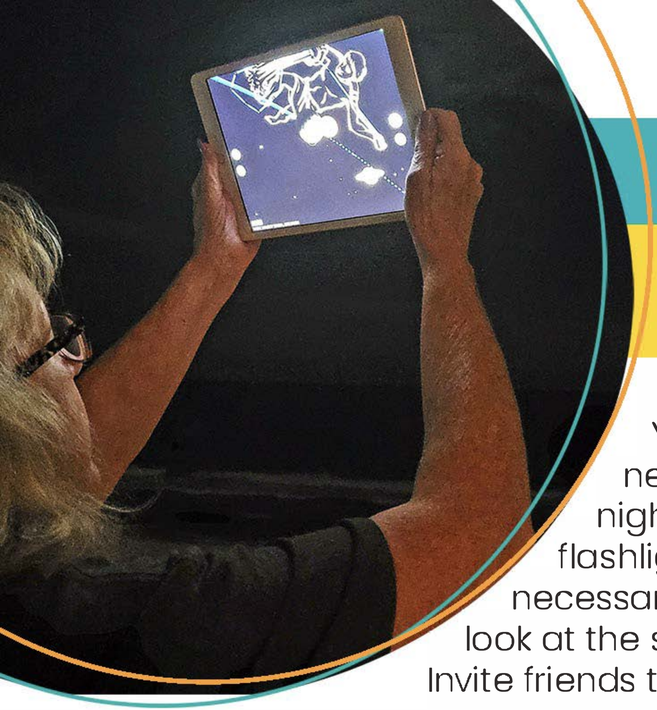

Pathway
to Stewardship & Kinship

ADVENTURE 3
NIGHT ADVENTURE!

This week, take your family on a night hike! You can follow a familiar route, even in your neighbourhood, and see how different it looks at night. Try to find a place without street lights. Bring flashlights or headlamps, but only use them if really necessary. Even better, go out on a cloudless night and look at the stars! Stargazing is best in places with few lights. Invite friends to come along!

Pathway Links:

Landmark 1: Explore outdoors together
Landmark 3: Exercise the senses every day
Landmark 6: Play in nature
Landmark 9: Visit a outdoor place in nature
Landmark 12: Meet nearby friends

Try downloading the free Skyview Lite app to help you explore the night sky.

Your challenge

Go for a walk together after dark for at least 30 minutes. Listen carefully. What sounds do you hear that you don't hear during the day? Did you see any wildlife? Some animals are more active at night (raccoons, bats, night hawks, owls).

Bring a blanket, lie on the ground and look up at the sky. Do you see the moon or any shooting stars? Can you find the big dipper?

Write about you went, what you heard, and what you saw in the sky. How did you feel about walking in the dark? Take a photo of your favourite part of your night adventure.

Options

For tiny children who may be nervous in the dark, hold their hand and be positive. Try encouraging the child to walk from one family member to another who is a short distance away, holding a flashlight, and praise them when they get there. Never 'spook' a nervous child, but be relaxed and supportive.

For older children/youth - find at least 3 constellations. Download the free **SkyView Lite app** to help you identify constellations, planets and more. When you get home, find some stories about the constellations you saw.

Looking for more ideas for activities? Visit:
pathwayproject.ca

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