

Outdoor Adventure Flashcards with Leo the Lion

Learning objective: To identify key terms and safety rules for outdoor adventure activities.

Read the front of each card. Try to guess the answer before looking at the back. Use the word bank to help you.

A tool used to show you which way is North.

Compass

A bag filled with bandages and plasters for small scrapes.

First Aid Kit

A paper guide that shows paths, hills, and rivers.

Map

Drinking enough water to keep your body healthy.

Hydration

Wearing a hat and cream to protect skin from the sun.

Sun safety

Sturdy shoes or boots needed for walking on rough ground.

Footwear

Working together with friends to reach a goal.

Teamwork

Warming up your muscles before a long walk.

Stretching

Checking if it will be sunny or rainy before you go out.

Weather

Something you need a plan for if an accident happens.

Emergency