

## Core Skills Analysis

### Science/Nature Study

- Observation skills improved by noticing various plants, animals, and environmental features during the hike.
- Understanding of ecosystems developed through exposure to natural habitats and interactions among living organisms.
- Introduction to physical geography through recognition of landscape features such as hills, trails, and possibly water bodies.
- Awareness of environmental conservation concepts by seeing natural areas and understanding their importance.

### Physical Education

- Enhancement of cardiovascular endurance and muscle strength through physical activity on uneven terrain.
- Development of motor skills and balance as the child navigates different surfaces and elevations.
- Learning goal-setting by planning walk duration or distance and achieving personal physical challenges.
- Understanding the importance of physical activity for health and well-being in an enjoyable outdoor context.

### Social-Emotional Learning

- Building patience and mindfulness by experiencing a slower pace and focusing on surroundings.
- Encouragement of curiosity and wonder through exploration of the natural environment.
- Opportunities for bonding with family or peers if the hike is done together, enhancing social skills.
- Development of self-confidence through successfully completing the hike and overcoming challenges.

### Tips

To deepen the educational value of hiking, integrate nature journaling where the student sketches wildlife or writes observations, enhancing both science and literacy skills. Organize scavenger hunts focused on identifying specific plants, insects, or geological features to foster attention to detail and research skills. Encourage the child to calculate distance traveled or elevation gained to incorporate basic math and geography applications. Finally, discuss environmental stewardship by planning a small clean-up or learning about local conservation efforts during or after hikes.

### Book Recommendations

- [The Kids' Outdoor Adventure Book](#) by Stephanie S. Morrison: A handbook filled with activities and adventures to explore nature safely and learn about the environment.
- [A Walk in the Woods: Rediscovering America on the Appalachian Trail](#) by Bill Bryson: An engaging narrative about the author's hike in the Appalachian Trail filled with natural history and humor.
- [The Nature Connection: An Outdoor Workbook for Kids, Families, and Classrooms](#) by Sara K. Stein: A workbook encouraging children to connect with nature through observation, art, and reflection.

## Learning Standards

- CCSS.ELA-LITERACY.RI.5.7 - Draw on information from multiple print or digital sources to locate an answer or solve a problem when conducting research on hike-related topics.
- CCSS.MATH.CONTENT.5.MD.A.1 - Convert measurements and calculate distances related to the hike to apply math in real-world contexts.
- NGSS 5-LS2-1 - Develop a model to describe the movement of matter among plants, animals, decomposers, and the environment during the hike.
- PE.5.M.1 - Demonstrate agility, balance, and coordination during physical activities like hiking.
- SEL Competency - Self-Management and Relationship Skills developed through setting goals during hikes and engaging with peers or family.

## Try This Next

- Create a nature observation worksheet that prompts identification of five different plants or animals seen during the hike.
- Design a journaling activity for the student to describe their hike experience, including sensory details and personal reflections.