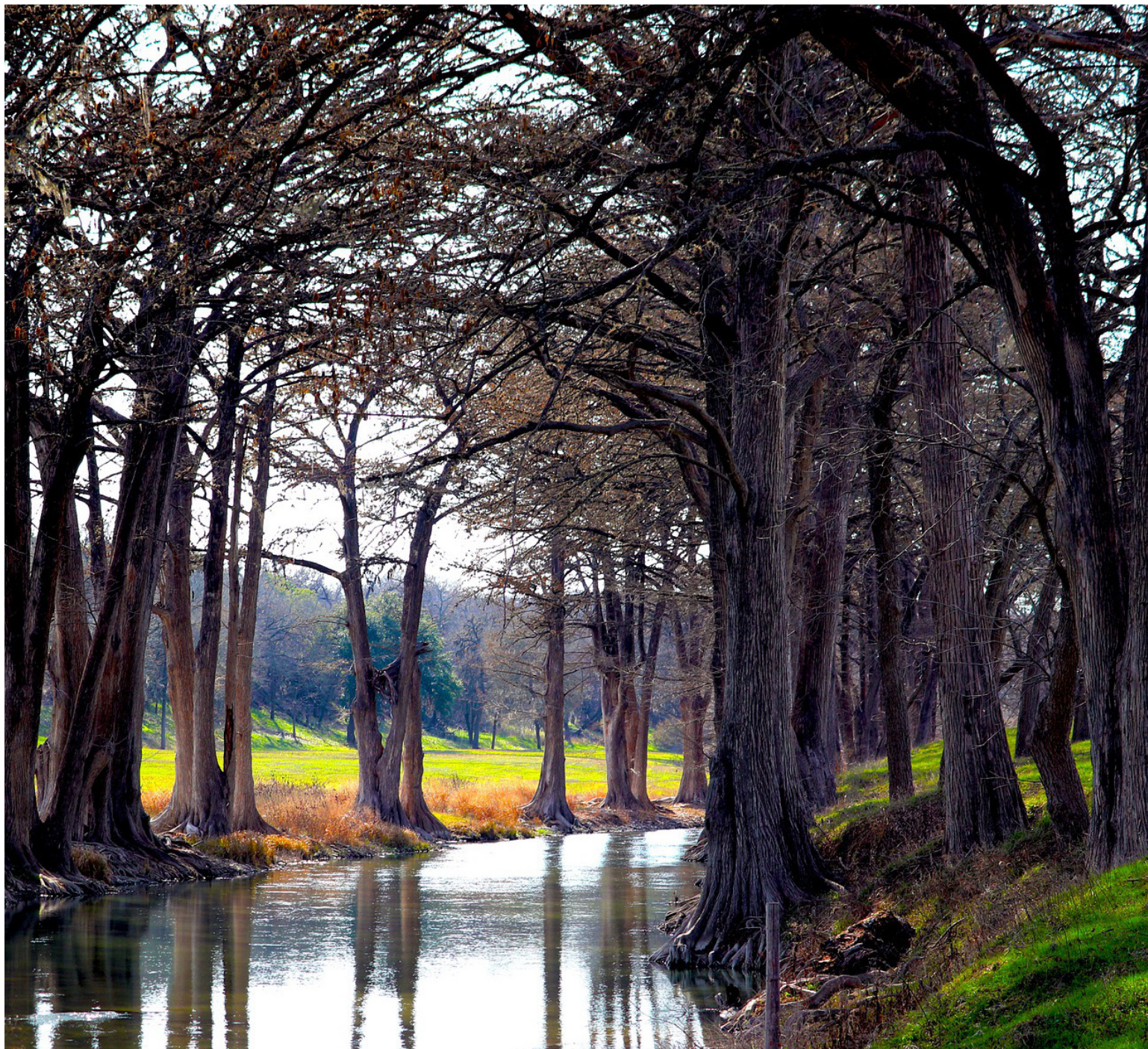




DALLAS ARBORETUM
Education

Garden STEM at Home
Take a Hike



WE GROW MINDS, TOO.



BACKGROUND:

KIDS THAT SPEND MORE TIME IN NATURE ARE HAPPIER, HEALTHIER AND SMARTER. THIS ACTIVITY PROVIDES FAMILIES OR YOUTH GROUPS WITH THE TOOLS NEEDED TO PLAN A HIKE AND A VARIETY OF WAYS TO ENGAGE WITH NATURE DURING YOUR OUTING.

PLANNING YOUR HIKE

A hike can be a simple walk around the neighborhood, a visit to a local park or an adventure in an area state park or public land. We recommend you start small and work your way up to longer hikes!

Before you begin, check out this journal for kids from REI - it provides great guides for planning:

https://www.rei.com/pdf/kidsPassport/2010_kids_adventure_journal.pdf

DURING YOUR HIKE

A great way to make your experience more meaningful is by encouraging the whole family to keep a hiking journal. Here is one that you can download and use:

<https://www.printablesfairly.com/nature-journal-for-kids/>

So what goes in the journal? Here are more resources to inspire your kids during their adventure.

How to Keep a Hiking Journal:

<https://rowdybars.com/blogs/rowdy-blog/how-to-keep-a-hiking-journal>

Hiking Journal Prompts:

<https://backpackerspantry.com/blogs/news/15-hiking-journal-prompts>

Trail Games for Kids:

<https://www.outdoors.org/articles/amc-outdoors/trail-games-activities-to-keep-kids-moving-and-motivated-while-hiking>

ADDITIONAL RESOURCES

Leave No Trace:

<https://austintexas.gov/page/leave-no-trace>

Find a State Park:

<https://tpwd.texas.gov/state-parks/parks-map>

D Magazine Ultimate Guide to Hiking in Dallas:

<https://www.dmagazine.com/frontburner/2019/05/the-ultimate-guide-to-best-hiking-in-dallas/>

Texas Children in Nature: Nature Rocks! Website:

<https://www.naturerocksnorthtexas.org/>