



### **Be A Friend as You Walk the Trail**

- Be a friend to yourself. Take time to be.
- Enjoy the sights, sounds, smells, and feelings around you.
- Enjoy being with others.
- Be a good listener.
- Think about what people say.
- Respond to the ideas of the other people.
- Thank people for what they do as you are with them.
- Be a friend to the earth. Help clean up any litter that you find.
- Respect the property on which you are walking so others can enjoy it, too.
- Respect the homes of animals. Be a friend to the animals near the trail.
- Respect the plants and avoid bringing in invasive species. Be a friend to plants. Before entering and leaving the area, brush off your clothing and turn out pockets and cuffs. Try to prevent garlic mustard and other invasive weed seeds from traveling on your clothes.

- Leave the plants and animals where you find them so that they are near their special homes. Others who walk the trail will want to see the same plants and animals.
- Share what you feel and see with a friend.
- Make a list of ten or (any chosen number) of fall experiences you would like to have on an autumn walk. Help each other find things. Then talk about what you did on your walk.

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