Adventures A-Z with Your Family!

KFES students already know about Adventure. It allows us to "Sharpen the Saw" because it feeds our body, mind, heart and soul. Adventure can be anything that builds skills, habits, character, courage or confidence, and it can happen anywhere. This is the perfect time to plan your own Adventures with your family. Here are some ideas and guidelines to follow.

1. Choose a place where you are not likely to see many people. Consider trails, beaches, creeks, hills, forested areas, or even your own back yard.
2. For safety, make sure to go with a parent or adult family member.
3. Choose activities to try on your adventure. Here are some ideas A-Z:
   a. Animal tracking, Art with natural materials
   b. Biking, Bird watching, Building (fort, sand castle, toy boat, etc.)
   c. Camping, Cooking outside
   d. Drawing landscapes, plants or animals that you see in nature. Dribbling a basketball every day for 10 minutes (switch hands). Dancing (check out Go Noodle online!)
   e. Eat courageously! Try eating new fruits and vegetables.
   f. Fishing, Fixing things, Frisbee Golf
   g. Get stronger (make a workout plan with an adult family member and follow it EVERY day)! Geocaching, Gardening.
   h. Hiking, Hunting for sheds, Hide and seek.
   i. Insect Identification, Inventions
   j. Jogging or Jumping rope for 10 minutes EVERY day
   k. Kayaking, Kicking
   l. Litter pickup, Long walk on the beach, Learn to play an instrument
   m. Make a Meal for your family, Morel hunting, picking, and cooking!
   n. Nature photography, Nature art
   o. Outside Obstacle Course - build or find one, then have a family competition.
   p. Plant study (grow plants at home and observe/record their growth in your journal.
   q. Quit your worst habit!
   r. Rock on! Rock skipping, rock stacking, rock collecting, rock painting! Rube Goldberg Machines at home! (Look this up on YouTube)
s. Star-gazing! Study the stars and planets in the night sky. You can use photos and diagrams from books or internet, or an app on your phone to identify them!

t. Take your dog for long walk and Teach it new Tricks.
u. Under Cover! Build a shelter in nature or pitch your tent in the woods or backyard.
v. Visit somewhere new, a place in nature that you have never been to before.
w. Water sports, Write a story, Wildlife Watching
x. X marks the spot! Hide a treasure, make a treasure map that leads to it, then send your family on a treasure hunt.
y. Yard games, Yoga (Cosmic Kids yoga on YouTube)
z. Zig Zag dribbling challenges with feet (soccer ball) and hands (basketball). Set up a zig-zag course using cones or other markers. Using both feet or both hands equally, see how fast you can zig-zag through the course without losing the ball or touching the markers. Try to improve your coordination and your times each day. Have a family member observe and record you.

4. Use a journal to share your experiences on every Adventure! Any type of notebook will do. When you return from your Adventure you can take time to reflect in your journal.
   a. Make a title that includes the name of the place, the date, the activities you did, and list the family members who went with you.
   b. Draw a picture, insert a photo, or write a story or a poem about your experiences.
   c. Save your journal to share the memories with family members, or teachers and friends when you return to school.

I can’t wait to hear all about your Adventures when we see each other again! Be safe, enjoy your time with family, and have courage! See you soon!

Mr. Stewart
PE & Adventure Teacher

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Crew Leaders