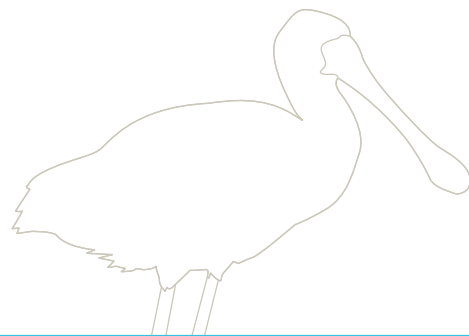


## Barefoot Bootcamp

*Adventure Level: Medium*



Explore the world through your feet. On your next outdoor adventure, take off your shoes and play barefoot for a new sensory experience.

### Find Your Barefoot Bootcamp

Explore the outdoor environment to find the perfect barefoot bootcamp. Look for a clear space away from other people.

### Be Mindful of Your Surroundings

Before removing your shoes, check the area with the help of an adult. Look for sharp objects, animal waste or stinging insects to avoid.

### Exploring with your Feet!

Take your shoes off and get ready for the bootcamp!

With your shoes off, explore the area using just your toes. Can you find any of the surfaces listed below in your barefoot playground?

☐ Mud

☐ Dirt

☐ Sand

☐ Grass

☐ Puddle

☐ Rocks

What was your favourite thing to feel with your toes?

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What was your least favourite thing to feel?

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Are there other places you could try this activity?

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