

p!ay attention

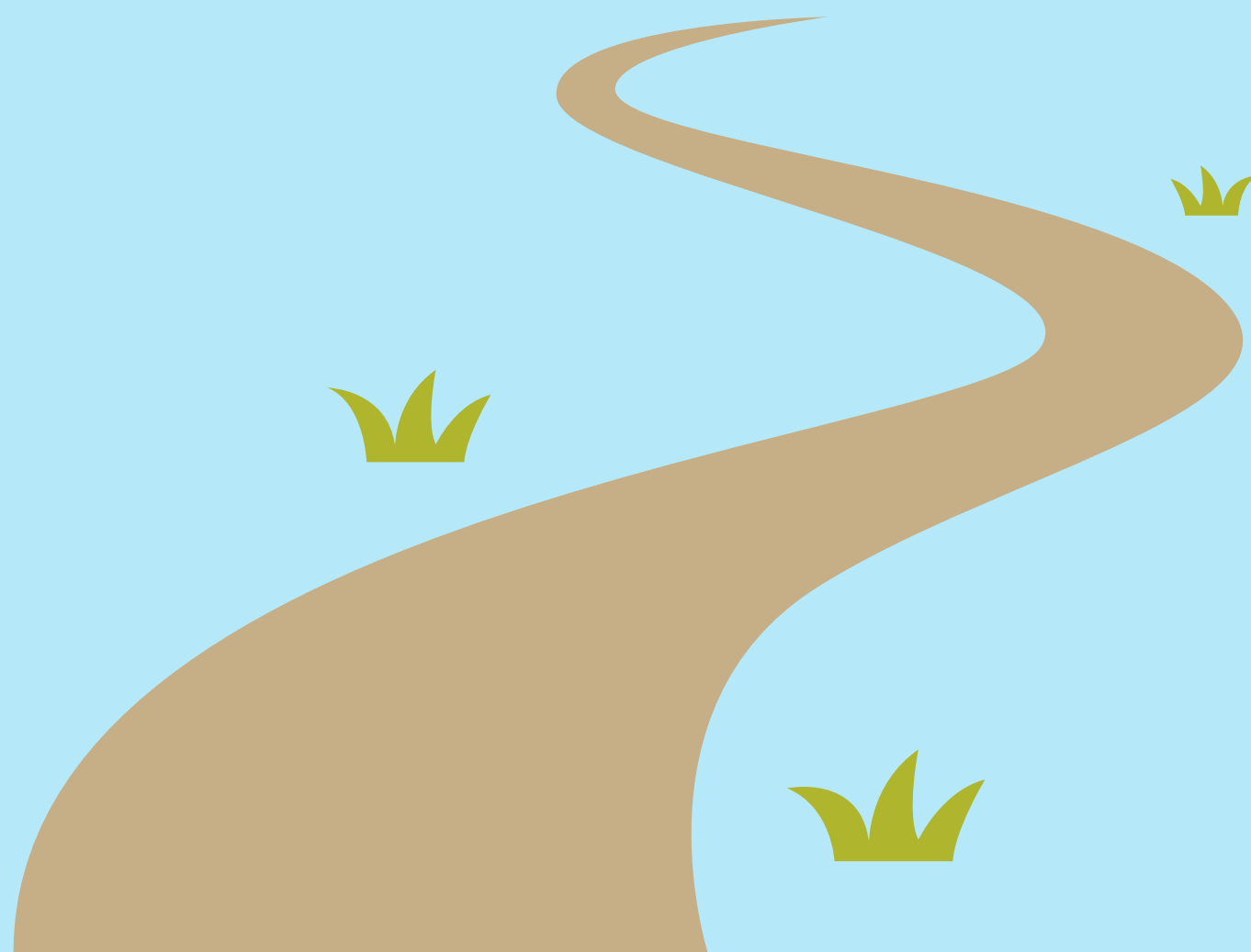
NATURE HIKES WITH MAPPING: A FAMILY GUIDE TO IMPROVING EXECUTIVE FUNCTION



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Welcome to your family guide for nature hikes with mapping! This activity is designed to be a fun and engaging way for families to spend time together while improving important executive function skills.

For those with ADHD, strengthening these skills is crucial for managing daily tasks, staying organized, and improving overall quality of life. Let's embark on this adventure and explore the great outdoors while enhancing our minds!



As you continue to enjoy these nature hikes and other activities, remember the importance of your **Play Attention** sessions.

Regular sessions can significantly enhance your ability to focus, organize, and manage daily tasks effectively. By combining your Play Attention sessions with practical activities like nature hikes, you are taking a comprehensive approach to strengthening your executive function skills.

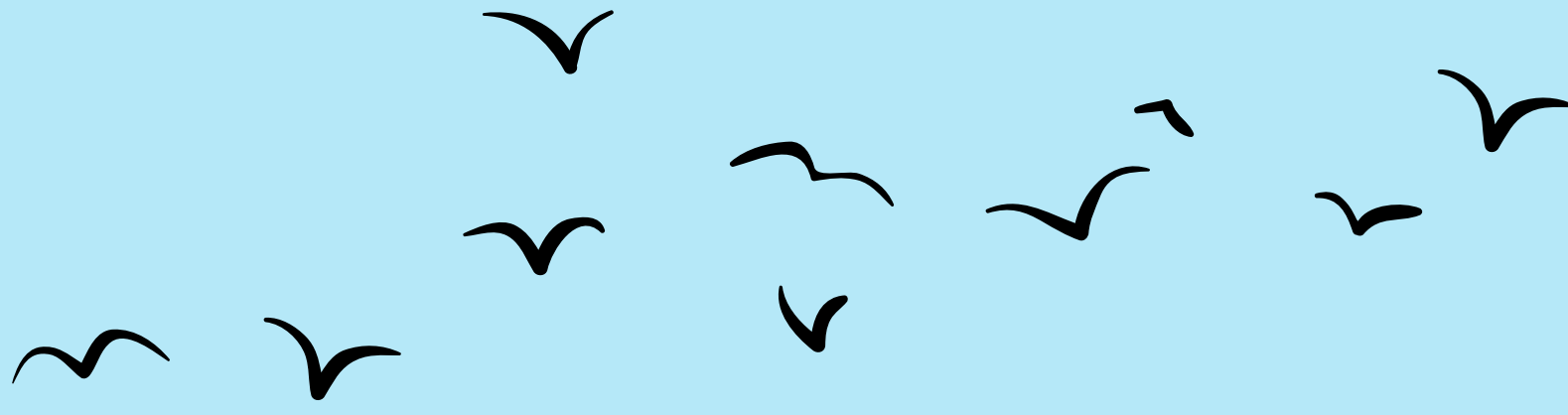


Why Executive Function is Important

Executive function refers to a set of mental skills that include working memory, flexible thinking, and self-control. These skills are vital for planning, focusing attention, remembering instructions, and juggling multiple tasks successfully. For individuals with ADHD, these skills often require additional support and practice.



Strengthening executive function can lead to better academic performance, increased productivity, improved social interactions, and greater independence.



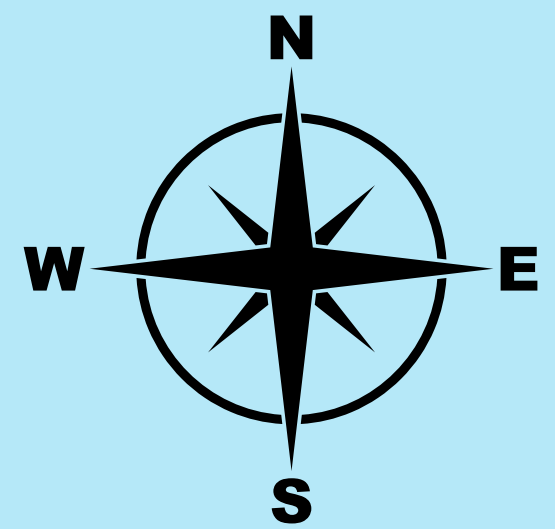
Planning Your Nature Hike

1. Choose a Location

- Select a local park, nature reserve, or hiking trail that is suitable for all family members.
- Ensure the trail has clear paths and is safe for children.

2. Gather Supplies

- Maps of the hiking area
- Compass or GPS device
- Water bottles and snacks
- Sunscreen and hats
- Notebooks and pens for journaling



3. Set Goals

- Decide on the distance you plan to hike.
- Identify specific landmarks or natural features to find along the way.
- Assign roles such as navigator, timekeeper, and photographer.



The Hike: Enhancing Executive Function Skills

1. Planning and Organization

- Before starting, review the map together and plan your route.
- Discuss the estimated time for the hike and schedule breaks



2. Working Memory

- As you hike, periodically ask each family member to recall specific landmarks or directions from the map.
- Encourage them to remember the sequence of trails or turns.

3. Flexible Thinking

- Be prepared to adjust your route if you encounter obstacles or if the group decides to explore a different path.
- Discuss alternative routes and make decisions as a group.

4. Self-Control and Focus

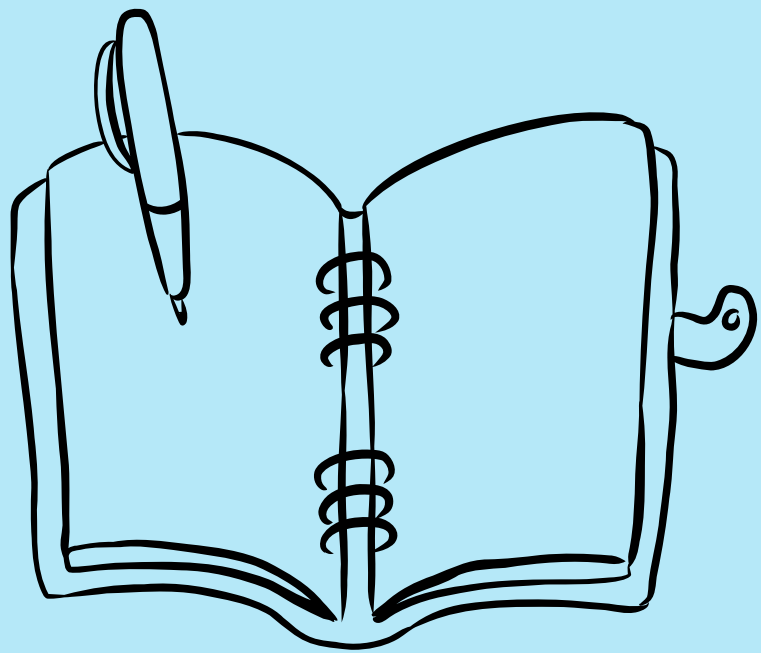
- Encourage everyone to stay on the planned route and resist the temptation to wander off.
- Use mindfulness techniques such as deep breathing to stay focused and calm.

5. Problem-Solving

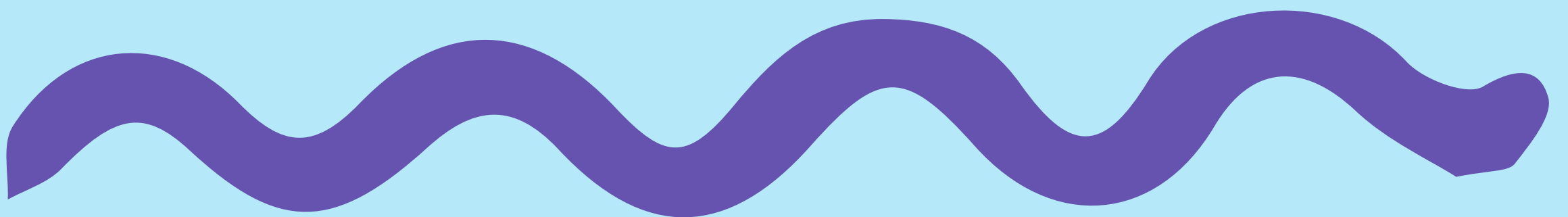
- If you get lost or face an unexpected challenge, work together to find a solution.
- Use the map and compass to navigate back to the main trail.

Journaling: Reflecting on the Experience

1. Record Observations

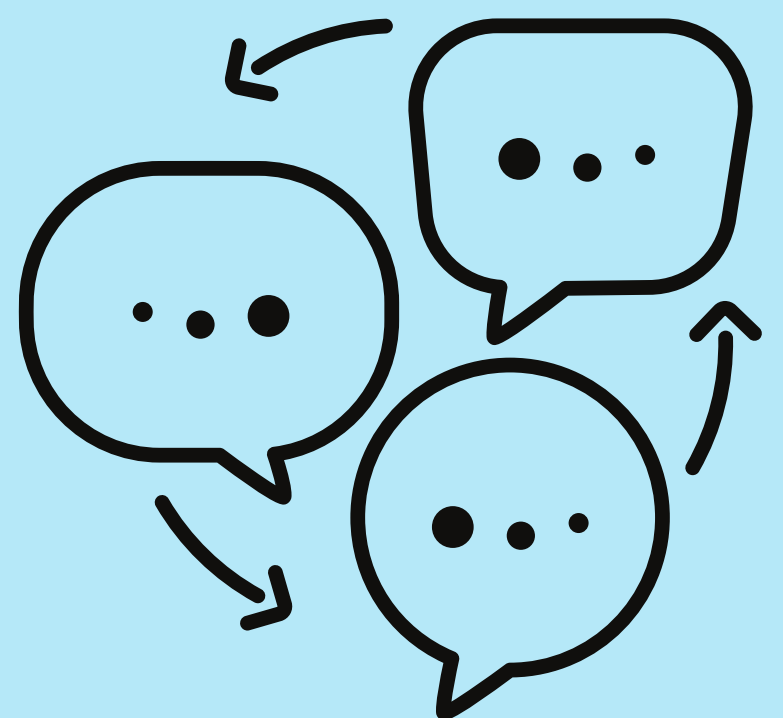


- After the hike, have each family member write about their experience.
- Note interesting sights, sounds, and any challenges faced.



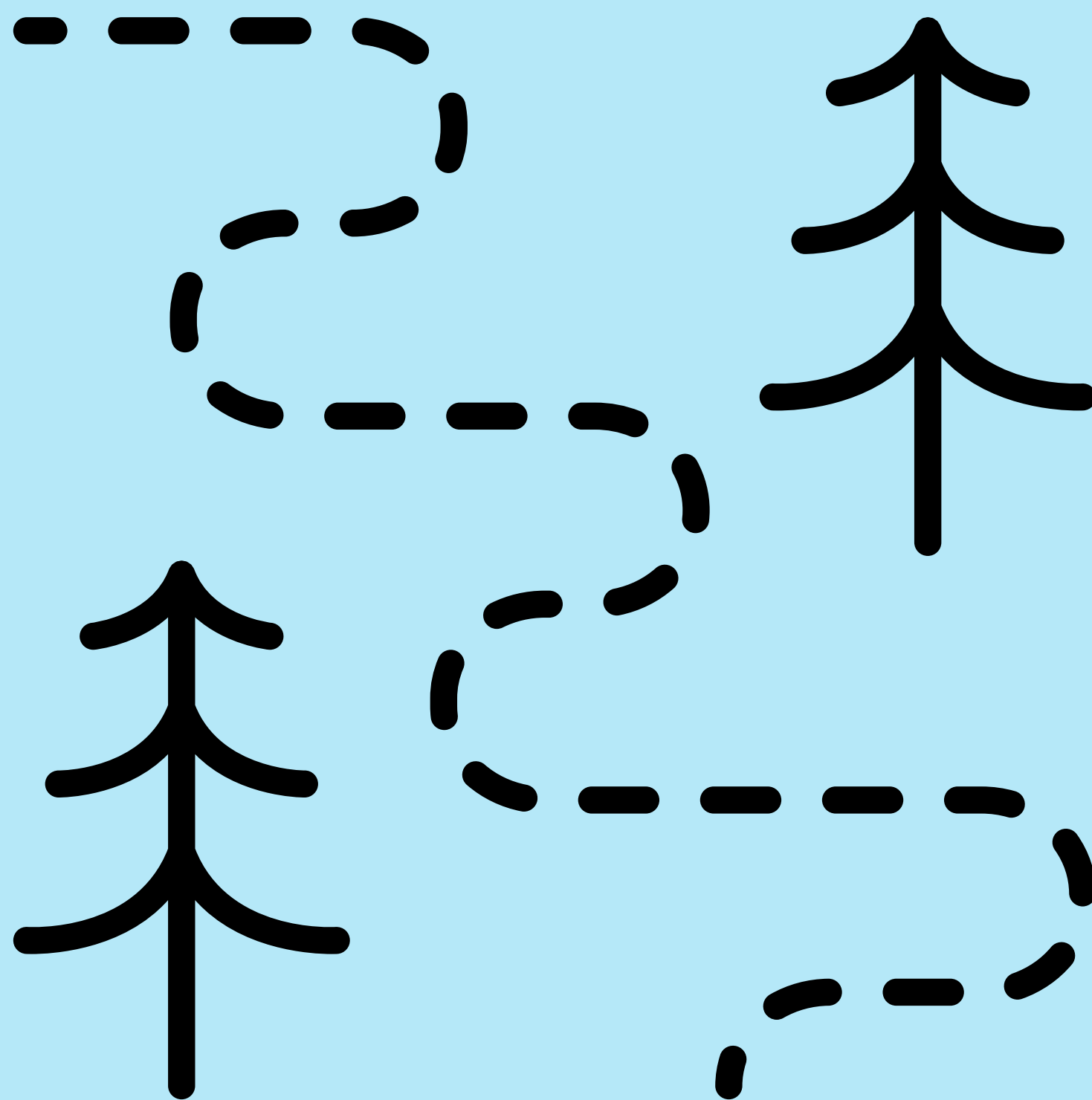
2. Share Your Findings

- Share your journals with each other and discuss what you learned about nature and executive function skills.
- Highlight moments where you had to use planning, working memory, flexible thinking, self-control, and problem-solving.



Nature hikes with mapping are a wonderful way to bond as a family while improving crucial executive function skills. These skills are especially important for individuals with ADHD, helping them navigate life's challenges more effectively.

Keep exploring, learning, and growing together, and don't forget to continue your Play Attention sessions for ongoing support and improvement.



Happy Hiking!