when there is little wind.
- Always have a **water bucket** next to your campfire, just in case.
- Keep a **calm body** as you move around a campfire. Playing and jumping on seats isn't the best when around a campfire.



## Day 10: Run-Walk Activity

Run 90 seconds  
Walk 2 minutes  
Repeat 4-6 times

# Day 10: Be Careful With Fire

*Before you leave (continued from the previous page)*

**Directions: Draw each situation out in the space below. Which one is the best place to build a campfire? Why?**

a. In a backyard during the fall, where leaves are falling everywhere because of the wind. You already have the water bucket ready to go, but there is no fire ring.

b. In a forest while you are camping, while everyone is safely sitting in chairs and the fire is in a fire ring. Your brother is getting a water bucket.



## Day 10: Outdoor Activity

As you run, look for safe places to build a fire ring for a fire. Is the weather safe to build one today?



# Day 11: Tree Identification

*Before you leave (continued on the next page)*

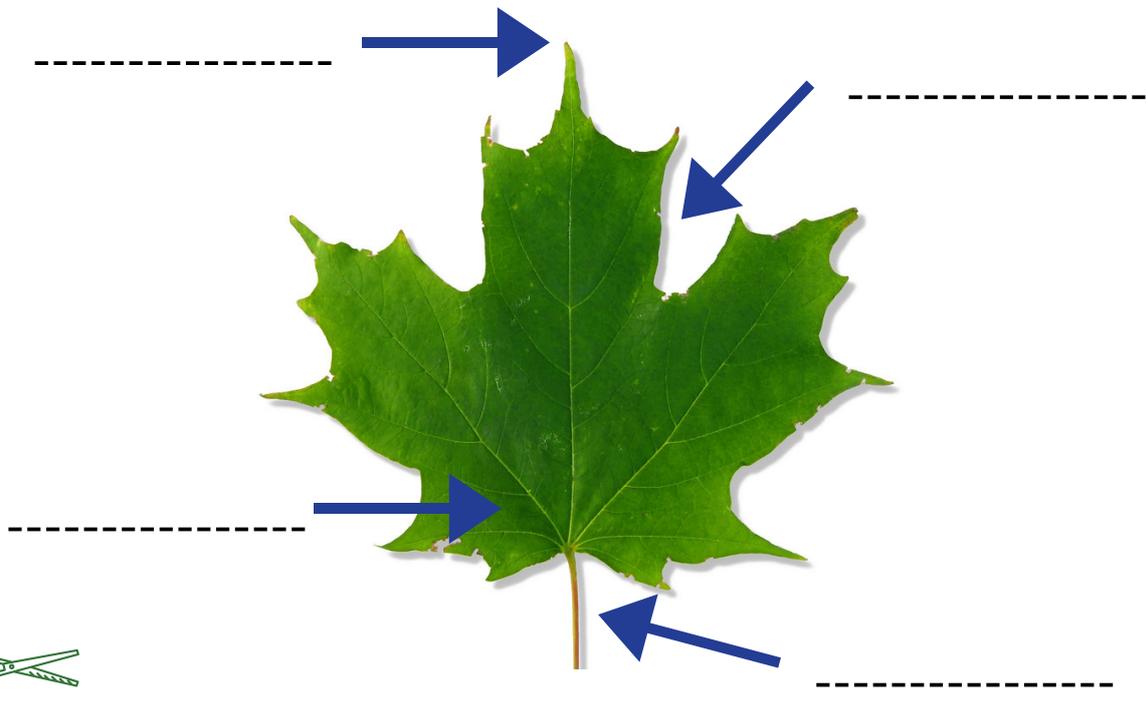
**Directions: Use the word bank to label the different parts of a leaf.**

Tip

Lobe

Stem

Vein



## Day 11: Run-Walk Activity

Run 90 seconds  
Walk 2 minutes  
Repeat 4-6 times

# Day 11: Tree Identification

*Before you leave (continued from the previous page)*

**Directions: Match the following trees with its description.**



Flat needles with  
white stripes  
(Eastern Hemlock)



Evenly spaced veins with  
small "teeth" on edges  
(American Beech)



Shallow lobes, with a few  
deep lobes with pointed tip  
(Maple)



Deep lobes with rounded  
tips  
(Oak)



## Day 11: Outdoor Activity

Bring a pencil and  
tally how many of  
each tree you see on  
your run.

*Eastern Hemlock:*

*Maple:*

*Oak:*

*Sycamore:*

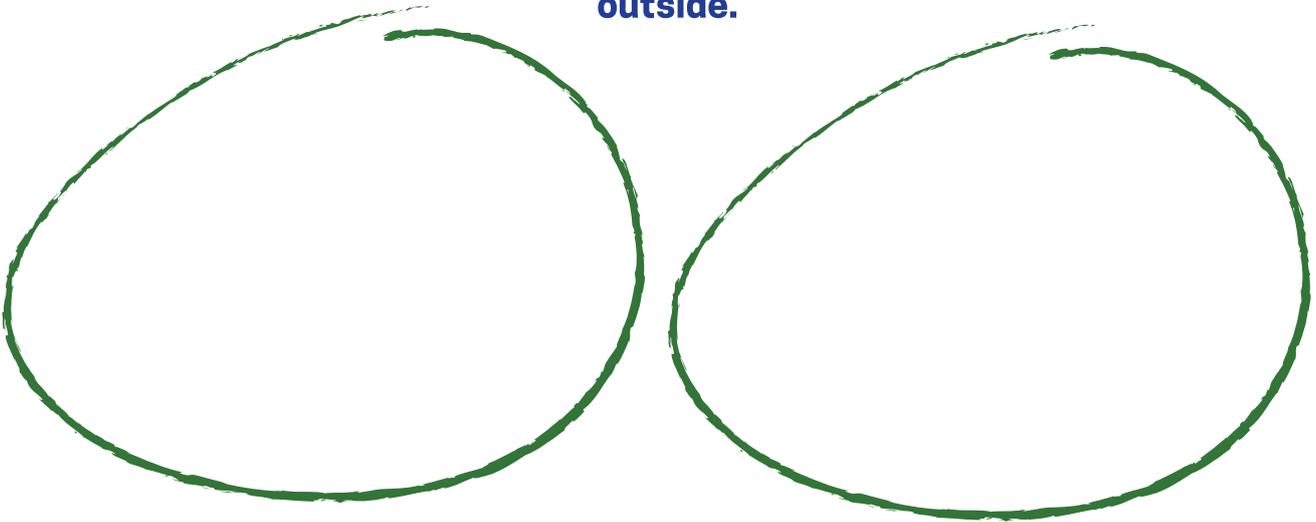
# Day 12: Respect Wildlife

*Before you leave (continued on the next page)*

## LNT Principle 6: Respect Wildlife

Wildlife is all around us! We want to respect wildlife by making sure we give animals space and let them be. We want to avoid disturbing them, since the nature is their home.

**Directions: Draw a picture two animals you see when you go for a run outside.**



## Day 12: Run-Walk Activity

Run 90 seconds  
Walk 60 seconds  
Repeat 4-6 times

# Day 12: Respect Wildlife

*Before you leave (continued from the page)*

## Rule of Thumb to Respect Wildlife



**Use this Rule of Thumb to help you realize when you are too close to an animal.**

1. Extend your arm in front of you and make a "thumb's up."
2. Close one eye and see if you can cover the animal with your thumb by moving your arm.
3. If you can't hide the entire animal with your thumb, take a few steps back and try again.

**Practice before you run! Look out your window or step outside, or pretend a chair is an animal.**



## Day 12: Outdoor Activity

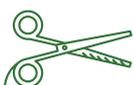
Each time you walk, count how many animals you can see. Use the Rule of Thumb to see if you are far enough away.

# Day 13: Nature Art

**Before you leave (continued on the next page)**

*If you see 100 leaves, it's OK to take 1, as long as its dead.*

**Directions: Create a piece of art out of nature! Design your nature art below. It could be an animal, a nature scene, or your favorite food. Use sticks, leaves, or other natural materials in your design.**



## Day 13: Run-Walk Activity

Run 2 minutes  
Walk 2 minutes  
Repeat 4-6 times

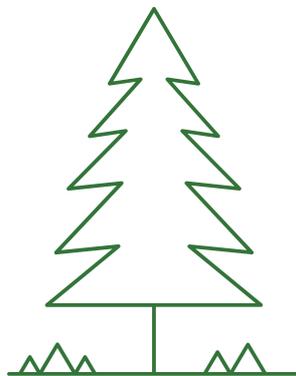
# Day 13: Nature Art

***Before you leave (continued from the previous page)***

**Directions: Write out a list of materials you need for your design. Look for these materials as you run.**

I need \_\_\_\_\_ sticks in my design.      I need \_\_\_\_\_ rocks in my design.

I need \_\_\_\_\_ leaves in my design.      I need \_\_\_\_\_ in my design.



**When you are finished creating your design, snap a picture of it! Return all your materials to where they were found in nature.**



## Day 13: Outdoor Activity

Collect any materials you may need for your nature art. Remember that you will want to return them where you got them from.

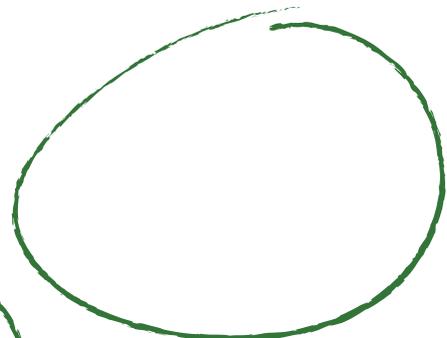
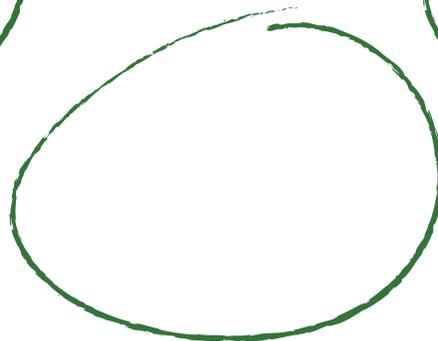
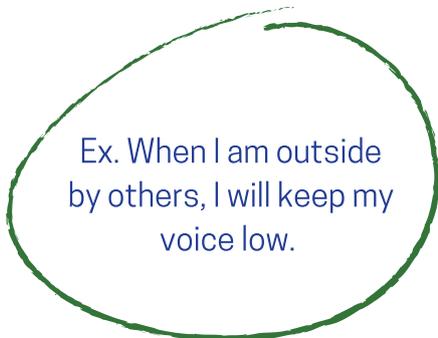
# Day 14: Be Kind to Other Visitors

*Before you leave (continued on the next page)*

## LNT Principle 7: Be Kind to Other Visitors

EVERYONE deserves to enjoy the outdoors! We all enjoy the outdoors in different ways-- some people run, some people bike, and some people like to listen to nature's sounds.

**Directions: In each circle, describe or draw one way you can be kind to others while everyone enjoys the outdoors.**



## Day 14: Run-Walk Activity

Run 2 minutes  
Walk 2 minutes  
Repeat 4-6 times

# Day 14: Be Kind to Other Visitors

*Before you leave (continued from the previous page)*

## The Power of a Smile

**Directions: Match the word with the correct description to unleash the powers of smiling at someone.**

**Immune**

Smiling is \_\_\_\_\_, meaning if one person smiles, someone else will, too.

**Stress**

Smiling reduces \_\_\_\_\_, making us happier.

**Contagious**

Youth will smile \_\_\_\_\_ or more times a day!

**400**

Smiling helps build your \_\_\_\_\_ system, helping you stay healthy.



## Day 14: Outdoor Activity

Each time you walk, smile at people! They will probably smile back :)



# Day 15: Celebrate!

*Before you leave (continued on the next page)*

**Draw or describe how *being outside* makes you feel:**

**Draw or describe how *running* makes you feel:**



## Day 15: Run-Walk Activity

Run 2 minutes  
Walk 60 seconds  
Repeat 4-6 times



# Day 15: Celebrate!

*Before you leave (continued from the previous page)*

## CONGRATULATIONS!

**You finished the Nature Running Series! How will you celebrate? Circle all the ways you will celebrate this accomplishment!**

I will eat my favorite post run meal, which is

-----

I will continue running with Kids of STEEL.

I will drink a LOT of water!

I will get outside with Venture Outdoors.

I will try running a race soon.

I will continue to practice Leave No Trace when I go outside.



## Day 15: Outdoor Activity

Pick your favorite activity and do it again!

I want to try \_\_\_\_\_ again.

# Prize Submission Form

**You're an outdoor, running enthusiast!**

Complete the series and earn a special prize! Prizes will be mailed to participants.

Have an adult complete this page and email it to

**kelly@ventureoutdoors.org or mail to:**

**Venture Outdoors**

**Attn: Kelly Sarkis**

**33 Terminal Way, #537A**

**Pittsburgh, PA 15219**



Tag @ventureoutdoors or @kidsofsteel on social media to show off your hard work!

Participant's Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_

State & ZIP: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Adult Signature: \_\_\_\_\_

Please contact **kelly@ventureoutdoors.org** for more information.



# Day 1: Know Before You Go

**Before you leave (continued on next page):**

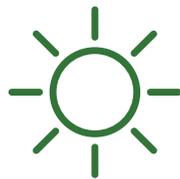
## Discuss with your family:

- Why is it important to tell someone where you are going running?
- How do you prepare to go running?

**Directions: Fill in the blanks to learn about Leave No Trace.**

**seven      LNT      running      environment**

Leave No Trace **\_\_LNT\_\_** is an outdoor ethics code that informs people of potential impacts on the **\_\_environment\_\_**. LNT is centered around **\_\_seven\_\_** principles to keep in mind when going outdoors. The principles can be adapted to any outdoor experience- recreation, **\_\_running\_\_**, walking, and more!



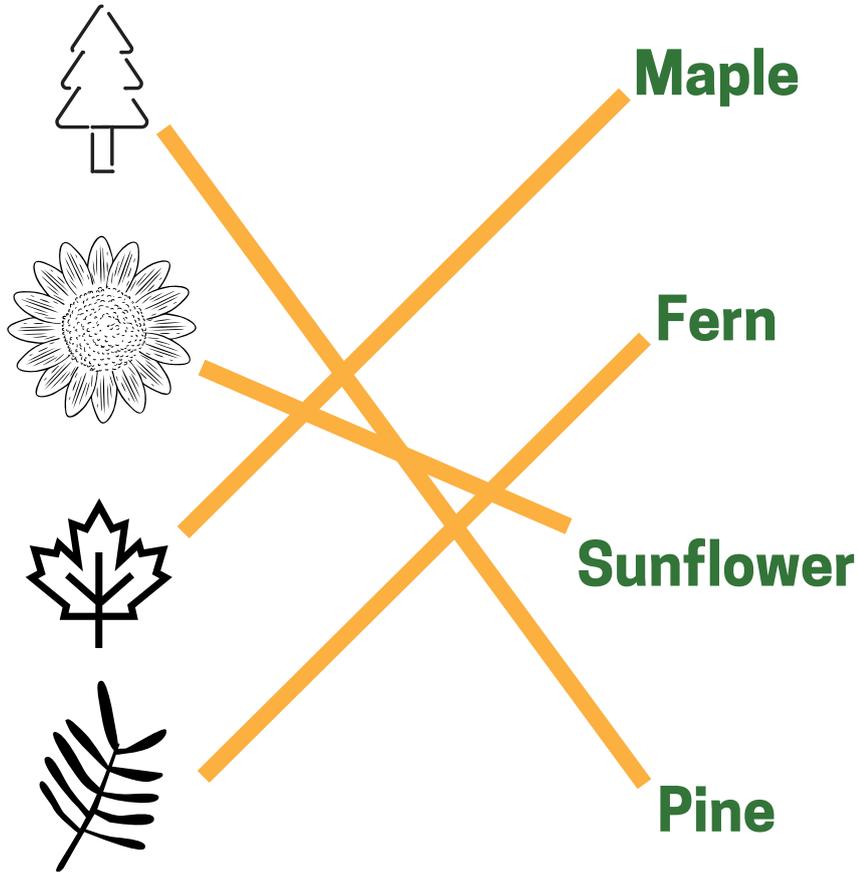
## Day 1: Run-Walk Activity

Run 30 seconds  
Walk 60 seconds  
Repeat 4-6 times

# Day 2: Plant ID

*Before you leave (continued on the next page)*

**Directions: Match the following plants with their names.**



## Day 2: Run-Walk Activity

Run 30 seconds  
Walk 60 seconds  
Repeat 4-6 times

# Day 5: Animal Camouflage

**Before you leave (continued on the next page)**

When you run, you may pass by animals that you can't see. They may be hiding or they may use camouflage to blend in with their surroundings.

**Directions: Match the type of camouflage with the correct description.**

<b>MIMCRY</b>	Spots and stripes on an animal make it more confusing for predators to see <b>(ex: a tiger)</b>
<b>PATTERNS</b>	Animal has traits that look like other, more dangerous animals <b>(ex: a monarch butterfly)</b>
<b>BACKGROUND COLORATION</b>	An animal that can <i>change</i> its color or shape <b>(ex: an octopus)</b>
<b>DYNAMIC</b>	An animal that is colored to blend in with its environment <b>(ex: a polar bear)</b>



## Day 5: Run-Walk Activity

Run 45 seconds  
Walk 60 seconds  
Repeat 4-6 times

# Day 6: Trash Your Trash

*Before you leave (continued on the next page)*

## LNT Principle 3: Trash Your Trash

**Directions:** Fill in the blanks using the word bank to reveal how to be mindful of how we can decrease our trash.

**Composting**

**Reuse**

**Recycled**

**Reduce**

Some objects, like metals and glass, can be **recycled** to make new objects. For example, glass can be melted and formed into new objects.

**Composting** is when we recycle organic materials (used to be alive) to create soil for our gardens.

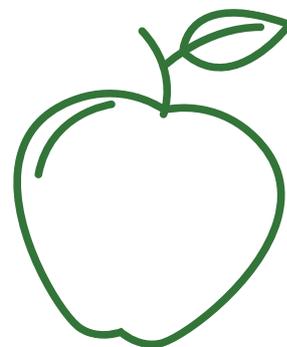
To **reduce** our trash, use only what you need and try pick objects that have the least amount of packaging.

**Reuse** objects that you can use more than once. For example, use a water bottle that you can refill.



## Day 6: Run-Walk Activity

Run 45 seconds  
Walk 30 seconds  
Repeat 4-6 times



# Day 11: Tree Identification

*Before you leave (continued on the next page)*

**Directions: Use the word bank to label the different parts of a leaf.**

**Tip**

**Lobe**

**Stem**

**Vein**

\_\_Tip\_\_



\_\_Lobe\_\_



\_\_Vein\_\_



\_\_Stem\_\_



## Day 11: Run-Walk Activity

Run 90 seconds  
Walk 2 minutes  
Repeat 4-6 times

# Day 11: Tree Identification

*Before you leave (continued from the previous page)*

**Directions: Match the following trees with its description.**



Flat needles with white stripes  
(Eastern Hemlock)



Evenly spaced veins with small "teeth" on edges  
(American Beech)



Shallow lobes, with a few deep lobes with pointed tip  
(Maple)



Deep lobes with rounded tips  
(Oak)



## Day 11: Outdoor Activity

Bring a pencil and tally how many of each tree you see on your run.

*Eastern Hemlock:*

*Maple:*

*Oak:*

*Sycamore:*

# Day 14: Be Kind to Other Visitors

*Before you leave (continued from the previous page)*

## The Power of a Smile

**Directions: Match the word with the correct description to unleash the powers of smiling at someone.**

**Immune**

Smiling is **\_contagious\_**, meaning if one person smiles, someone else will, too.

**Stress**

Smiling reduces **\_stress\_**, making us happier.

**Contagious**

Youth will smile **\_400\_** or more times a day!

**400**

Smiling helps build your **\_immune\_** system, helping you stay healthy.



## Day 14: Outdoor Activity

Each time you walk, smile at people! They will probably smile back :)

