



Nature Based Activities for the yard or local nature space

Reminder-When going on outdoor adventures, always dress in layers and bring snacks. Being comfortable outdoors helps make it a positive experience.

Below are some simple activities to do out in your yard or in a near by nature space. Make these activities light. Simple being outside fosters learning.

Parks and Walks in Comox Valley: Try exploring a new walk or area weekly.

<https://www.comoxvalleyrd.ca/parks-recreation/parks-trails-beach-accesses>

<http://www.comoxvalleyguide.com/recreation/hiking/>

- **Find your rocks:** Find rocks, paint or colour, place them around your yard or a park area as a scavenger hunt.
- **Special Spot record:** Find a special sit spot either in your yard or in a near by green space. Visit it often. Take pictures or draw what you see at each visit. The natural environment changes quickly in the spring, changes are easy to find week to week.
- **Scavenger Hunt:** Go on a **scavenger hunt**. Use an empty egg carton to find a small object (no bigger than your thumb) for letters of the alphabet, or their name, your last name etc. Do a texture scavenger hunt. Scavenger hunts can be repeated in different areas and compare later.
- **Shapes:** Using paper or objects from inside your house make a variety of shapes. Then take the shapes outside and see if you can match the shapes with things found in your yard or on your nature walk.
- **Sound map:** Find a, or a variety of spots, sit for a moment and have your child draw the sounds they hear and in which direction they are coming from. The drawings could be of the actual sound they hear, or they could draw it using colours and squiggles/shapes. Try comparing sounds in your yard to those found on your nature walk.

- **Colour match:** Gather some paint chip samples or use colour paper from your home craft supply. Go on a nature walk, or in your yard, and see if you can **match your colours** with ones found in nature. You will be surprised of the vibrant colours that are all around us.
- **Nature Space:** Use a hula hoop, yarn/string, sticks to mark off an area, approx.. 1 m x 1 m, in your yard or on your nature walk. Have your child make different categories of what they see, then count how many of each of those plants/animals are in the area. This information can later be turned into a graph. Great way to link math and the outdoors.
- **Obstacle Course:** Make an **obstacle course** in your yard or in your nature space for your child. Utilize natural features to jump, climb, twirl, crawl. Try timing them. A great link between physical literacy, gym, and the outdoors.
- **Nature Guide:** Have your child mark things of interest in your yard or nature space. They can mark it with yarn, ribbons, flagging tape. Then have them be the **nature guide** for you and describe what features made these objects stick out for them. Please remember to take down all the ribbons and flagging used in this activity.
- **A tree friend:** **Find a tree** and get to know it. Can you hug it? What is the bark like? What are the leaves of needles like? What does the top of the tree look like? What is around the base of the tree? Does it have cones or seeds, can you find any on the forest floor or on the tree? Can you find another tree in the area that looks like this tree? Can you find the same tree but bigger or smaller? Go home and see if you can identify your tree. Google can help with this process.
- **Rocks, rocks, rocks:** Go to the beach and find rocks. Compare and explore the different rocks. No one is too old for rock throwing.
- **Block walk:** Do a block walk. How many trees are in your neighbourhood? How many are in your yard?
- **Wood bug detective.** Wood bugs and other decomposers live in damp places. Go on a wood bug adventure either in your back yard or nature area. Bring a container to better view your wood bugs. How many legs does your wood bug have? What colour is it? Do all wood bugs have the same features? What other creatures did you find when looking for your wood bugs?