



THE HIKE

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's exploration during this literacy activity. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.



Did you know reading books is a great opportunity to support STEM learning?

The Hike is a book written by Alison Farrell

The Hike is a book about three curious and intrepid young explorers enjoying a hike in the woods. They take notes on what they see, look for tracks, collect leaves and twigs, and even get a little bit lost. How will they find their way back?

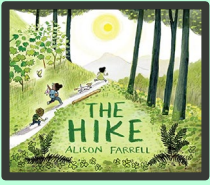
- If you do not have a paper copy of this book, watch a YouTube video of someone reading the book. If you prefer to read it to your child yourself, just mute the audio.

<https://www.youtube.com/watch?v=eyrsjFAC1pU>

- Check your local library to see if it allows you to borrow a digital version of this book to read on a laptop, tablet, or phone.

- Or find it online:

<https://www.worldcat.org/title/hike/oclc/1158903128>



THE HIKE BOOKMARK

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.

- Print this page and cut around the edges.
- Do not forget to **PEER!** Use additional Prompts if needed, Evaluate and Expand your child's answers, and Repeat the prompts.
- Look at STEMIE's tips for making adaptations to the storybook reading process and on the following pages:
<https://stemie.fpg.unc.edu/guide-book-adaptations>
- If you print this page, you can download or view online by scanning the QR code below.



Expanding | Science

The Hike

By Alison Farrell

C

Complete a sentence

Wren, El, and Hattie go on a _____ (hike).

R

Recall

"How many friends went on the hike?" (3)

O

Open-ended questions

"How are the creek, river, and waterfall different? The same?"

W

WH questions

"What does the steller jay say?" (shook shook)

D

Distancing questions

"What do you like to bring along on a hike? What do you like to collect?"

STEM Words & Ideas to Explore

- Liquid/Solid
- Living Things (animals, plants)
- Classify/Sort
- Observe
- Record



stemie.fpg.unc.edu



THE HIKE ADAPTATIONS

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.

SUPPORT CHILDREN WITH VISUAL IMPAIRMENT/DEAF-BLINDNESS/MULTIPLE DISABILITIES:

STORYBOX

Select corresponding items and place them in a container/box. Items may include:

- Leaves
- Pine boughs
- Snail shells
- Pinecones
- Small rocks



Image credit: Microsoft Stock

This adaptation can also...

- Increase children's attention and engagement
- Support children with sensory challenges



Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



THE HIKE ADAPTATIONS

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.

SUPPORT ALTERNATIVE WAYS OF COMMUNICATION:

PICTURES, SYMBOLS, SIGNS, AND/OR ICONS

- Select pictures that correspond to items/objects/animals in the book
- Add signs and icons to the story
- Use pictures along with a communication board to support STEM learning



Image Credit: STEMIE

This adaptation can also...

- Increase children's attention and engagement
- Support children' learning
- Support children who are deaf/with hearing impairment



Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



THE HIKE ADAPTATIONS

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

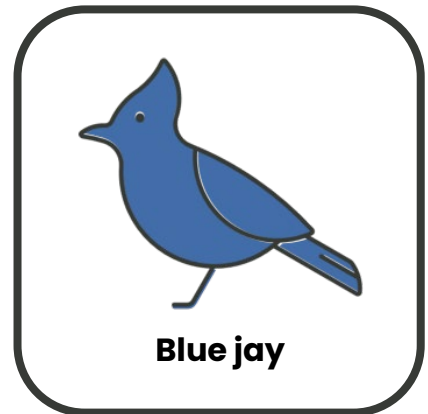
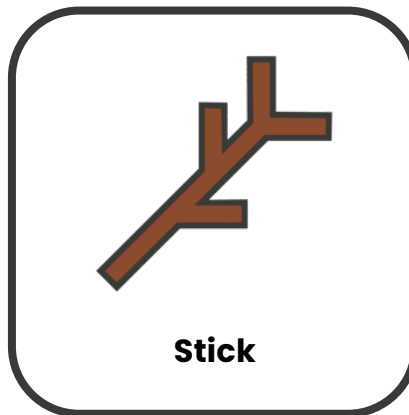
Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.

VISUAL CUES:
USE TO PROMPT

HOW TO:

Step 1: Print and cut out the images. You can also create your own visual cues (empty squares included).

Step 2: As you read, use tape or Velcro to attach the pictures to the corresponding pages in the book.



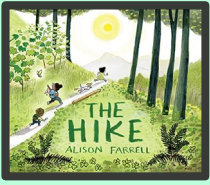
Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



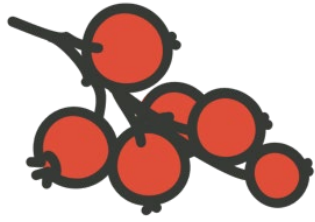
Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



THE HIKE ADAPTATIONS

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.



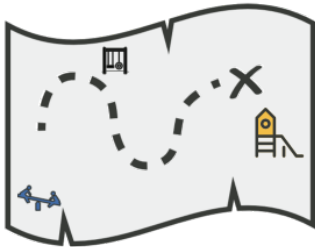
Berries



Basket



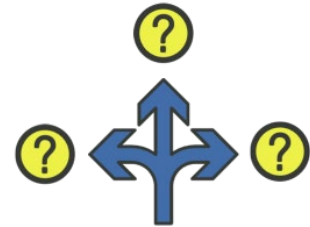
Woodpecker



Map



Mushroom



Lost



Sketchbook



Azure (Blue)



Animal tracks



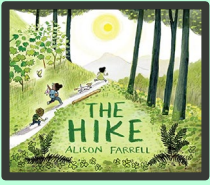
Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



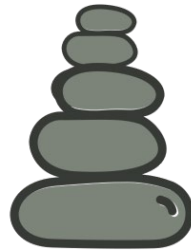
THE HIKE ADAPTATIONS

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.



Trail



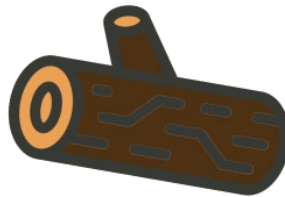
Cairn



Summit



Feathers



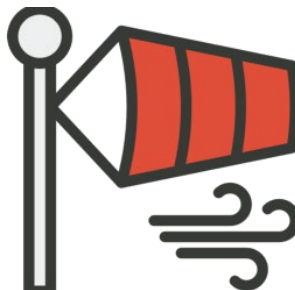
Log



Waterfall



Cirrus clouds



Wind



Constellations



Follow your child's lead and interests. Enthusiastically ask your child questions about what they are doing and what they like.



Answer your child's questions. If you do not know the answer, work together with your child to discover the answer.



Encourage your child to participate in the activity as much as possible. Praise your child's efforts and successes.



THE HIKE

EXPLORATION I

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.

Nature Walker

Description: Help your child **notice and identify living things**. Go on a walk together and encourage your child to be aware of any **animals (including bugs)** or places animals might **live**. Discuss why the **animal might live where they do** and **why animals might do what they do**.

What My Child Is Learning!

Going on a nature walk will facilitate your child's creativity and provide them with an easy way to learn more about their environments.

Examples of questions you might incorporate include:

- "What animal/insect is that?"
- "What do you think their beak/claws/antennae are for?"
- "Where do you think they live?"
- "Are they active in day (diurnal) or at night (nocturnal)?"
- "You're right, there is a bunny in the bushes! Why might it live there instead of in water?"
- "I see a worm wiggling in the dirt. Why might it live there? Do you think it is cold or hot in the dirt?"
- "You pointed at the bird in the tree. Do you think looking for food is easier or harder from up there?"
- "What happens if we add water to the soil/dirt?"
- "How can we place a big rock on top of a small rock without it tipping over?"
- "How are rocks and mud different? Similar? What about leaves and pine needles? Puddles and creeks?"

THE HIKE



ADDITIONAL ACTIVITY IDEAS

STORYBOOK CONVERSATIONS WITH YOUR YOUNG CHILD

Every child is different, and these are only suggested adaptations and activities. Do what works best for encouraging your child's independent exploration during this daily routine. Consult your pediatrician, physical therapist (PT), and/or occupational therapist (OT) first.

- Create a collection of items from your hike in a natural journal or box:
<https://www.kidsinparks.com/blog/creating-nature-journal>
 - Look for **flowers or leaves** that can be pressed, small flat rocks that can be taped down, lichen or moss that can be stamped onto the page with ink, feathers, or bark rubbings can be taken. Follow your park's rules about taking items home- many national parks are "leave no trace!"
 - Bring colored pencils or markers and a notebook to draw animals or plants that you discover.
 - Help your child **sort** the items by **living/non-living**, different types of non-living things (rocks, sand, dead or dry twigs and branches) and different types of **living things** (plants, insects, pictures, or feathers from birds you see).
- A cairn is a mode of pathfinding that hikers use when above the tree line (the height where trees can no longer grow because it is too rocky/cold/windy), using stacks of rocks for hikers to follow trails. Try the following investigations with rocks:
 - Look for **a variety of smooth, rough, round, pointy, large, and small** rocks to balance with and make a cairn (tower of rocks used to help hikers find the trail above the tree line)
 - Explore the purpose and history of rock cairns while hiking with the following link:
<https://www.nps.gov/articles/rockcairns.htm>
 - Look out for others' cairns as a wayfinding tool the next time you are on a hike!
- Check out our Discovery Play Activities for Nature Scavenger Hunt

