| **Lesson Guide** |
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| **Date:** | **Topic: Health and Wellness** |
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| **Lesson:** |
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| Hike |
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| **Materials:** |
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| Appropriate footwearWater bottlesSmall backpacksFirst Aid kitEmergency InfoInsect repellantScavenger hunt list if desired |
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| **Learning Objectives:**  |
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| * Students will demonstrate bus safety
* Students will remain on path/trail
* Students will remain with group
* Students will listen to/follow directions of guide/leader
* Students will interact with peers
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| **Structure/Activity:** |
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| 1. Discuss where students will be hiking and expectations of trip
2. Board bud
3. Remind expectation before students leave bus
4. Hike, stopping periodically to observe and discuss different things.
5. Optional (have a scavenger hunt for things seen on hike-i.e. green plant, Bird, rock, flower, etc.).
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| **Assessment:** |
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| CBI Hike Assessment |
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