



# Tracking

Create a trail for others to follow using tracking signs and symbols.



## You will learn

### To value the outdoors

Enjoy being outside, feel comfortable in nature, and feel connected to the natural environment.

### To communicate

Learn to express your own views, listen to others, and understand what they're trying to tell you.

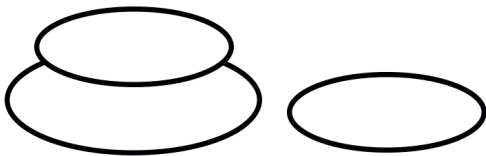
## You will need:

- natural materials (for example, leaves, twigs, feathers)
- tracking symbol sheets

## Before you begin

- Find a suitable location.
- Print out or create different tracking signs and symbols and put them on the ground. You could use any materials to hand for this.

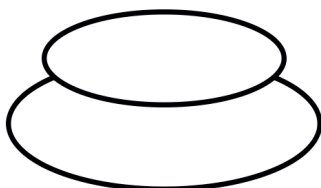
## Tracking signs



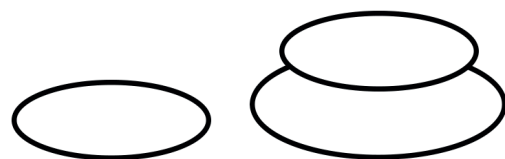
Turn right



Don't go this way



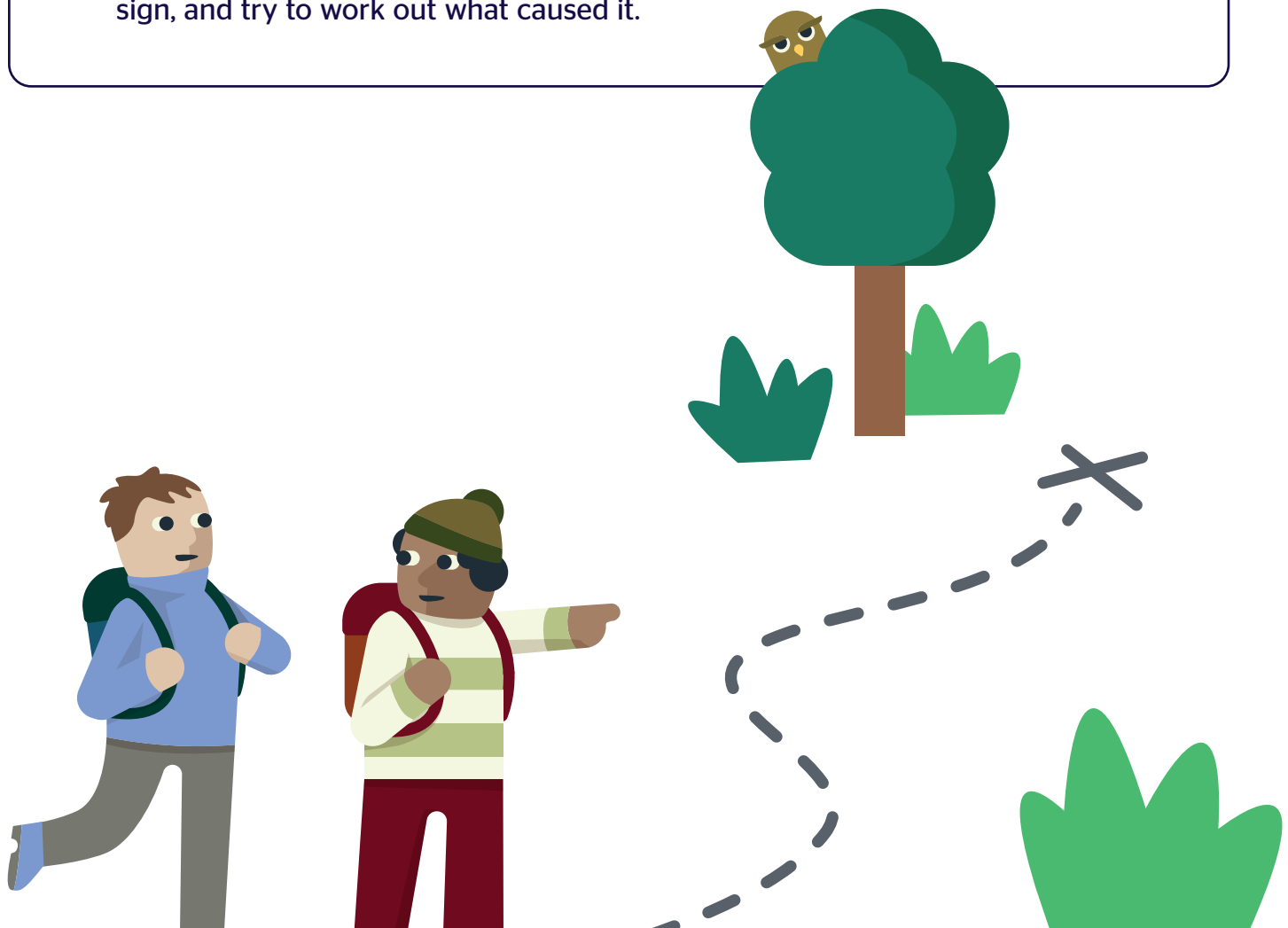
Straight ahead



Turn left

## Time to track

- 1 Introduce the art of tracking to the group. This means using signs and symbols to leave a trail for other people to follow.
- 2 Everyone should split into pairs or small groups. Each group needs a sheet to help them identify different tracking signs and symbols.
- 3 Each group should work to identify what all the signs and symbols on the floor mean.
- 4 Once everyone has finished, two pairs or small groups should join together. One pair should plan a simple trail for the other – one they can actually follow.
- 5 Everyone should think about what they could use to make the signs – this could be anything from chalk to sticks to grass to crisp packets – almost anything will work!
- 6 Each team has five minutes to lay out their simple trail, before testing if they can follow the route. Good tracking means you have to be observant and pay attention to your surroundings. This is a good game for people to look around them and observe and appreciate the area around them.
- 7 Swap over so the pair laying the trail now get the chance to follow a trail.
- 8 Follow up this activity by asking the group to look for natural tracks and signs, and thinking about what these might be. This could be something out of place, where an animal has disturbed something looking for food, or where a plant has been crushed by a foot, for example. Everyone should look for a natural track or sign, and try to work out what caused it.



## Reflection

Time	Activity
15 minutes	<p>This activity gave everyone a chance to enjoy being outdoors. What did you enjoy about making and following the tracks? Did you find it easy to spot and follow the tracks once you knew what you were looking for? Did you feel comfortable being outside to lay and follow the track?</p>
	<p>This activity needed everyone to communicate. When might you use a tracking sign or symbol to send a message to someone else? You might want to think about alerting someone to a hazard up ahead, or letting someone know where the camp or base is. When might laying a track be more useful than having a mobile phone? It might be useful when you don't have signal, or you wanted to communicate with people you don't know – or it might just be that laying a track is fun!</p>

## Change the level of challenge

Start with just a few tracking signs and add more as the group becomes more confident. Put tracking signs at different levels – try on logs or chairs as well as on the floor. You could also print out the different tracking symbols, if that makes them clearer to see.

