



GET YOUR WHOLE HOUSEHOLD  
TOGETHER FOR...

# 100 CM HIKE!

## *SUPPLIES*

100 cm piece of string  
Magnifying glass (if you have it!)  
All your senses!

## *INSTRUCTIONS*

Take your piece of string and lay it in an area you want to explore.

Take a moment to stand or sit still.

**Look** near your string. What do you see that is unique?

**Watch** for any movement.

**Listen** for sounds- birds, bugs, wind?

What do you **smell**?

What do things **feel** like near your string?

Feel free to try this in different areas of your yard or at a local park. Different habitats (woods, open grass, near a pond or fallen log) will provide different discoveries!