

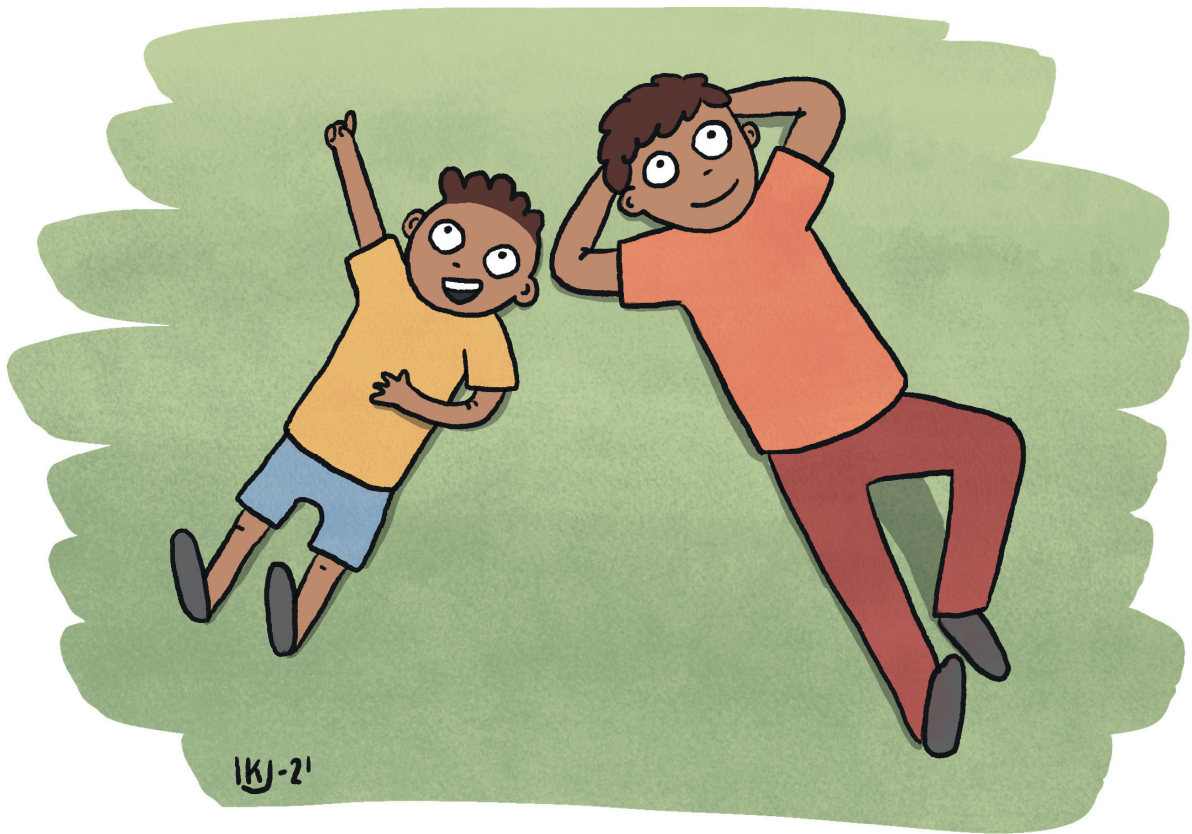
ANT

Can you find an ant?
Follow the ant, and see what it does.
Is there near an anthill, where it is travelling?

Find a piece of hay for every person in your group.
If you hold the straws near the anthill for a while,
the ants will spray some formic acid on them.

Do you dare to lick the hay?
What does it taste like?





STORIES TOLD BY THE SKY

Find a comfortable place where
you can lie down on your back.

See what happens in the sky.

Can you see funny or interesting shaped clouds?

Are there birds flying in the sky?

Is there something happening on the treetops?

You can make up a story together.

You can draw the shapes of the clouds
in the air with your hand.

Sometimes it is also nice just to
lie back and enjoy nature.





ONE METER HIKE

Measure a distance of one metre.
Lie down on your stomach on the ground.
Imagine that you are as small as ants.

Imagine what a one meter hike
would look and feel like,
if you were as small as an ant.





LEAF LOUPE

A loupe is a small magnifying glass, through which you can view nature.

You can make your own “loupe” from a leaf. Find a leaf that has fallen to the ground for everyone. The leaf should have a hole in it. If there is no hole in the leaf, make a small hole. View nature through the hole in the leaf. This is now your loupe.

What does nature look like when you view it through the loupe? Using the leaf loupe, can you find another leaf with a hole?





WALKING BAREFOOT

Take your shoes and socks off your feet.
Try to walk barefoot.

If you do not want to put your bare feet on the ground immediately, you can first move them along a tree trunk:

Lie down near a tree trunk.

Lift the soles of your feet against the trunk.
Walk your feet up and down
the tree trunk.





ADVENTURE ROUTE

You don't always need to walk along pathways; sometimes you can make your own adventure routes.

Zigzag under branches,
balance yourself on rocks,
and jump over a ditch.

What else can you think up?
Show each other the routes
that are the most fun.

