

Joseph Cornell is a leader in nature education. His classic books—*Sharing Nature with Children*—contain simple, fun and effective ideas for exploring nature and learning in the process. Few materials are needed. The emphasis is on looking, listening, touching & learning.

Mr. Cornell suggests that together, we: 1) teach less & share more; 2) be receptive (listen & be aware, follow the spontaneous enthusiasm of a child in the woods); 3) focus the child's attention without delay; and 4) look and experience first, talk later. Activities for each of these concepts are found in the book.

The primary purpose of the Get Moving! program is to get outside and get some exercise while being with your family. One way to reduce the inevitable complaints from hot/tired/I-don't-wanna-hike-anymore children is to refocus their attention with activities. Bring a bandana to explore a tree blind-folded; bring along a magnifying glass; step from fallen leaf to fallen leaf. Enjoy your time outdoors with your family!

### **Suggested Goals**

Goal-setting should be SMART (specific, measurable, attainable, realistic, and timely). Set goals that are work for you, your group, or your family.

The San Juan Mountains Association will be recognizing:

- the family who hikes the most miles during the 2010 calendar year
- the family who spends the most time hiking
- the family who bikes the most miles
- the family who spends the most time exploring our public lands
- the family with the most improved hiking/biking results, week to week, and from beginning to end
- and simply for being a participant

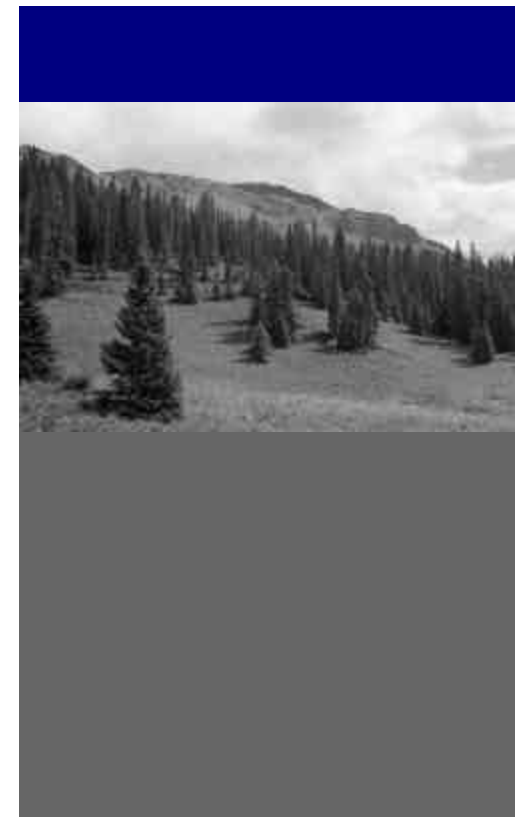
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**San Juan Mountains Association**  
PO Box 2261  
Durango, CO 81302  
[www.sjma.org](http://www.sjma.org)

**Education Program: 970-385-1256**  
**Email: [gabi@sjma.org](mailto:gabi@sjma.org)**  
**For Trail Information: San Juan Public Lands**

**Public Lands Info: 970-247-4874**



## **Get Moving!**

In today's busy world, finding quality and cost-effective family time can be challenging. Why not get outdoors and explore your public lands? Spend time together, get some exercise, and learn more about the natural and cultural resources of public lands ... inexpensive and fun for all!



The San Juan Mountains Association leads nature hikes for participants of all ages, in all kinds of weather.

## *Get out the Door!*

One way to motivate yourself and your family to put on hiking shoes and get out the door is to set goals. Identify specific trails to explore in the upcoming month or season. Or identify the number of miles you want to hike in the next four weeks, or over the summer. Another option is to identify the number of hours spent exploring public lands (this works well, especially with younger families). Start with realistic goals.

## *Get Your Gear!*

Check the weather—grab your hiking boots, rain gear, snowshoes, or cross-country skis. Put on sunscreen, fill a water bottle, and pack snacks. Grab field guides for wildflowers or geological formations or whatever your family wants to learn more about. Maybe take a notebook and pencils to record your experiences.

Consider keeping an “outdoor bag” packed and ready to go. All you need to add is new water & snacks.

## *Get the Goals Identified*

Consider doing the Get Moving! project with another family or a scout group or classroom. Set your goals. Use some of the ideas here as a starting place or create your own goals. Place the goal sheet in a prominent place in your home (like on the refrigerator). Consider putting up photographs of your family outside, exploring nature around the goal sheet. Maybe you will also want to create a “nature table” in your living room to display extra cool rocks & bones, etc.

## *Get it Done!*

Bring your completed goal sheet into any of Southwest Colorado's San Juan Mountains Association offices for a small prize.

## *Enjoy & Get Moving!*

