

Max and Leo's Ultimate Outdoor Adventure Guide

Step Outside, Explore Further, and Challenge Yourself!

- **Why is it essential to check the weather forecast and wear appropriate layers before heading out on an expedition?**
- **How does using a map and compass improve your spatial awareness and navigation skills compared to using digital devices?**
- **What are the physical benefits of varying your terrain, such as moving from flat paths to uneven woodland trails?**
- **Why must we follow the 'Leave No Trace' principle to protect the habitats of local wildlife?**
- **How can working as a team during an adventure help you develop better communication and leadership skills?**

Did you know? Did you know? Engaging in regular outdoor physical activity can boost your mood by releasing endorphins, the body's natural 'feel-good' chemicals. Whether you are climbing a gentle hill or navigating a forest trail, your heart, lungs, and muscles are all working in harmony to keep you healthy and strong!

Key vocabulary: endurance · stamina · navigation · coordination · resilience · environment · hydration · topography