Youth Group Program Request Form

Friends of the Frink

Group Name

Date of visit

Number of Participants

Contact Person

Phone

E-mail

Hike (1hr)

- ☐ Woodland Hike
- ☐ Wetland Hike
- ☐ Adventure Hike

Craft (45 min)

3-D creature from natural items

Field Study (30 min)

- ☐ Reptiles and Amphibians
- ☐ Pond Creatures
- ☐ Animal Homes
- ☐ Insects
- ☐ Micro investigations

Outdoor Cooking/Lunch (1hr to 30 min)

- ☐ Bannock/cinnamon & raisins or apples (1hr 30 min)
- ☐ Smores (1 hr)
- ☐ Hotdogs and marshmallows (1hr)

Games (30 min to 1hr30 min)

- ☐ Survival Game - 8 yrs and up (1hr30 min)
- ☐ Thicket Game - 4 yrs & up (hide and spot) (30 min)
- ☐ Camouflage Yarn Game (30 min)
- ☐ Nature Charades (30 min)
- ☐ Scavenger Hunt (30 min)
- ☐ Orienteering (compass work) (1hr)
- ☐ Mini Trail Adventure (obstacle course) (20 min)

Submit By Email to infofrink@fofc.ca

OR by FAX to 613-477-2828