



FLASHLIGHT NIGHT HIKE

Explore the sights, smells and sounds of a night hike. Sharpen your senses to be able to spot animal life and the creatures who come out after dark. Experience the sounds of nature and try to identify all the sounds that surround you in the darkness.

In order to better “see” in the dark consider covering your eyes and avoiding white light for about 30 minutes before going outside. This will allow your rhodopsin levels to increase which will increase your natural night vision. Also make a red lens for your flashlight using red nail polish, a red felt tip marker or red cellophane so your eyes can continue to become more adapted to seeing in the dark.

LOOK AND LISTEN CHECKLIST

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| <input type="checkbox"/> Birds flying | <input type="checkbox"/> Cicada humming and clicking |
| <input type="checkbox"/> Owls hooting | <input type="checkbox"/> Coyote |
| <input type="checkbox"/> Hawk screeching | <input type="checkbox"/> Squirrels |
| <input type="checkbox"/> Cats meowing | <input type="checkbox"/> Raccoon |
| <input type="checkbox"/> Dogs barking | <input type="checkbox"/> Opossum |
| <input type="checkbox"/> Crickets chirping | <input type="checkbox"/> Skunks |
| <input type="checkbox"/> Frogs | <input type="checkbox"/> White rocks or stones that shine in the dark |
| <input type="checkbox"/> Toads | <input type="checkbox"/> Moving water |

- When you started the hike were you more dependent on your feet to help you feel your way?
- Discuss how your vision changed from the beginning to the end of the hike.
- How many of your senses were you able to use?
- What was the one thing you learned or enjoyed most on the night hike?
- Create a nighttime poem – have everyone write down one or two words from their experience and put them together to create a poem to help remember the night.

