Hike Like an Ant
for Ages 5-12

Taking a hike from the perspective of an ant is a good way to see a space differently and learn about others’ viewpoints.

**ITEMS YOU WILL NEED:**
Outdoor space, two small sticks, paper, and writing utensils

**OPTIONAL EXTRAS:**
Colored pencils, something to sit on outside, and a long piece of yarn or ribbon

1. Think about life as an ant. If you were an ant, where would you live? What kinds of things would you like to do? What would challenge or threaten you? Find a nice spot to sit in nature and bring your paper and pencil. You can set something down on the ground to sit on if the grass makes you itchy.

2. Place the two sticks about one foot apart from each other in front of you. This is where your hike will begin and end, kind of like a start and finish line. If you have yarn, use it to lay down a hiking trail between your sticks. It can be as straight or winding as you like!

3. Imagine you’re an ant walking from your start to your finish line. What would you see? How do things look now that you’re tiny? What does it feel like to walk that far?

4. Write a story about your hike on your paper or draw pictures of what the hike looks like to you as an ant. Are the grass blades as tall as trees? Is that bird flying around very scary? Think about how you can compare the objects around you to things from “human life”.

Share one thing you noticed on your hike as an ant with someone else. Ask them if they observed anything today that they’d like to share with you. It’s important to remember that everyone sees things differently!

**TO FURTHER EXTEND THIS ACTIVITY:**
To learn more about ants and think about life as one, listen to the *Brains On* podcast or enjoy a reading of *Two Bad Ants* to see what life might look like as an ant.