



For Faith Youth Leaders

Take your own "Reality Trip" as a group one Sunday or Saturday afternoon. Everybody bring a bottle of water, healthy snack, camera and or cell phone! Be creative, and have fun! Go online and get **directions** or find the **bus route** to a local park. Go to the **Parks and Recreation** website in your town or city. Find a **park you have never been to. Create your own rules. You can make it as easy, or as hard as you want. Have fun!**

Divide into two groups and assign two group leaders.

Rules

1. Both groups leave at the same time.
2. Each group spends one hour at different parks and they can't sit down. Use your camera or cell phone to record your adventure.
3. Each group has to phone the other group when they get to their destination. Record how long it took and the best route to the park.
4. Walk the park and discover 5 ways to be active for one hour. What makes this park a good or bad place to be active? Report back to the other group. Next week, switch parks and use the park report to get active for one hour. Take pictures. Did the group give a good park report? What would you add to the report? How would you rate the park on a scale of 1-10?

How does being close to nature relate to your teachings?

FOLLOW THESE SAFETY RULES

1. Be aware of your surroundings at all times.
2. Walk confidently.
3. Look people in the eye as you pass them. This lets others know that you are aware of their presence.
4. Wear shoes and clothing that allow freedom of movement.
5. Don't wear headphones while walking. Being able to hear your surroundings will allow you to notice someone you don't see.
6. Lock your vehicle. Don't leave valuables such as purses/wallets/cell phones inside.
7. If approached by a stranger don't allow yourself to be distracted. Reply from a distance and keep responses to questions brief and businesslike.
8. In case of trouble yell "fire" to attract attention.

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