



# ALICIA APPLE'S HEART HIKE



Bundle up and head outside! Did you know nature loves hearts too?  
Look closely as you walk and see how many heart-shaped surprises you can find.

## EXAMPLES:

- Tree branches forming a heart shape
- A heart shaped rock peeking out of the snow
- Animal tracks forming heart patterns
- A patch of snow or ice melting in a heart shape

ADD YOUR OWN:

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## DOODLE FUN

When you spot one,  
doodle it in the big  
open space below.



**Did you know?**  
Even in winter, fresh  
air can give you  
more energy.