



TEACHING METHODS

Nature Hikes

MATERIALS NEEDED FOR

IN-PERSON TEACHING:

- TRAIL MAP
- FIRST AID KIT
- FOOD/WATER
- PROPER FOOTWEAR

MATERIALS NEEDED FOR

VIRTUAL TEACHING:

- SCAVENGER HUNT SHEET
- ACCESS TO A PLATFORM LIKE LOOM

EMPOWERING LEARNING:

- ABLE TO ENGAGE A VARIETY OF LEARNING STYLES LIKE VISUAL AND KINESTHIC.
- USES INTERPERSONAL SKILLS
- ENVIRONMENTAL EDUCATION
- SERVICE OPPORTUNITY THROUGH TRAIL CLEAN UP

DESCRIPTION

Nature Hikes involve heading out into creation to hike or explore a wilderness area. The length and difficulty can be determined based on time and strength of the group. It's an effective teaching method to teach eco justice and engage multiple learning styles.

INSTRUCTIONS FOR IN-PERSON TEACHING

Determine meeting location whether it is at the trail head or via a carpool. Take a head count before starting your hike. To ensure all stay together an adult leader should be placed at the rear. The leader in the rear is also the one with the first aid kit. Place an adult at the front to lead the hike. They must look back and monitor the group slowing the pace as needed to ensure the group stays together. Take breaks as needed. Make sure someone off trail knows your plan.

INSTRUCTIONS FOR VIRTUAL TEACHING

There are a lot of possibilities about how a virtual hike works out. I will list one way here but don't be afraid to get creative and think outside of the box for a virtual nature hike. Determine the trail you want to use and give participants a week and a half to complete the trail. Have them take photos, record video, etc. and using a platform like loom have them post a short video of what they saw and experienced. Another option is to create a sort of scavenger hunt with various landmarks from the trail and have participants take a photo with that landmark. Add the photos to a google drive.

IDEAS FOR USING THIS METHOD

- Service Project with discussion on environmental stewardship.
- Recreation event
- Team Building
- Workshop on Leave No Trace principles