



OHIO 4-H CLOVERBUDS
CLICK AND DO ACTIVITY

Ohio 4-H
Cloverbuds

Spark the Joy of Hiking

Bruce Zimmer, Extension Educator, 4-H Youth Development, Washington County

Background

Children benefit from outdoor activities like hiking for various reasons. Hiking promotes physical fitness by engaging different muscle groups and improving cardiovascular health, contributing to overall well-being. Being in nature during hikes provides a sensory-rich environment that enhances cognitive abilities, creativity, and problem-solving skills in children. Also, hiking fosters a love for the outdoors, instilling a sense of adventure, curiosity, and environmental awareness that can last a lifetime.

Youth will need the following for hiking:

- Appropriate dress for the weather
- Sneakers or trail shoes
- Bottle of water
- Healthy snack
- Small backpack



Hike & Pre-Hike Activities

Hopscotch Hike: Turn the trail into a hopscotch game. List items that the children must hop, skip or jump over every time they come across it on a trail. For example: you must never step on a stick but instead hop over it. Whenever you come across a large rock you must stop and do five jumping jacks. A mushroom might mean skipping for 15 seconds. A wildflower could mean hopping on one foot. Get creative. Keep the trail a manageable length like $\frac{1}{4}$ of a mile. If it goes too fast you can always do the trail again only backwards. Children will exercise their bodies as well as their observation skills.

Authored by Rebecca Miller, Hocking County Soil & Water Conservation District Education Specialist

Animal Exercise: – You can use a trail or just find an open area for this one. Have a child suggest an animal that lives in the area. Have everyone imitate the movement of that animal for 15 – 30 seconds. Let the next child pick and continue until every child has chosen an animal. This can be done as a follow the leader game too! Before you know it you will have waddled like a duck, jumped like a frog, hopped like a rabbit your way to 30 minutes of exercise!

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Try an “A B See Hike”: Have the children find things in nature that begin with every letter of the alphabet you as the leader can keep the list and the children can have a scavenger hunt for the items. If you have enough volunteers, you can break into two or three groups. You will also need pencils and a clipboard. Use the A B See Hike Handout.

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Make a Hiking Stick—This is a great craft idea to do before a hike.

What you’ll need:

- Each Cloverbud will need a fairly straight hiking stick that is approximately their height
- Finding a hiking stick can be an adventure in itself or you can have some pre-selected
- If desired, you can peel off the bark and sand the sharp edges
- Decorate your stick with craft feathers, colorful duct tape, markers, paint, beads, string, etc.

Make a Basic First Aid Kit for your Hike: Teach your Cloverbud the importance of taking a basic first aid kit on any hike by making one for your club’s hike. You could also have each Cloverbud make a small first aid kit to carry in their backpack. Brainstorm with your member what should go in a basic first aid kit and help them think about different first situations they might encounter during a hike. (i.e. scrape, bee sting, blister)



Carrying a basic first aid kit when hiking is crucial for several reasons. You can review with Cloverbuds the importance of a first aid kit to help them understand the necessity.

1. **Immediate Response to Injuries:** Accidents can happen unexpectedly while hiking, such as cuts, scrapes, blisters, sprains, or insect bites. Having a first aid kit allows you to address these minor injuries promptly, preventing further injury.
2. **Essential Medical Supplies:** A basic first aid kit typically includes items like bandages, antiseptic wipes, adhesive tape, elastic bandages, rubbing alcohol, ice bag/ready to use cold pack, gauze pads, tweezers, and pain relievers. These supplies can help manage wounds, reduce pain, and prevent infections until you can get further medical help.
3. **Remote Locations:** When hiking in remote areas, access to medical facilities might be limited or non-existent. Having a first aid kit ensures that you can provide immediate care before seeking professional medical assistance.
4. **Assisting Others:** Carrying a first aid kit also means you can assist other hikers or individuals in need of medical attention on the trail. Being prepared to offer aid can make a significant difference in emergencies.
5. **Preparedness for Unexpected Situations:** Even small incidents like blisters can become serious and impede your ability to hike if not treated promptly. Having a kit enables you to address these issues swiftly, allowing you to continue your journey safely.
6. **Safety and Peace of Mind:** Carrying a first aid kit provides a sense of security and confidence. Knowing you have the necessary supplies to handle minor injuries can allow you to focus more on enjoying your hike.

Remember, it's also essential to familiarize yourself with the contents of your first aid kit and have some basic knowledge of first aid procedures. Additionally, periodically check your kit to ensure that supplies are up-to-date and replenish any items that have been used or expired.



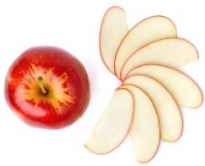
You can also use the attached Basic First Aid Kit Checklist to pack a kit or send home with your Cloverbuds.

Snack Ideas for Hiking

Here's a list of kid-friendly snacks suitable for hiking:

1. **Trail Mix:** Make your own mix with a combination of nuts, dried fruits like raisins, cranberries, apricots, and some chocolate chips or M&M's for a treat.
2. **Granola Bars:** Look for bars that are specifically designed for kids, with lower sugar content and whole grains.
3. **Fruit Leather:** These are portable and easy to carry. Look for ones made from 100% fruit without added sugars.
4. **Popcorn:** Air-popped or lightly seasoned popcorn is a great snack to bring along. Pack it in small resealable bags.
5. **Pretzels:** They're low in fat and easy to carry. You can mix them with nuts or dried fruits for added variety.
6. **String Cheese or Cheese Cubes:** Portable and a good source of protein and calcium.
7. **Fresh Fruits:** Apples, oranges, grapes, and berries are great options due to their portability and natural packaging.
8. **Veggie Sticks with Dip:** Carrot sticks, celery, cucumber, and bell pepper slices with hummus or ranch dip.
9. **Mini Sandwiches or Wraps:** Use whole grain bread or tortillas and fill them with nut butter and jelly, cream cheese and cucumber, or turkey and cheese.
10. **Yogurt Squeezies:** Portable yogurt pouches that don't require refrigeration until opened.
11. **Rice Cakes:** Light and easy to carry, and they come in various flavors.
12. **Freeze-Dried Fruit:** Lightweight and easy to pack, and they retain most of their nutritional value.
13. **Energy Bites:** Homemade or store-bought, these can be made with oats, nut butter, honey, and add-ins like chocolate chips or dried fruits.
14. **Mini Muffins or Cookies:** Bake small-sized muffins or cookies with whole grains, fruits, or nuts.
15. **Water:** Not a snack, but hydration is crucial. Pack plenty of water or natural fruit-infused water for the hike.

Remember to consider any allergies or dietary restrictions when choosing snacks for kids. It's also a good idea to involve kids in selecting and packing snacks for the hike to ensure they have options they enjoy.



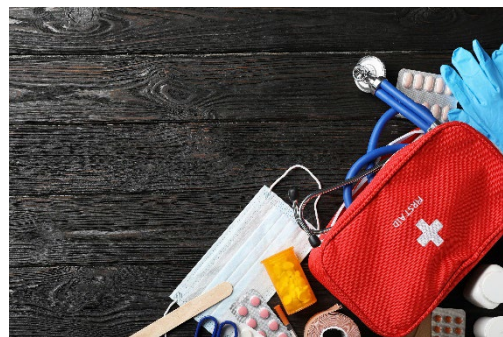
Application

Hiking offers children an opportunity to connect with nature, fostering a deeper appreciation for the environment and the outdoors. It promotes physical activity, helping kids stay healthy and develop their gross motor skills. Hiking encourages curiosity and exploration, allowing children to discover new plants, animals, and natural landmarks while engaging their senses. Furthermore, it provides an excellent chance for families to bond, creating lasting memories and teaching valuable life skills such as perseverance and teamwork.

Basic First Aid Kit Supplies

Checklist

- | | |
|--|---|
| <input type="checkbox"/> Absorbent Cotton Balls | <input type="checkbox"/> Ice Bag/Ready to Use Cold Pack |
| <input type="checkbox"/> Adhesive Tape | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Adhesive Bandages | <input type="checkbox"/> Tongue Depressors |
| <input type="checkbox"/> Butterfly Bandage | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Cotton-tipped Swabs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sterile Eye Pads | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sterile Gauze Pads | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Antiseptic Wipes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Elastic Wrap Bandages | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Calamine Lotion | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Hydrogen Peroxide | |
| <input type="checkbox"/> Safety Pins | |
| <input type="checkbox"/> Rubbing Alcohol | |
| <input type="checkbox"/> Baking Soda | |
| <input type="checkbox"/> Rolls of Sterile Gauze Bandages | |
| <input type="checkbox"/> Bar of Soap | |



List adapted from First Aid in Action,
National 4-H Curriculum BU-08174. Page 30

A B See Hike

As the children find things in nature that begin with every letter of the alphabet you as the leader can keep the list and the children can have a scavenger hunt for the items. If you have enough volunteers, you can break into two or three groups. You will also need pencils and a clipboard.

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A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	