

“I’m bored! Are we done yet? Can we get a snack?”

The common complaints and how we ***might*** be able to stop them!

- “If I Was a Fairy/Gnome”
 - Easy, no prep, and perfect for all ages. Have your kids engage in their environment as they try to find the perfect home for their fairy or gnome alter ego.
 - This game will provoke conversations about shelters, ecosystems, tree lines, and imagination while keeping the kids focused on their steps and the trail around them.
- “Would You Rather...”
 - Easy set up only requiring you to brainstorm some questions ahead of time. Just like it sounds, you will be asking your child to pick between two scenarios. Some questions can be silly: “Would you rather have hands for feet or feet for hands? ...Cough bubbles or burp glitter?” Simple and insightful questions may include: “Would you rather eat only pizza for a month or never have pizza again? ...Go to the moon or go to a famous city?” Other questions, typically geared towards older children, can help start heavy conversations: “Would you rather bring back an extinct animal or stop the extinction event for a future animal? ...Be famous for your art or your athletic capabilities?”
 - This game is beneficial as a distraction while on a long hike. It also is easy to customize for various age brackets and can be used to improve critical thinking skills, communication, and debate experience.
- “What’s Your Favorite”
 - Another simple game with no real preparations required. This game just needs you to think of different “favorites”. Topics can include veggies, trees, songs, books, board games, smells, insects, shapes, etc.
 - This game is great for distractions and passing time while opening up family conversations.
- Nature Journaling
 - More labor intense for an initial setup, but it doesn’t have to be too expensive or difficult. Simply bring some color pencils and a small notebook with you on a hike. When a break presents itself, have your child color or draw what they see or feel. This break will promote mindfulness of their surroundings and a chance to use some creativity.
 - If your child sees a cool plant or tree, maybe look it up and learn more when you get home!
- The point of these activities is to distract our kids without dismissing them. Everyone can get a little bored or uncomfortable on a hike sometimes. If we keep our brains busy and the conversations flowing- the hike is quicker and more enjoyable for all!