

WELLNESS EXPLORERS

EXPLORER NOTEBOOK

NAME : _____

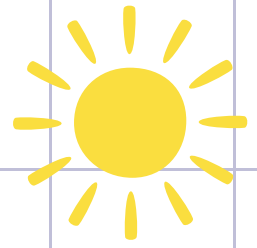
GRADE : _____

YEAR : _____



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SUN SAFETY



The skin is the largest organ of the body!
What can we do to protect our skin against UV light?



1.

2.

3.



4.



LEAVE NO TRACE



Trip Checklist:

- ✓ Bring garbage bags
- ✓ Stay on marked trails
- ✓ Leave what you find
- ✓ Respect wildlife



Note:



BUG BITES



Tick Bite



Mosquito Bite



Bee Sting



Spider Bite



Ant Bite

Note:



FITNESS STATION

Kids need at least 1 hour of physical activity every day! Exercise helps build strong bones and muscles, strengthens our heart, gives our brain a boost, and lowers our risks of getting certain diseases later on.



Stretching: _____



Aerobic exercise: _____



Strengthening: _____



HYDRATION STATION

We need to drink water everyday to help our bodies work properly!

Kids need about 5-8 cups of water each day: more when we play, sweat, and go outside.

The best way to stay hydrated is to take little sips throughout the day and drink lots of water when we feel thirsty!



FOREST FIRST AID

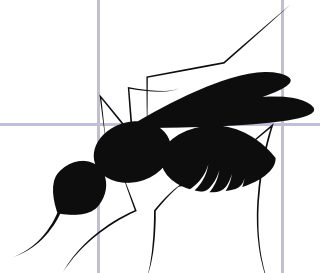
What to do if you get a cut or scrape:

1. Clean your hands
2. Then, use a bit of fresh water to wash off any dirt
3. Cover the wound with a bandaid
4. Tell an adult!



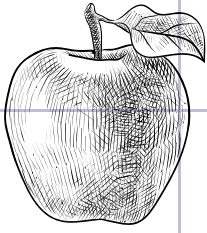
Being safe outdoors means being prepared. Depending on the weather and season, you may need a hat, warm jacket, or boots

Staying on the trail is not just so you don't get lost, it protects plants and wildlife from getting trampled

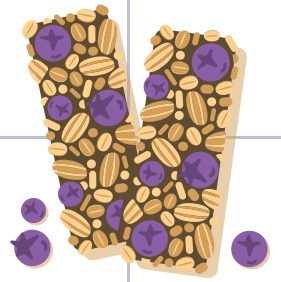


Long sleeves and pants protect you from bugs, especially in summer!





HEALTHY SNACK



Nutrition Facts

Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Sugars

Protein

Vitamin A

• Vitamin C

Calcium

• Iron

Your body needs fuel to hike. Food can provide fuel in the form of sugar, fat, and protein

Fill out the nutrition facts of your granola bar here!



Fruits and vegetables



Proteins



Grains and starches

What are some foods that belong to each group?

