



# "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).*

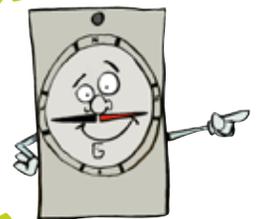




## Sample Commands for “Trek and Track say...”

*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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