



# 2021 Hike for Mike

## *Activity & Mindfulness Guide*

**Download and print this guide and bring it with you on your hike for some fun activities for you and your kiddos!**

Scavenger Hunt (for littles and teens)

Rainbow Walk

Teen Bingo

Find and Draw

Conversation Starters

Hike Favorites

Nature Collection

Present Moment Observations

Yoga & Stretching

Mindfulness Exercises

# Scavenger Hunt!



- |  |  |
|--|--|
| <input type="checkbox"/> An acorn            | <input type="checkbox"/> Two kinds of sticks |
| <input type="checkbox"/> Something colorful  | <input type="checkbox"/> Something bumpy     |
| <input type="checkbox"/> A pinecone          | <input type="checkbox"/> A flat rock         |
| <input type="checkbox"/> Two kinds of leaves | <input type="checkbox"/> A flower or petal   |
| <input type="checkbox"/> Something smooth    | <input type="checkbox"/> A ladybug           |
| <input type="checkbox"/> Something rough     | <input type="checkbox"/> Grass               |
| <input type="checkbox"/> An ant              | <input type="checkbox"/> A bird              |
| <input type="checkbox"/> A feather           | <input type="checkbox"/> A seed              |
| <input type="checkbox"/> A bug that crawls   | <input type="checkbox"/> Something beautiful |



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# TEEN Scavenger Hunt!



## WHAT TO DO

- ☐ Tell 3 people why you are hiking (collect screenshots if done over text)
- ☐ Stay off of your phone for at least 10 minutes
- ☐ Do something outside you enjoy i.e. skateboard, people watch, jump rope, etc.
- ☐ Tell a friend or stranger something nice about them
- ☐ Take a selfie on your hike
- ☐ Sit still for a few minutes and see what you hear, smell, see, feel, or taste
- ☐ Reflect on your day i.e. favorite part, least favorite part, funny moments, etc.

## WHAT TO FIND

- ☐ A sign that has your or team member's name
- ☐ Something that starts with the first letter of your name
- ☐ A porch decorated for Halloween
- ☐ Someone taking a selfie
- ☐ A bumper sticker on a car
- ☐ Someone walking their dog
- ☐ A bench
- ☐ A stop sign

# Rainbow Walk



Find something red, orange, yellow, green, blue, and purple on your hike. Notice the colors that surround you, and take pictures, draw, or write down the different items you see.

Red	Orange
Yellow	Green
Blue	Purple



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# TEEN *Bingo*

Post about the Hike for Mike or tell someone why you're hiking	Give someone a hug	Listen to your favorite song	Saw someone doing a TikTok dance	Do your favorite hobby
Watched something funny with a friend today	Unplug for a little while	Do something for self care	Set a goal for yourself	Watch your favorite movie
Practice a mindfulness activity	Exercise	<b>FREE</b>	Drink water	List reasons you love yourself
Introduce yourself to someone new	Write or draw	Take a nap	Do an act of kindness for someone	Eat something delicious
Go to bed early	Spend quality time with someone	Write a letter to someone	Find a spot to go whenever you are upset	Clean



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# Find & Draw!



A pretty leaf

A fence

A colorful bug

A funny shadow

A cloud

An animal



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# Conversation Starters

1. What are the three most interesting things about you?
2. Name five reasons you're glad to be alive.
3. If you could have a conversation with anyone in history, who would it be?
4. If your best friend could be anyone from a book you have read, who would it be?
5. Would you rather live in a castle, on a boat, or on a cloud?
6. If we had a special day together what would you want to do?
7. What three words do you think best describe our family?
8. What is your favorite family tradition?
9. Would you rather time-travel into the past to meet your ancestors or into the future to meet your descendants?
10. What traits do you most admire in other people?

# *Hike Favorites*

**Favorite plant you saw:**

**Favorite flower you smelled:**

**Favorite animal you heard:**





# *Nature Collection*

**Collect cool items (twigs, leaves, petals, grass, feathers, etc.) you find on your hike and tape them on this page!**

# Present Moment Observations



**Ask your kid(s) to record what they see, hear, smell, touch, and feel. This is a nice grounding exercise and allows them to reflect while they're outside.**

*See*

*Hear*

*Smell*

*Touch*

*Feel*

# Yoga and Stretching



**Yoga is the “union” or coming together of mind (thoughts and feelings) and physical body.**

## *Try It!*

- Practice and model the movements
- Emphasize breathing
- Encourage body movement exploration
- Keep it simple and enjoyable
- Choose postures that allow for success
- Empower children
- Be patient & offer modification

# Mindfulness Activities

**Need to take a break? Here are some things to do while you're resting!**



## Watch Wildlife

Once you spot something, spend time watching its behavior. Binoculars help, but are not necessary. Afterwards, talk about all the things you saw that you never noticed before.

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## Watch the Clouds

Sit or lie down on the ground. Breathe in and out as you watch the clouds roll by. And of course, take note when a cloud looks like something else. This is a fun activity by itself!

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## Play "I Spy"

This is a game that practices mindfulness through mindful observation. Have one person find a target item. They might say, "I spy something green." Others in the group should look around and take turns guessing what item might be the target.