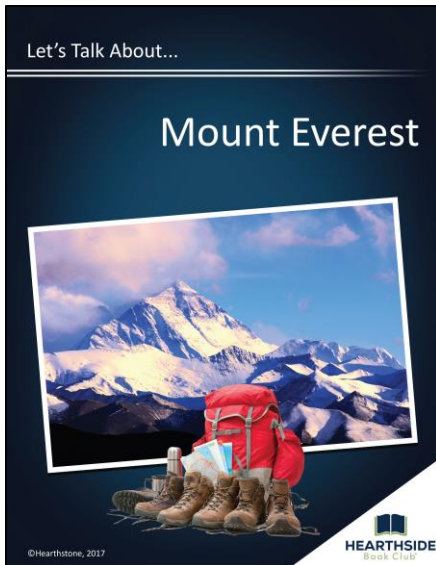


# Mount Everest

## Ideas Sheet



**Mount Everest is the tallest mountain in the world. It stretches more than 29,000 feet above sea level. This makes it about the same height as 20 Empire State Buildings stacked on top of each other. That's tall!**

**1**

*Next Reader,  
Please*

### Additional Topics for Discussion

- Discuss whether your participants think they have the determination needed to climb a mountain
- Talk about the cost of climbing Everest. Do your participants think it is worth it? Are there better ways to spend money?
- Would your participants enjoy a vacation in the mountains?

### Possible Props (or Photos) to Bring

- Photos of Mount Everest, including panoramic views from top
- Hiking gear such as large backpacks, portable cookware, and hiking boots
- Modern hiking snacks (gel-based food, dehydrated food etc.)

### Music to Play

- ["Ain't No Mountain High Enough"](#) (Marvin Gaye/Tammi Terrell)
- ["Take Me Home, Country Roads"](#) (John Denver)
- ["She'll Be Coming 'Round the Mountain"](#)

### Experiences Later in the Day

- Create cutout "mountain climbers," fake snow, and/or paper snowflakes (find tutorials online)
- Make "no bake" mountain peak cookies (recipes can be found online)
- Read diary entries from past climbers online
- Have an experienced hiker come talk about their experiences and how they prepare for a hike
- Have participants put together their own "survival kits," including character traits needed to hike Mount Everest