NatureCard #10

NatureTrack partners with schools, teachers, youth organizations, outdoor educators; local, state, county and federal parks and other non-profit organizations with a like-minded goal of inspiring a life-long fascination with nature through hands-on, outdoor, real-life experiences.

Kids in Parks is one of those organizations. Find the following seasonal TRACK-tivities @ kidsinparks.com

**H.I.I.T. the Trail**

H.I.I.T. (High Intensity Interval Training) is a style of exercise with intense activity followed by a short period of rest. Let’s ask some of the best animal athletes in the world to help us make our own H.I.I.T. workout!

- **FROG HOP**
  - Crouch down and hop forward like a frog.
  - Frogs use muscular back legs to jump up to 20 times their body length!

- **INCHWORM CRAWL**
  - Walk your hands out in front of you and then walk your feet up to your hands.
  - Inchworms aren’t actually worms at all, but are caterpillars.

- **DUCK WALK**
  - Crouch down with your hands on your head and waddle like a duck.
  - Ducks waddle because their bodies and feet are suited for movement in water.

- **BAT FLAPS**
  - Flap your arms like bat wings.
  - Little brown bats can flap their wings up to 20 times per second. How fast can you flap?

Kids in Parks provides a network of kid-friendly hiking adventures for families to enjoy!
Sensational Discoveries

Your senses can help you make amazing discoveries in nature. Go outside and let your senses guide you as you explore. Write down what you find.

Can you feel something:
- Rough?
- Smooth?

Can you smell something:
- Sweet?
- Musty?

Can you see something:
- Shiny?
- Pull?

Can you hear something:
- Loud?
- Quiet?


www.kidsinparks.com