

Hiking Club RSVPs

Who's Coming?

Cub

Miles hiked so far

Hiking Club Packing List

- Snack - ice cream + dry ice/hot chocolate + cookies/fruit salad/pumpkin cake
- Backup ice water in summer
- Windhorse flag
- Your own Scout Essentials, incl topo map and compass
- Dongles, bead cards, lhasang supplies if using
- Trail first aid kit with moleskins, band-aids, ACE bandage, aloe vera, sunscreen, and electrolyte drink

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- Crayons, colored pencils, and pack of pencils
 - Paths for Everyone worksheet, one copy
 - Outdoor Scavanger Hunt Lion, several copies
 - Outdoor Scavanger Hunt Wolf, several copies
 - Projections recording sheet, several copies
 - Tree Inventory, several copies
 - Animal Observation sheets, several copies
 - Many sheets of plain paper, bring a few on the hike but must can stay at the trailhead
 - Highlighters
 - What Tree Is This?, scat guide
 - Wildlife trifold guide and printout of farm animals tucked inside
 - (optional) El Camino Real de Tejas Junior Ranger Booklets and/or Junior Cave Scientist booklet pages

Pack 601 Hiking Club Guide

BEFORE



Tigers in the Wild

Requirement 2

With your den leader or Tiger adult partner, learn about the Outdoor Code.

BEFORE



Handbook & Crayons!

Mountain Lion



Handbook!

Tigers in the Wild

Requirement 1

Identify the Cub Scout Six Essentials. Show what you do with each item.



Paws on the Path



Bear Habitat



Webelos Walkabout/Tech on the Trail

Requirement 3

Identify appropriate clothes and shoes for your walk outside. Do your best to wear them on your walk.

BH/WW Requirement 1

Prepare for an x-mile walk by gathering the Cub Scout Six Essentials and weather appropriate clothing and shoes.

TotT Requirement 4

Cub Scout take a 2-mile trek they planned. (Steps 2&3)

GET STARTED!



- Tiger handbook page 13: Circle all the letter Cs in the Outdoor Code, excl. the title C

- Oldest scouts lead the group through the Outdoor Code with the scout sign up.

Be **Clean** in my outdoor manners.

A Cub Scout takes care of the outdoors and keeps trash out of nature. A Cub Scout knows that putting marks on buildings, trees, or natural objects causes permanent damage.

Be **Careful** with fire

A Cub Scout may enjoy a campfire only with adult leaders. A Cub Scout knows not to play with matches and lighters.

Be **Considerate** in the outdoors.

A Cub Scout shares our outdoor places and treats everything on the land and in the water with respect.

Be **Conservation-minded**

A Cub Scout works to restore the health of the land so others may enjoy, live, and learn from it as a part of the Web of Life.

- Go through Leave No Trace for Kids with the hand movements



1. KNOW BEFORE YOU GO (point to head, then where you're going) Lions, open to pg 9 first and give them some crayons to color while you talk

- Be prepared!

- Bring the Six/Scout Essentials (what are they and who packed them?); Tigers, open to pg 15

Six Essentials

- ▶ Water Bottle
- ▶ Trail food
- ▶ Sun protection (hat, sunscreen, sunglasses)
- ▶ Whistle
- ▶ Flashlight
- ▶ First-Aid Kit



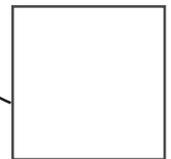
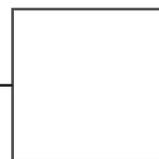
Plus these for Scout Essentials

- ▶ Map and Compass
- ▶ Extra clothing
- ▶ Matches and Fire Starters (*if have Fire'm Chit*)
- ▶ Pocketknife (*If did Knife Safety*)
- ▶ Rain gear

EQUIPMENT

- Wear weather appropriate clothes and shoes - why are you wearing what you're wearing?  answer out loud

- Webelos - check the weather in an app



BEFORE



Mountain Lion

Requirement 3

Discover what S.A.W. means.

BEFORE



Paths for Everyone handout

Bear Habitat

Requirement 2

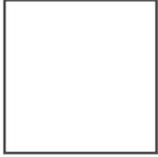
“Know Before You Go” Identify the location of your walk on a map and confirm your one-mile route.



1. KNOW BEFORE YOU GO (point to head, then where you're going)

Don't go beyond the Flagbearer!

- Be prepared! Know what to do if you get lost - **S. T. O. P.!**
- Why is the whistle an essential? **S** of STOP - S.A.W. for littles



- ❖ **Stay** - Do not go looking or wandering around. When you get lost or separated your group or parents are likely to start looking for you in the last place, they saw you or at places you have been. If you stay where you are, chances are they will come back to that place to look for you.
- ❖ **Answer** - When you hear your name being called, answer back.
- ❖ **Whistle** - Use your whistle. Blow your whistle with three short blasts. Do this repeatedly until you are found.

- Practice the "I'm here" whistle signal: three short blasts and then stop
- Page 11 of the Lion handbook
- **S. T. O. P: Stay Calm.** Sit down, eat, relax. **Think.** What do you remember and see? Check the map. **Observe.** What clues do you see? Do you hear others? **Plan.** If you're sure, go. Leave trail signs. If not sure, don't go.



1. KNOW BEFORE YOU GO (point to head, then where you're going)

• Use maps to show you where you'll be going so you won't get lost.

- Bears agree on and highlight a 2-mile route, including the starting and ending points, anything interesting on the way, and where we are now

- Review Paths for Everyone:

- Which of these paths is most appropriate for our pack?
- Is there anyone in our pack who might have a hard time on any of these paths?
- What are some safety concerns for each type of path?
- Do you know if the route we have chosen contains any of these paths?
- What kind of terrain do you think our route should have?
- Does our route have any terrain that is too advanced for our pack?



- Select a Pathfinder

BEFORE



Bear Habitat

Requirement 3

“Choose the Right Path” Learn about the path and surrounding area you will be walking on.

BEFORE



Bear Habitat

Requirement 4

“Trash your Trash” Make a plan for what you will do with your personal trash or trash you find along the trail.



2. CHOOSE THE RIGHT PATH (walk two fingers down your arm)

ASSESSMENT

- Stay on the main trail! What are the durable surfaces that “right paths” consist of?
 - ▶ *Established trails, campsites, rock, gravel, dry grasses, snow*
- If there is mud on the trail, what do we do?
 - ▶ *Go through it!*
- Can you predict what the landscape along our route will be?
- Does our route have a name? Trail, location?
- Is it part of any parks (city, state, national)?
- Is it part of a wilderness reserve?
- Are there other trails that intersect our route? Why is that important to know?



3. TRASH YOUR TRASH (hold up three fingers, one at a time)

- Pack it in, pack it out! Even crumbs, used sanitary supplies, and used TP! (Be Prepared!) Where are you going to put your trash today?
- Use bathrooms or outhouses when they’re available
- To cut down on TP to carry out, bring a Kula Cloth
- If you have to “go”, act like a cat and bury poop in a “cathole” 6-8 in deep and 100 big steps from water. Bring a trowel if there won’t be bathrooms
- Keep soap, food, and poop out of lakes and streams!

BEFORE



Sketchbook or camera!

Bear Habitat

Requirement 5

“Leave What You Find” Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.

BEFORE



Bear Habitat

Requirement 6

“Be Careful with Fire” Determine the fire danger rating along your path.



4. LEAVE WHAT YOU FIND (make a camera with your thumbs and forefingers)

- Leave plants, rocks, and historical items as you find them so that the next person can enjoy them.
- Instead, Bears take five pictures or make five drawings of interesting things and show them at the end of the hike!
- Treat living plants with respect. Hacking or peeling plants can kill them.
- Good campsites are found, not made.



5. BE CAREFUL WITH FIRE (wiggle five fingers with one hand. use your other hand to make a firepit)

- If the fire danger rating is very high or extreme, don't light fires at all.
- Webelos check the fire rating at <https://twc.tamu.edu/tfd> on a smart device

- Is it dry? How hot is it?
- Is there a lot of fuel in the landscape?
- How windy is it?
- At what fire danger level might it be unsafe to walk here?





BEFORE



Mountain Lion Tigers in the Wild

Paws On The Path

Bear Habitat

Requirement 4

Identify common animals that are found where you live. Learn which of those animals is domesticated and which animal is wild.

Requirement 5

(...) Describe four different animals, domestic or wild, that you could see on your walk.

Requirement 7

“Respect Wildlife” From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.

Draw a picture of your favorite animal.

Outdoor scavenger hunt sheet!

BEFORE



Bear Habitat

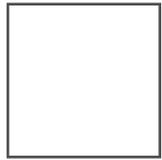
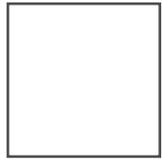
Requirement 8

“Be Kind to Other Visitors” Identify what you need to do as a den to be kind to others on the path.



6. RESPECT WILDLIFE (use three fingers on each hand to make ears or antlers)

- Observe animals from a distance and never approach, feed, or follow them.
- Show pictures of animals from the area as well as domesticated animals from the region. Ask if I forgot any.



- **Lions** and **Tigers**: Identify what's wild and what's domestic
- **Wolves**: Write down at least four different animals they might encounter during the walk on the reverse side of their **Outdoor Scavenger Hunt sheet**—whether wild or domestic.
- Ask **Bears** what signs of these animals we might see beyond seeing one directly - what are their habitats, food sources, travel paths, and scat? How can we detect them? With our six senses! Sight, sound, smell, taste, touch, mind.
 - ❖ Look - nests, burrows, host plants; bite marks on plants, bones, scattered trash; scat; tracks
 - ❖ Listen - calls, but also moving noise
 - ❖ Smell - works for some animals!
 - ❖ Taste - ok, not this, we're not going to taste any animals!
 - ❖ Mind - put the clues together. What do the sense reports mean?
- So how we can respect wildlife?



7. BE KIND TO OTHERS (peace sign with one hand and wave with the other)

How will we be kind to others?

- Know your right of way. Keep to the right. Check signs on the path and follow their directions.
- Uphill has right of way. If it's a flat area, be the first to step aside and give space for others to pass.
- Bicyclists yield to walkers/hikers.
- Be mindful of the plants or animals that are near the trail if you must step off the trail.
- Make yourself known. When you encounter other people, offer a friendly "hello." This helps create a friendly atmosphere on the path. If you approach another walker from behind, announce yourself in a friendly, calm tone and let them know you want to pass.
- Take time to listen. Be respectful of both nature and the other users and keep the noise from electronic devices off.
- Be aware of your surroundings. It will help keep you and any members of your group safe. Know the rules for walking on your trail or path.



LET'S GO!

BEFORE



Paws On The Path

Requirement 2

Learn about the buddy system and how it works in the outdoors. Pick a buddy for your walk.



Start the hike timer!

Math on the Trail

Requirement 1

Determine your walking pace by walking $\frac{1}{4}$ mile. Make a projection on how long it would take you to walk 2 miles.

DURING



Mountain Lion

Requirement 2

While outside, identify things that you see with your Lion adult partner that are natural and things that are manmade.



Tigers in the Wild

Requirement 3



Paws On The Path

Requirement 5

Describe four different animals, domestic or wild, that you could see on your walk.



Bear Habitat

Requirement 7

“Respect Wildlife” From a safe distance, identify as you look up, down, and around you, six signs of any mammals, birds, insects, reptiles.

- Select a Flagbearer, who will be the Pathfinder's buddy.
- Everyone else find a buddy!
- Pairs or triplets, not more; keep track of your buddy - wait for each other; when there's a buddy check, grab your buddy's hand and hold it up
- This way, we make sure we don't leave anyone behind! *Pop quiz - what do you do if you and your buddy get lost?*
- Give each AOL a Tree Inventory and an Animal Observation sheet, a pencil, and a hiking board with a clip if they didn't bring one
- Do Lions have an Outdoor Scavenger Hunt sheet or ready to play *I Spy Natural or Manmade*, Tigers ready to play *5 Step Seek* or *I Spy Natural or Manmade*, Bears have paper or camera ready, and Webelos a Projections sheet?
- Webelos start a step counter or other distance tracker

LET'S GO!

- **Lions:** *I Spy Natural or Manmade* or *Outdoor Scavenger Hunt*

- **Tigers:** *I Spy Natural or Manmade* or *5 Step Seek*

Adult partners are to identify something and give a clue to their Cub Scout as to what it is.

For example, "I see something purple. "

The Cub Scout guesses that it could be a purple flower that is on the path.

Next, the adult partner should ask is it natural or manmade.

- **Wolves:** *Outdoor Scavenger Hunt* or describe four different animals that you could see on your walk

- **Bears:** Six signs of mammals, birds, insects, reptiles + five pictures

DURING



Math on the Trail

Requirement 1

Determine your walking pace by walking $\frac{1}{4}$ mile. Make a projection on how long it would take you to walk 2 miles.

Requirement 2

Walk 2 miles and record the time it took you to complete the two miles.



Mountain Lion

Requirement 2, 4

While outside, identify things that you see with your adult partner that are natural and things that are manmade. Draw a picture of your favorite animal. Look for a tree where you live.

Describe how this tree is helpful.

AFTER



Tigers in the Wild

Requirement 3, 4, 5

All possible homework!

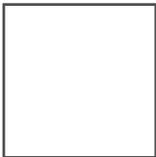
- Walk the 1/4 mile. Write down how long it took on the Projections sheet.



- Create the projection on the sheets by asking Webelos how you could figure out how long it will take us to walk the full 2 miles?



- Draw one thing they saw that was natural and one that was manmade in their handbooks (Lions page 10, Tigers page 17)



- Wild vs domesticated: Have Lion adult partners work with their Lions to complete the activity on page 12 of the Lion handbook.
- Wild vs domesticated: Tigers draw their favorite wild animal on one sheet of paper and their favorite domesticated animal on another sheet of paper.

- Helpful trees: Have Tigers open their handbook to page 18. Ask a Tiger to identify one of the pictures on page 18 that demonstrates how the tree is helpful. The correct answers are:



- ❖ The bird nest - shelter for birds, squirrels, and other animals
- ❖ Tiger breathing- Trees help clean the air.
- ❖ The apple - Food for humans and/or animals
- ❖ Sitting in the shade - Shade for us and keep us cool on a sunny day

- As Tigers identify the way a tree can be helpful have them draw the line from the box to the tree. Have them color the tree.
- Give each Tiger and adult partner paper for leaf and bark rubbings. Have them choose a tree to use.

Six Senses Walking Meditation DURING



Fun on the Run



Tiger Bites



Running with the Pack



Bear Strong



Stronger, Faster, Higher



Personal Fitness

Requirement 4

Practice methods that help you rest. Do a relaxing activity for 10 minutes.

Blue Sky

DURING



Fun on the Run



Tiger Bites



Running with the Pack



Bear Strong



Stronger, Faster, Higher



Personal Fitness

Requirement 4

Practice methods that help you rest. Do a relaxing activity for 10 minutes.

AFTER



Paws On The Path

Requirement 5

Describe four different animals, domestic or wild, that you could see on your walk.



Bear Habitat

Requirement 5

“Leave What You Find” Take pictures along your walk or bring a sketchbook to draw five things that you want to remember on your walk.

AFTER



Webelos Walkabout
Requirement 7
After your 2-mile walk, discuss with your den what went well and what you would do differently next time.

Math on the Trail
Requirement 2
Walk 2 miles and record the time it took you to complete the two miles.

Math on the Trail
Requirement 3
Make a projection on how long it would take you to hike a 20-mile trail over two days. List all the factors to consider for your projection.

- **Wolves:** Share about the four different animals they saw or could have seen during the walk + results from the scavenger hunt



- **Bears:** Share what they took as memories - why did that interest them?

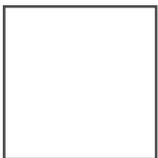


- Stop - Start - Continue

- Check the total time/distance when you're back at the trailhead. Webelos write that information down on their Projections sheet. Have the Webelos check their smart device to see how far they went measured by the step counter and to compare that against the trail logger as well as the projection.



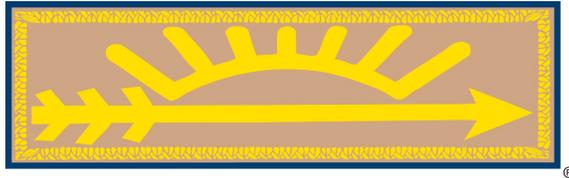
- Based on the data, how long it will take to walk 20 miles?



Explain a long trek like 20 miles, typically hikers split that between two days. Cub Scouts should determine how many hours they should walk in the two days to make it 20 miles. Discuss different conditions or factors that might slow down the walking time.

Possible examples: Snow on ground - rocky ground - stream crossing - strong wind - rain -

AFTER

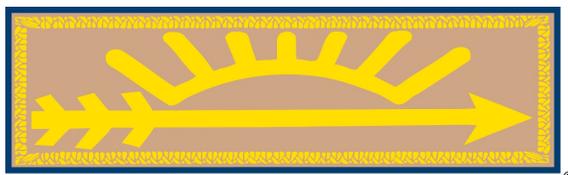


Into The Woods

Requirement 1

Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.

AFTER



Into The Woods

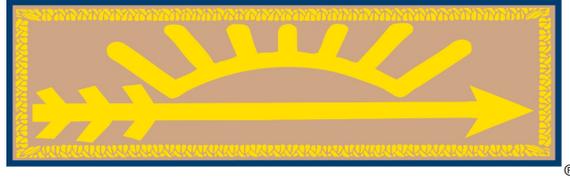
Requirement 2

Determine if your tree is deciduous or evergreen.

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- Define the area in which they are to do the inventory and have them do one.
 - Ask AOLs to select one tree they would like to learn more about. Give them time to make observations in that section of the Tree Inventory.
 - ❖ Higher branches of the tree - broken limbs, nests, or holes?
 - ❖ Lower branches of the tree - nibbled-on bark, twigs, and leaves?
 - ❖ Leaves - What is their shape? Size? Needles?
- 
- ❖ Seeds, fruit, or flowers? Colors? Scent?
 - ❖ Texture of the bark - smooth? Rough? Light? Dark?
 - ❖ Scratches or marks from antlers or claws on bark?
 - ❖ Holes created by woodpeckers or insects in bark?
 - ❖ Fruit, nuts, seeds, leaves, needles, twigs, or bark on the ground?
 - ❖ Animal scat or tracks around the tree?
 - ❖ Any sounds of wildlife around the tree? Squirrels scurrying? Birdsong? Woodpeckers drumming? Buzzing insects?
- Have AOLs collect either a leaf or a cluster of needles, preferably from the ground. Place in plastic baggie. These will be used in requirement 2.
 - Tip: Help Cub Scouts take a photo of their tree to aid with identification and observations if the remaining requirements for the adventure will be completed at another time or location.

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- Gather AOLs and explain the difference between deciduous or evergreen trees.
 - ❖ Coniferous trees- seeds that grow in cones, Most coniferous trees are evergreen.
 - ❖ Deciduous trees - leaves that are good at capturing sunlight. “Deciduous” because most of them lose their leaves each year. Deciduous trees’ seeds are contained in nutshells or fruit.
 - Have AOLs place their leaf or needles on a flat, smooth surface, preferably vein-side up. Cover the leaf or needles with a blank piece of paper. Make a rubbing.
 - Observation time:
 - ❖ Color. Is the leaf green? Has it started to change color due to the seasons?
 - ❖ Texture of the leaf. Is it smooth? Is it rough?
 - ❖ Edges of the leaf. Are they smooth or toothed?
 - ❖ Can they see the stomata on the underside of the leaf? (Stomata are tiny pores that open during the day to take in carbon dioxide and close at night to avoid losing too much water.)
 - ❖ Can they find the midrib and petiole? (The midrib runs along the center of the leaf and contains the central vein. It provides support to the leaf and ends in the petiole, the stiff stalk connecting the leaf to the plant stem.)
 - ❖ Unusual features on the blade (the flat part of the leaf made of green tissue which absorbs sunlight, making the sugar needed for the plant to grow). Are there holes from insects? Discoloration? Other damage?
 - Using the rubbings and the tree identification resources available, have the Cub Scouts work together in small groups to determine if their tree is deciduous or coniferous.

AFTER



Into The Woods

Requirement 3

Determine if your tree is native or was introduced to your area.

AFTER



Into The Woods

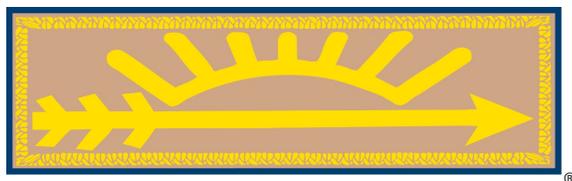
Requirement 4

Find out how your tree deals with wildfire.

- Discuss the meaning of the terms native or introduced.
 - ❖ Native trees occur naturally. Native trees are perfect for providing food and shelter for wildlife, manufacturing oxygen for both animals and humans.
 - ❖ Introduced trees are species that are not native to the specific locations where they are found. These non-native plants have usually become established at new locations due to deliberate or accidental human activities.
 - ❖ Sometimes trees are considered invasive. Invasive species adversely affect habitats and bioregions, causing ecological, environmental, and/or economic damage.
- Ask Cub Scouts to think about native and introduced trees:
 - ❖ What are some examples of native trees in your area? What are the benefits these trees provide to your community?
 - ❖ What are some examples of introduced trees in your area? Why were these trees introduced? For decorative landscaping? For lumber harvest? For agriculture?
 - ❖ What are some examples of invasive trees in your area? How or why were these trees introduced? What impact are they having on the native trees? What impact are they having on wildlife?
- Have Cub Scouts determine if the tree they selected is native or introduced. If introduced, is the tree invasive?

- Show the Burning Questions information sheet and go through the information
- Fire-adaptation of woody plants include: thick, protective bark, rapid wound closure, ability to resprout from protected stem buds, flammable litter, and seeds adapted to germinating post-fire. Does their tree have any of these?
- Pyrophytes are trees that rely on periodic wildfires to thrive. They invest a lot of energy in growing thick bark and usually short. They count on fire to clear out competing trees.
- Mesophytes are trees that are fire-sensitive. They grow fast and get tall, and will often out-compete pyrophytes for light - unless there is a forest fire, of course. Their litter retains moisture and is fire-retardant.
- Both pyrophytes and mesophytes tend to be surrounded by other similar plants - in healthy ecosystems, flammable grasslands and pyrophytes grow together, whereas mesophytes tend to form forests.
- There are also in-between trees that are fire avoiders.
- Examples of pyrophytes: Southern red oak, blueback oak, turkey oak, sand post oak, curly mesquite, shortleaf pine, longleaf pine
- Examples of mesophytes: Laurel oak, water oak, ashe juniper (mountain cedar), redberry juniper, honey mesquite
- Examples of fire avoiders: Live oak, sand live oak, loblolly pine

AFTER



Into The Woods

Requirement 5

Learn how wildlife uses your tree.

- Discuss with AOLs some ways in which animals depend on and use trees.
 - ❖ How is the tree used for shelter? Is there a nest in its branches? Is there a hole or a hollow in which an owl, raccoon, or other animal could live? Can tree frogs, beetles, or bats live under the tree's bark?
 - ❖ How is the tree used for food? Does the tree grow fruit, seeds, or flowers that can be eaten by wildlife? Can woodpeckers and other wildlife eat the insects that live in the trees?
 - ❖ How is the tree used for protection? Can squirrels and deer mice store food in cavities?
 - ❖ How is the tree used as a playground? Do you see animals climbing around or in the tree? Do you see birds flying to and from it?
 - Have AOLs brainstorm ways in which animals might use the tree they selected. They should review their recorded observations from their tree inventory. Ask AOLs to share what clues they observed that indicate how wildlife uses their tree.
 - Ask AOLs how humans use their tree. Are the uses similar? Different?
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- Have the Cub Scouts form a single line, leaving a few feet between each child so that there is less goofing off. Have the first child at the head of the line be the starting gong by voicing out the sound of a bell: “go-o-o-o-o-o-o-o-o-o-o-ng.”
- After the “gong” rings, everyone becomes quiet and starts walking slowly and mindfully. Then call out, “Let’s notice what we are hearing.” After a minute or so, call out the remaining senses - sight, sound, smell, taste, touch, and mind.
- At the end of the 10 minutes, have the cub scout at the end of the line sound the “gong”.



The blue sky is always there.

Take a pause after each step in this contemplation to let the images arise.

- Like the vast blue sky above, there is a clear blue sky inside you - your mind.
- Clouds and rain, thunder and lightning, snow and wind come and go in the sky. In the same way, powerful feelings arise like storms inside us. Thoughts stir like the wind. Sometimes a soft rain of sadness pours down.
- Weather comes and goes, but just like the blue sky above, the sky of our mind remains clear and vast.



Tree



Fun on the Run

DURING



Tiger Bites



Running with the Pack



Bear Strong



Stronger, Faster, Higher



Personal Fitness

Requirement 4

Practice methods that help you rest. Do a relaxing activity for 10 minutes.

Golden Sun



Fun on the Run

DURING



Tiger Bites



Running with the Pack



Bear Strong



Stronger, Faster, Higher



Personal Fitness

Requirement 4

Practice methods that help you rest. Do a relaxing activity for 10 minutes.

Grounded to the Earth, open to the sky.

A tree keeps its dignity through all four seasons.

- Take a strong stance with your feet apart. Your torso, hips, and legs are your tree trunk. Your feet are firmly planted on the ground. Imagine your roots extending into the Earth to keep you in one spot.
- Your arms and upper body are your branches, flexible and open to the sky.
- Now take your tree through all four seasons. Begin with the budding of spring. Let your arms start to extend and reach for the sun. Come to the height of your growth in summer. In autumn, your branches sway in the wind, as your leaves fall. When winter comes, your life force moves into the ground. You rest quietly, branches bare, preserving energy for the new spring.



Smile like the sun.

The sun is always shining, even behind the clouds.

- Stand up straight. Plant your feet on the ground with your arms down by your sides.
- Take a big breath in. As you breathe, raise your arms; feel your upper body and head lift up. Stretch your mouth into the biggest smile you can make.
- Turn your head and arms from side to side, sharing your giant smile all around you. Relax your arms down, letting your smile relax. Repeat two more times. How did you feel the you started? Has it changed? Amazingly, sometimes just the act of smiling can cheer you up!



Gentle Breeze



Fun on the Run



Bear Strong

DURING



Tiger Bites



Stronger, Faster, Higher



Running with the Pack



Personal Fitness

Requirement 4

Practice methods that help you rest. Do a relaxing activity for 10 minutes.

Mountain



Fun on the Run



Bear Strong

DURING



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Refresh yourself.

Just as the wind moves through the trees on a hot summer day, you have a wind inside you that can refresh you anytime.

- Notice your breathing. No need to do anything special. Just take a moment and pay attention as you breathe in and out naturally.
- All kinds of thoughts might come up. You might feel bored or agitated and quickly want to do something else. That's okay. Just notice and then come back to your breathing.
- Like a gentle breeze in the trees, your breath is a powerful reminder that you are never completely stuck. There is always some movement in you and your life. Each moment, each breath, is fresh and new.



You're bigger than you think you are.

You can't always change what's happening outside, but you can be like a mountain and get bigger on the inside.

- Take a seat anyplace you can sense the Earth beneath you. Place your palms on the ground on either side of you. Feel yourself firmly planted, like the base of a mountain.
- Imagine all the life on, in, and around your mountain: bugs, animals, plants, trees, wind, rain, and snow. Your mountain has room for all of it.
- A mountain doesn't need to make life easier or harder for the bugs. It doesn't need to push away the snow or pull in the rain. A mountain simply *is*, big and stable. It doesn't get bothered or knocked over by anything.



Observant Owl



Fun on the Run

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See what's hidden.

Owls can see in the dark, and they are very stealthy hunters. In many cultures, Owl is honored for seeing what others cannot. Find your owl wisdom.

- Pick a place where you want to observe what's going on.
- Like stealthy Owl, find a spot to perch silently, where no one can easily see you.
- Look, listen, and feel the atmosphere with all your senses. What do you notice that you might not have seen without Owl's help?

