

Night Hike Quick Reference Guide

Overview

Purpose: To help students feel more comfortable being outside at night.

Estimated time: 90 minutes

Adults will lead students on a hike as it gets dark. The hike can be as simple as just going on a walk or also include activities and games. A map of recommended routes can be found on the back of this guide.

Supplies

- Lesson Plan
- Activity cards (6)
- Blindfolds (10)
- Scent containers (12)
- Star map
- Wind up flashlight

- Plastic Box with:
 - Candle
 - Matchbooks (2)
 - Lifesavers (~25)
 - Paper squares (~25)
 - Crayons (~25)

Steps to Success



- Familiarize yourself with the kit contents.
- The six activity cards give you more information on how to facilitate sensory activities with the other



When students arrive:

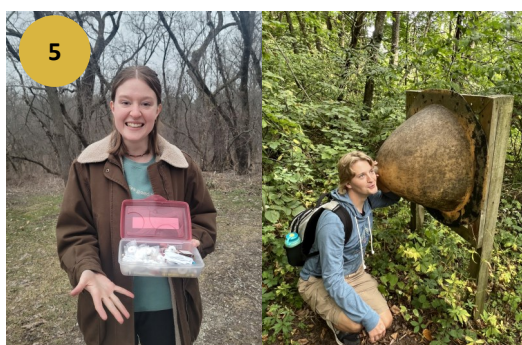
- Have them share how they feel about the dark or what it reminds them of
- Share that it's normal to be nervous



- Set hike expectations (could include: staying with the group, keeping hands to yourself, or being quiet to hear wildlife)
- Ensure that students have



- Determine if you want the group to split up (one group walks clockwise, the other counterclockwise) on the route.
- If you are following the longer route, use the reflective trail markers to



- Trail intersections have more space and for sensory activities.
- If you are using the longer route, you can stop at the parabolic ear to hear sounds more clearly.



- Consolidate all materials used and put them back in their bags.
- Let your liaison know the next day if you used the bandanas and/or if any materials were lost or broken.

