

## Objective

By the end of this lesson, the student will learn about the Alleghany National Forest, understand the importance of nature, and be prepared for a fun and safe hiking experience!

## Materials and Prep

- Comfortable clothes and shoes for hiking
- A water bottle to stay hydrated
- A small backpack to carry snacks and essentials
- Map of Alleghany National Forest (can be printed from the internet)
- Notebook and pencil for notes and observations

Before the lesson, it's good to know about the weather and choose a safe hiking trail that is suitable for kids.

## Activities

- **Nature Scavenger Hunt:**

Create a list of things to find on the hike, like different types of leaves, flowers, or animal tracks. This will make the hike more exciting!

- **Story Time Under a Tree:**

Bring a favorite book or make up a story about a forest adventure. Find a nice spot under a tree to read or tell the story!

- **Wildlife Observation:**

Take time to sit quietly and observe the surroundings. Look for birds, squirrels, and other animals. Write down what you see in your notebook!

- **Trail Art:**

Collect small natural items like twigs, leaves, or stones to create a piece of art at a rest stop. This encourages creativity using nature!

## Talking Points

- "The Alleghany National Forest is a big, beautiful place where many plants and animals live!"
- "When we hike, we need to be quiet and respectful so we don't scare the animals away!"
- "It's important to drink water while we hike to keep our bodies happy and healthy!"
- "Can you find three different types of leaves? Let's see how many we can find!"
- "What do you think the animals are doing right now? Let's try to spot some!"
- "Nature is like a big adventure book; every tree and rock has a story to tell!"
- "Remember, we must always leave nature as we found it. No littering!"