

Hike & Learn



With Your Preschooler...

A hike on your favorite trail can be a learning experience for your child.

As you are hiking, talk to your child about:

COLORS: Name the colors of the flowers, trees and rocks that you see.

SIZE & SHAPE: Compare and contrast leaves and rocks. Ask them to describe what they see. For example, you may state, "This leaf has pointed sides. Tell me about that leaf."

COUNTING: Ask your child to help you count types of animals, insects and flowers. You can even bring along a notebook and pencil and create categories of what you see. You can help your child tally how many of each item they see.

NEW WORDS: Hike through the woods and take turns naming what you see. Practice rhyming words. For example, Ask your child, "What rhymes with tree?"

DESCRIBE: Have your child talk about what they see and hear. For example, have them complete the statement "The woods sound like _____".

STORY TELLING: Share with your child your past experiences hiking. Talking with your child is one of the best things you can do to help improve their language skills.

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Expand your hiking themed learning experience by sharing with your child these picture books from the library...

Henry Hikes to Fitchburg
By D.B. Johnson



Willie Takes a Hike
By Gloria Rand

Sheep Take a Hike
By Nancy Shaw



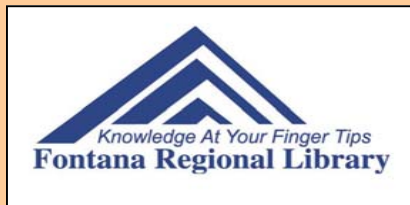
Sophie's Knapsack
By Catherine Stock

Berenstain Bears Blaze A Trail
By Stan Berenstain



Molly Pink Goes Hiking
By Judith Caseley

Ask your librarian to suggest other books for your preschoolers.



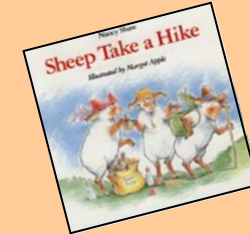
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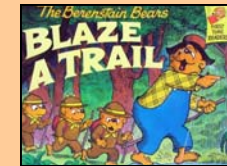
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