

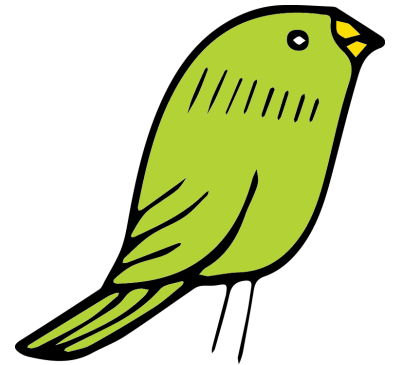
Get outside and go on a sound walk! This is a great way to get some exercise while getting in touch with your outdoor environment. Research has shown that when girls get quality time outdoors and increase their exposure to nature they thrive physically, emotionally and intellectually.

Sound Walk

Think of this as an outdoor sound scavenger hunt. The goal is to notice as many sounds as possible while walking around your neighborhood, backyard, or local trails.

Listen for:

- Birds
- Insects
- Animals
- Leaves rustling
- Wind
- Footsteps
- Vehicle tires
- Engines/motors



Additional challenge:

- Use your other senses while you walk. You've already noticed what you hear, so...
- What do you smell?
- What can you feel?
- What do you see?
- Can you find anything that you can safely taste? Check with an adult to make sure you only taste edible items. You can always end your walk with water and a snack if you don't find something that you can taste while you're out walking!

