



NATURE HIKES

(Part of WSEP)

This session must be carried out during a hike, in a group or six but always with a leader. During the hike the five senses – Sight, Touch, Smell, Hearing and Taste will be used to observe nature. We are so used to the nature around us that we take it for granted and are not aware of its details and beauty.

The requirements are quite simple. What is required from you as a Leader is to make the hike as enjoyable and interactive as possible. Plan the hike in fields where the kids can appreciate nature and utilize their five senses to the full.

In the second part of this session, the cubs are to observe the impact of man on nature – both positive and negative. One of these negative aspects is pollution and the simple experiment shown on the Cub Book is just one example of how the cubs can check the negative impact of man on nature.

Suggestion:

Below is an example of a worksheet which you can give to the cubs to make it more interesting.

MY nature walk

I saw 	<hr/> <hr/> <hr/>
I smelt 	<hr/> <hr/> <hr/>
I heard 	<hr/> <hr/> <hr/>
I touched 	<hr/> <hr/> <hr/>
I tasted 	<hr/> <hr/> <hr/>

ACTIVITY FACT SHEET



Activity: Hike



Objective: Observing Nature using the five senses



Time: 2 - 5 hours



Outline: Take the cubs on a nature hike and give them the opportunity to observe their surroundings. In order to help them concentrate, you can ask them to observe using one particular sense at a time. Following each observation have the cubs discuss what they noticed. Do this with all 5 senses.

Cubs are also encouraged to observe the impact of man on nature – both positive and negative and what they can do to increase the positive impact and reduce/eliminate the negative ones.

Following this, help the Cubs carry out the experiment on the Cub Book. (Section B: Air Pollution)

As a Pack, plant some trees or flowers to help with the positive impact on our environment.



Equipment: Map of route, First Aid box, Water, Snack, 5 Senses Nature Walk Sheets



Place: Route of choice



Group Size: Pack









3rd Parties: Transport to take you to the place where the hike will start.



ACTIVITY FACT SHEET



During the Activity:

-  – The cubs will be discussing how society has left an impact on nature and which impacts were positive and where were not.
-  – Walking during the hike and carrying one's own backpack. In addition the cubs have to use their 5 senses.
-  – Discovering the 5 senses while understanding and learning about nature.
-  – Allow the cubs to come out with creative observations about nature and ways how to reduce the negative impacts. In addition you can do craft like leaf/bark rubbing.
-  – Help the cubs become aware of the feelings that nature brings out in them e.g. joy, happiness, surprise, calm, relax, hope, etc.
-  – The natural environment helps us reflect more about the spiritual aspect. The leader can take this opportunity to make certain spiritual reflections on how nature helps the chain of life and that while nature provides us with so many things like fresh air, we need to take care of it.

After the Activity:

Cubs will definitely start looking at nature with different eyes after this session, since they were made aware of things which, maybe, they always took for granted. They are also made more aware of the impact of man on nature and are encouraged to make a difference wherever they are by playing an active part in the positive impact on nature and doing all possible to reduce the negative aspect of man on nature.

