



"Trek and Track" say

Objective: Get kids moving and practice the seven principles—a good follow-up activity to Trek and Tracks' Adventure (PEAK story).

Time frame: This game works for about any time frame you have. It's a great "filler" activity for 5-10 minutes, or if you don't have enough time to set up a new activity after Trek and

Tracks' Great Adventure.

Age group: Youth, ages 4-8 yrs old.

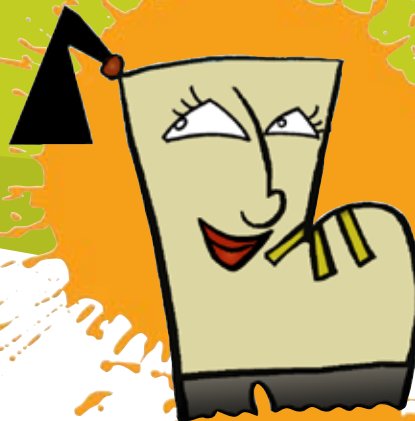
Materials: None

Description: Who's played Simon Says? We're going to play "Trek and Track" Say. This game is about Trek and Track (remember we heard a story about them). We are going on a hike with them and they are going to help us remember how to Leave No Trace.

When I call out an action (e.g. Put on your boots)—then we all have to pretend to complete that action, but **ONLY** if "Trek and Track" say so. If I don't say "Trek and Track Say" before, then we don't complete the action. **For example:**

- 1) Trek and Track say put on your hiking boots! (We pretend to put on our hiking boots).
- 2) Put on your hiking boots! (We don't pretend because "Trek and Track" didn't say)

Educator Note: You can follow the story of Trek and Track's Great Adventure (this might help you remember commands).

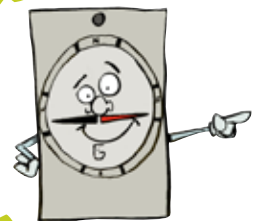




Sample Commands for “Trek and Track say...”

Or you can create ones that are relevant to your group

- It's time to get packed for our trip. Put your water, extra clothes and food in your backpack so you are prepared!
- Put on your boots so you can stay on the trail.
- Get out your map so you know where to go.
- Stomp through the mud on the trail!
- Step around the wildflowers.
- Take out your camera to snap a photo of the flowers to show your family.
- Take a picture of your friends (and yourself)!
- Look, there's a deer (or an eagle, etc.)! Take out your binoculars so you can see them from a safe distance.
- It's time for a snack! Step off the trail onto a nice rock and enjoy the orange you brought from home.
- Take out your plastic bag and throw away the peels.
- It's getting cold! Take out your extra jacket that you packed to stay warm.
- Here come some horses. Step aside quietly and let them pass.
- You reached the top of the mountain! Take out your binoculars to enjoy the view.



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