

## **Hiking Stick Week**

Hiking sticks are a useful tool while exploring outdoors. They can help you stay balanced and keep your footing while hiking hills and through rough terrain. You can use your hiking stick to help clear your path of spiderwebs and overhanging or grown up plants and limbs. It also can make a great measuring tool. You can check the growth of plants, measure puddles before walking through, or keep track of pond or river depth. You can take your hiking stick with you wherever you go, adding cool nature finds as you hike. Your stick will help tell stories of your journeys!

Meet in your special spot to read, discuss, observe, and learn together!

## **Song of the Week**

A Hiking We Will Go- Tune- A Hunting We Will Go

A Hiking we will go,  
A hiking we will go!  
The great outdoors is so much fun!  
A hiking we will go!

## **Book of the Week**

Hike by Pete Oswald

## **Hike**

Find a good solid hiking stick.

**Journal Prompt-** Sit in your special spot for journaling

Can you think of other ways to use your hiking stick?

**Snack-** Prepare the snack together

Trail Mix- Pick some of your favorite nuts, dried berries, cereals, and candies to mix together in a bag. Enjoy!

## **Activities**

- Create a hiking stick. After you choose your stick on your hike, pull off as much bark as you can. You can use a pocket knife to help remove extra bark. Use a piece of sandpaper to sand your stick smooth. Add a handle with jute or leather.
- Mark inch measurements on your stick starting at the bottom and going up your hiking stick. Seal with a waterproof wood sealant.
- Decorate your stick with nature treasures you find on family walks/hikes.

## **Rabbit Week**

Rabbits have long ears and long back legs. In the top front of their jaw they have an extra pair of teeth. Rabbits eat plants and have to move very quickly in order to outrun (or out hop) predators. Groups of rabbits live together in underground burrows. In one year a female rabbit can give birth to 20 babies. They have 3-5 litters a year. They can have 7 babies (kittens) at a time. They rarely go far from home. They actually stay very close, eating all the plants around their home. This also helps them be able to spot predators quickly. They can hear and smell very well, which also helps keep them safe. Wild Rabbits are mostly gray or brown with short tails that are white on the underside. They are about 20 inches long with only a 3 inch tail. They live in fields and short grassy areas. They may even live in your backyard! Rabbits are most active at dawn, dusk, and through the night. Their droppings are small, round, and dry. They eat their droppings to get all the nutrients from their food. Humans often use their droppings in their gardens. A rabbit's foot is about an inch wide.

Meet in your special spot to read, discuss, observe, and learn together!

## **Song of the Week**

Song- Ten Little Bunnies

One little, two little, three little bunnies,  
Four little, five little, six little bunnies,  
Seven little, eight little, nine little bunnies,  
Ten little bunnies  
Hopping up and down!

(Repeat with different actions)

## **Book of the Week**

The Tale of Peter Rabbit by Beatrix Potter

## **Hike**

Try to head out during the time when rabbits are most active. Rabbits are most active at dawn, dusk, and through the night. Try to catch a glimpse of a rabbit!

**Journal Prompt-** Sit in your special spot for journaling

Learn to draw a rabbit. Label your rabbit, write a fact, color it, or name it!

**Snack-** Prepare the snack together

Rabbit Food- Try different garden fruit and vegetables

**Activities**

- Rabbit Hole- This is a game similar to freeze tag. The tagger is a fox or other predator. The other players are rabbits. Set up hula hoops balanced on small cones or buckets. The rabbits are safe when they make it to their burrows (hoola hoops). If a fox catches a rabbit the rabbit becomes a fox too.
- Read and watch Peter Rabbit. Compare and contrast. Discuss the moral of the story. - -
- Read more Beatrix Potter stories.