

GOING ON A HIKE

INFO



AGES 4-5



LOCATION
In a room



DURATION
15 minutes



LEVEL OF DIFFICULTY
Easy

OBJECTIVE OF THE ACTIVITY

To help children understand which items can help protect them against tick bites.

INSTRUCTIONS

Using the *Going on a hike* illustration,
Sing to the rhythm of *The farmer in the dell*:
“Today, I’m going hiking”
“Today, I’m going hiking”
“Hurray, hurray, hurray”
“Today, I’m going hiking”

Chorus
“I put on my long-sleeved shirt”
“I put on my long-sleeved shirt”
“Hurray, hurray, hurray”
“I put on my long-sleeved shirt”

Repeat chorus with each item:

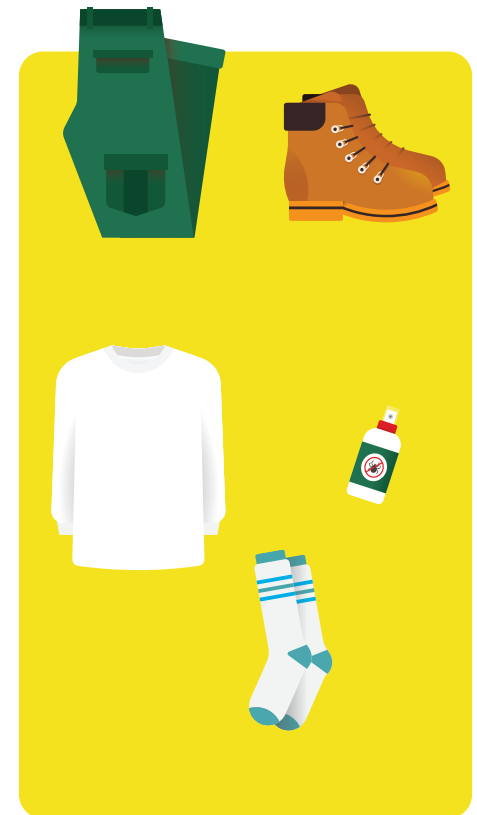
- Pants
- Socks
- Closed-toe shoes
- Bug spray

“Today, I’m going hiking”
“Today, I’m going hiking”
“Hurray, hurray, hurray”
“Today, I’m going hiking”

MATERIALS



- The *Going on a hike* illustration



BEFORE YOU START

Explain that:

- Ticks are often found in and near areas with trees, shrubs, tall grass, or piles of leaves.
- One of the best ways to prevent tick bites is to cover your skin with proper clothing and use bug spray.

ADDITIONAL INFORMATION

Explain that it is important to:

- Tuck your long-sleeved shirt into your pants, and your pants into your socks.
- Choose light-coloured clothing to spot ticks more easily.
- Wear closed-toe shoes.
- Use bug spray with DEET or Icaridin (always follow label directions).

Show videos:

 [Top 10 tick hiding spots](#)

 [How to reduce ticks around your home](#)

Test their knowledge:

 [Interactive games](#)



ENJOY THE OUTDOORS,
WITHOUT A TICK!



GOING ON A HIKE

