

Max and Leo's Outdoor Adventure Guide

Grab your boots and get ready to explore! Adventure is waiting just outside your door.

- Always tell a trusted adult where you are going before you start your outdoor adventure.
- Wear comfortable clothes and sturdy shoes to help you walk safely on different types of ground.
- Bring a bottle of water to stay hydrated while you are running, jumping, and playing.
- Respect the natural world by taking all your litter home and leaving plants and homes for wildlife alone.
- Check the weather forecast before you leave so you know if you need a waterproof coat or a sun hat.

Did you know? Did you know? When you are outside, your body gets more Vitamin D from the sun, which helps keep your bones strong and your mood happy!

Key vocabulary: Compass · Hydration · Stamina · Navigation · Environment · Safety