

Create a Walking Stick For Hiking

Summer is in full swing, and hiking is a great way to expose your children to nature, get some exercise, and avoid the hot temperatures experienced at lower elevations. Due to the steep inclines on many Colorado hikes, a walking stick can be extremely helpful, especially for children. For this month's challenge, create a walking stick to take on summer hikes.

Go on a nature walk near your house, around your neighborhood, or in a nearby park. We're looking for walking sticks, so it's best to pick a heavily wooded area. Look on the ground for large sticks that have fallen off of trees (do not pull branches off of live trees). Find a stick that you like and bring it home.

When you get home, have a parent help you cut the stick to the proper height (it should come up to your shoulders). Remove all the twigs that are branching out off the main part of the stick. Using non-washable paint, decorate the walking stick in any way you like. The reason to use non-washable paint is to prevent your decorations from washing off in the rain or when you have to walk through a puddle.

Once your walking stick is done, you're ready to use it on a hike. While walking on the trail, use your walking stick to help maintain balance on the steeper parts of the hike.

When you go hiking, take pictures of some of the items you see on the trail. Document the beauty of your hike – wildlife you see along the trail, rocks, trees and other plant life, rivers, lakes, and beautiful scenery in the distance. After the hike is done, share the pictures you took with your family and discuss why you found these objects or animals interesting.



ZoFo Connect

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Pull out your hiking shoes! This month we are making a walking stick to be used on summer hikes.

Did You Know?

Hiking provides a variety of health benefits. It can reduce fatigue, improve your sleep quality, stimulate creativity, and boost happiness levels. Hiking is also an intense full-body workout that strengthens your heart, lungs, and muscles. Hiking is great for both your mental and physical health!

Disclaimer: Supervision and safety of children participating in these activities is not the responsibility of Zoology Foundation. All children should be accompanied by a responsible adult.

We'd love to see you completing this activity. If you would like, please send us a picture of you playing this game so that we can share it on social media. Please email pictures to info@zoologyfoundation.org.



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