



Spring 2020 SOGO@HOME Adventure

Week 6 - Info sheet for Parents

F is for Friends

This page contains the lesson plans and goals for “Week 5: E is for Explorers” journal page. You will find the goals included in this page. If you have any questions please email us at squirts@sogoadventurerunning.com

Map Making for a Friend

This week’s activity is focused on an orienteering challenge and on staying connected with friends during this time where we have to stay socially distanced. The idea is to draw a map with a set of clues and with locations (just like at SOGO Adventure Running) marked. You can then drop this map in a friend’s mailbox or email it to them and they can have fun following it. If you are doing this in your neighbourhood, draw chalk pictures for them to find! Encourage them to make their own map for you!

Remember to not touch anything!

Another fun idea is to take photos beside their controls or checkpoints so their friends know exactly where to go.

See the activity page for a map example :)