

Easy Ways to Connect Your Family with Nature

Playing outdoors with your kids doesn't have to be a hassle! Try these easy, fun ways to connect your knee-high naturalist with nature!

- Take a hike in the woods and bring your camera. Then, start a family nature photography journal! Try photographing the same spot every week to observe seasonal changes!
- Fly a kite. If you are feeling super crafty, here is a website with an easy-to-make kite: <http://www.skratch-pad.com/kites/make.html>
- Put up a bird feeder in your backyard and identify your feathered visitors. Or, make your own bird feeders out of pine cones, peanut butter and bird seed.
- Jump rope. It's not only fun, but healthy, too!
- Take a walk to your nearest nature area (a few trees or a small patch of grass is fine!). Spend a few minutes using your senses to observe nature. What do you see? What do you hear?
- Play some classic outdoor games, like Red Rover, Simon Says or Red Light Green Light. Forgot the rules? EHow.com can help with that.
- Decorate the neighborhood sidewalks with sidewalk chalk.
- Take a walk outside and count all of the colors you can see in nature. How many different greens are there? Will the colors change in different seasons?
- Play hide and seek. Try it at night with flashlights.
- Help birds avoid colliding with windows during their spring and fall migrations by decorating and attaching bird or nature designs to your windows.
- Ride bikes to a neighborhood playground or nature area.
- Observe the weather around you today using all of your senses - what descriptive words can you use? How do you think the weather will change?
- Go on a conifer quest: conifers are trees with cones and very thin leaves called needles. How many different types of conifers can you find in 10 minutes? How are they different?

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