

Unbelievably Fantabulous, 10-Yard Hike

TIME: 30-60 min.

OBJECTIVES: Iowa Core

Science

1-LS3-1. Make observations to construct an evidence-based account that young plants and animals are like, but not exactly like, their parents.

Physical Education

- **P.E. Standard 3** - Participates regularly in physical activity.

MATERIALS & RESOURCES:

- One magnifying glass per person
- Several bug boxes
- Small jars for observation
- Pencils and paper or notebook
- Simple field guides on insects, fungi, etc. (optional)

DIRECTIONS:

1. Distribute magnifying glasses.
2. Explain that you are going on a long hike. Build up the need for stamina & persistence. It's a 'long' hike! If you have not already done so, explain how to use magnifying glasses and hand out the jars.
3. Proceed to the area you have chosen. Spread the group out, two arms' lengths apart, with you in the middle. Have everyone who is able (including you) get down on hands and knees. Tell the group the hike is from "here to there" (approximately 10 yards), and they are to find every living thing (on or slightly below the ground) they can in that space.
4. Magnifying glasses and fingers are their only tools. Crawl with them and make much of your own discoveries, sharing them with others. Point out the change in perspective when sitting or crawling on the earth as compared to standing. Also talk about the difference in perspective between humans and the very small organisms you're likely to encounter. Sometimes, humans have very different perspectives because we see things from different a different viewpoint.
5. Help the group figure out things they don't understand or recognize. Share in the excitement.

6. You may wish to hand out notebooks or field guides so participants can draw their findings.
7. If you collect anything in your jars and bug boxes for later observation, make sure you release them promptly after identification.
8. Gather the group at the end of the hike. Review and list what they discovered.
9. Discuss the implications of this miniature world.
10. You may want to try another hike in a different area or park. You can reuse all of your materials, and if you've provided a small notebook it will be easy to make comparisons.

BRIGHT SPOTS:

What happened when you crawled on your hands and knees? How did hiking on your hands and knees change your perspective?

How do you think you'll see things differently when you take a hike now that you've taken one on your hands and knees?