

Reading: Read each sentence two times. Use MORE INTENT the second time!

Lace up your boots and hit the trail!

Hike in forests, mountains, or deserts.

Check the weather before you go.

Leave no trace.

Conversation Exercise:

Answer with INTENT!

What does “leave no trace” mean?

What should be brought on a hike?

- Water
- Snacks
- Good shoes
- Map

Bonus Reading: Read the passage two times. Use MORE INTENT the second time!

The Appalachian Trail is about 2,200 miles long. It runs from Georgia to Maine. It could take hikers five to seven months.

https://appalachiantrail.org/experience/hike-the-trail/