

Rainbow Photo Gallery



CAN YOU FIND THE COLORS OF THE RAINBOW?

For this activity, search and find something on the trail that represents each color of the rainbow. Use your phone or camera to take photo of your findings. Use the checklist below to keep track. When you've got all the colors, look through your photos like a gallery!

Red

Blue

Orange

Indigo

Yellow

Violet

Green



Mindfulness Minute

While you're taking photos, take a moment to reflect on the beauty all around you.

"The essence of hiking is to leave life behind, if only for a few hours, and explore the world around you using only the power of your body. It is feeling your lungs labor, your muscles tighten and relax, and all your senses bringing new information into your brain. Being a Hiking Dude is being on the move, covering ground, challenging your body, and renewing your soul." ~ Paul Kautz, "Hiking Dude", IAT Thousand Miler Thru-Hiker