

Objective

By the end of this lesson, the student will learn about the natural environment of Alleghany National Forest, understand the importance of nature, and engage in creative activities that connect art, history, physical education, science, and social studies.

Materials and Prep

- Notebook or sketchbook
- Pencil or crayons
- Comfortable hiking shoes
- Water bottle
- Snacks for the hike
- Sun protection (hat, sunscreen)
- Knowledge about local plants and animals (can be learned online or through books)

Activities

- Nature Scavenger Hunt: Create a list of items to find on the hike, such as different types of leaves, rocks, or animal tracks. The student can check off each item as they find it, encouraging observation and exploration.
- Nature Art: After the hike, the student can use their notebook to draw or create a collage of the things they saw. Encourage them to use crayons or pencils to capture the beauty of nature.
- Story Time: Discuss the history of Alleghany National Forest. Share interesting facts about the forest, such as when it was established and the different wildlife that inhabits it. The student can write a short story about their adventure.
- Physical Activity: Incorporate fun exercises during the hike, like jumping jacks at each rest stop or a short stretch session to keep the energy up!

Talking Points

- "Did you know Alleghany National Forest is home to many different plants and animals? Let's see if we can spot some!"
- "What do you think it would be like to live in a forest? Imagine waking up to the sounds of birds and the rustling of leaves!"
- "Nature is important because it gives us clean air to breathe and places to explore. Why do you think we should take care of it?"
- "As we hike, let's pay attention to how our bodies feel. Hiking is a great way to stay healthy and enjoy the outdoors!"
- "Art can help us remember our experiences. What do you want to draw or create to show your adventure in the forest?"
- "History helps us understand where we came from. What do you think the forest was like many years ago?"
- "Exploring nature can teach us so much! What new things do you hope to learn today?"