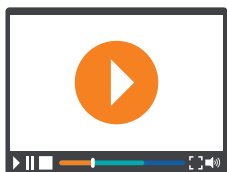
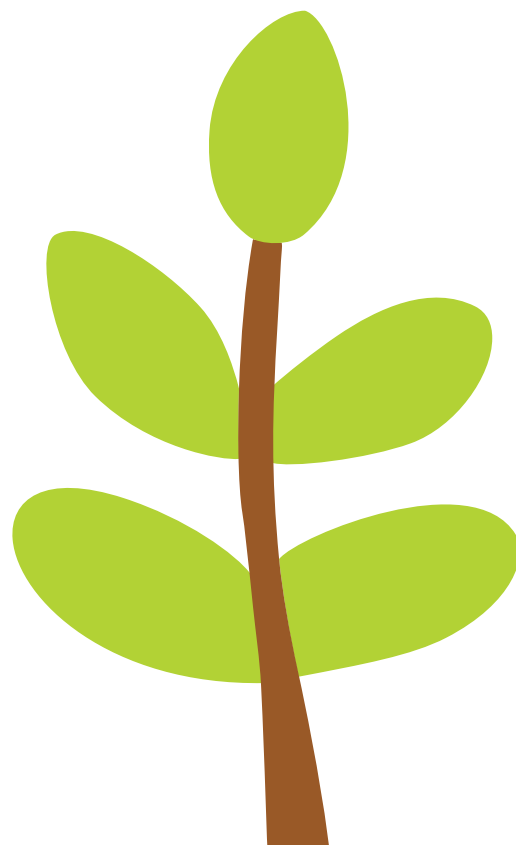


# Get Outside!

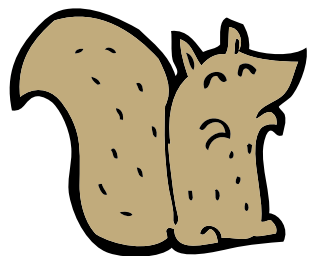
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# Let's explore outside!

Walk, look, listen and record your discoveries below!

Get in touch with nature! Stand quietly and write down some of the...

Colours you see...

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Sounds you hear...

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As you walk, try to find...

- ☐ A squirrel or chipmunk
- ☐ A tree with rough bark
- ☐ A tree with smooth bark
- ☐ A tree with berries or flowers
- ☐ Animal tracks
- ☐ The tallest tree you can see
- ☐ A pinecone
- ☐ A bird
- ☐ A spider's web
- ☐ A tree TOO BIG to hug
- ☐ A twig
- ☐ A ladybug

## Move like a tree!

- Stretch tall like the trunk
- Twist like the roots
- Sway in the wind
- Flutter to the ground like an autumn leaf!





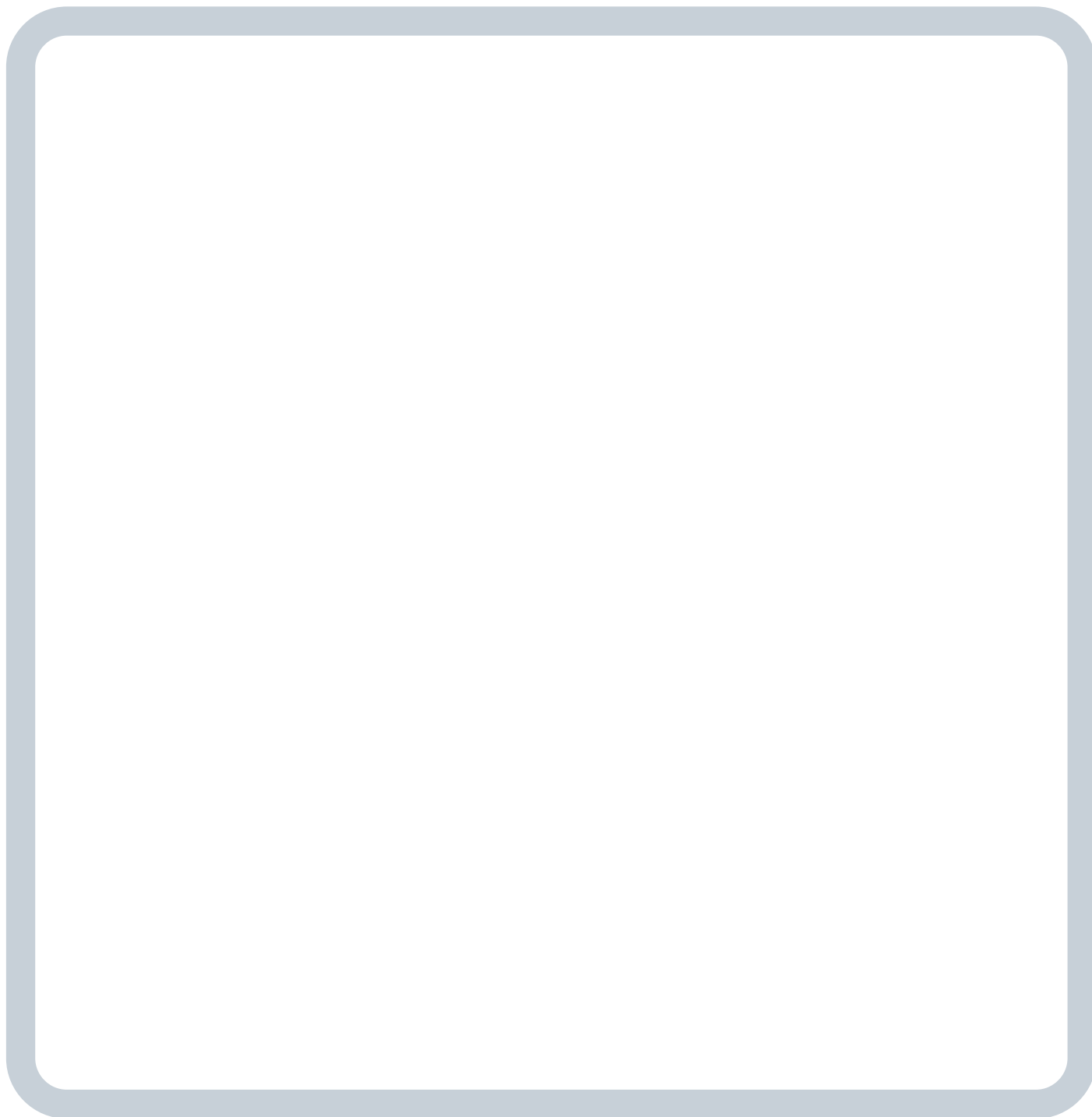
# Look up at the clouds!

You will need:

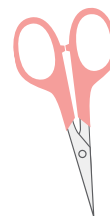
- a pencil or pen



What do you see? Do the cloud shapes remind you of things you've seen before, like animals or people? Without taking your eyes off the clouds, start drawing in the space below. Don't look at the paper, and don't lift your pencil or pen. The drawing you create might surprise you!



# Dissect a Flower!

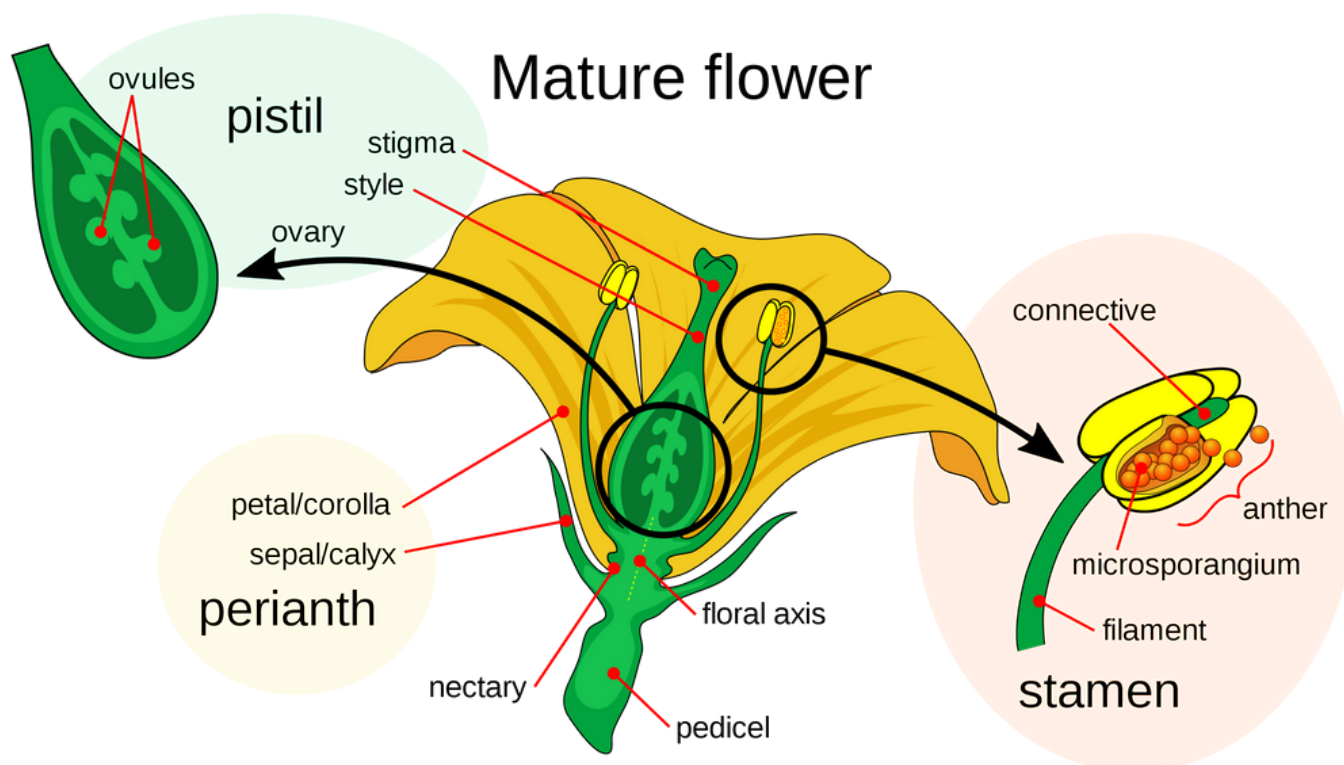


## You will need:

- a flower
- your favourite drawing supplies
- something to help pull apart your flower, eg. toothpick, tweezers, scissors

- 1 Examine your flower closely. What parts do you see? Review the Parts of a Flower diagram below to learn about the anatomy of a flower. Can you identify the parts of your flower just by looking at the outside?
- 2 Draw a picture of your flower on the next page.
- 3 Gently take apart (dissect) your flower by pulling all the parts away from each other. Can you identify the parts of your flower and label them on your drawing?

## Parts of a flower:





## Draw your flower!

Try identifying and labeling the parts of your flower using the diagram on the previous page!





# Nature BINGO!

Place an x in the boxes of the activities you complete. Mark at least five activities in any row (across, down or diagonally), or challenge yourself to complete them all!

Go for a walk  
and find 5  
green things.

Play hide and  
seek outside.

Go for a  
bike ride.

Spend 10 minutes  
outside counting  
birds (then draw  
your favourites in  
this book!)

Play outside  
for 30  
minutes.

Dig a hole.

Lift up a rock  
and look  
underneath.

Find a  
dandelion.

Spend 10 minutes  
outside counting  
bugs (then draw  
your favourites in  
this book!)

Play outside  
for 30  
minutes.

Go for a  
flashlight  
walk at night.

Watch the  
sun set.

**FREE  
SPACE**

Watch the  
sun rise.

Read a book  
outside.

Play tag  
outside.

Look at the  
stars in the  
night sky.

Bring a ball  
outside and  
play your  
favourite game.

Walk  
barefoot in  
the grass.

Read a book  
outside.

Find a flower  
and press it  
inside a  
book.

Find a leaf  
and press it  
inside a  
book.

Make a  
mud pie.

Go for a walk  
and name 3  
flowers that  
you see.

Hug a tree.



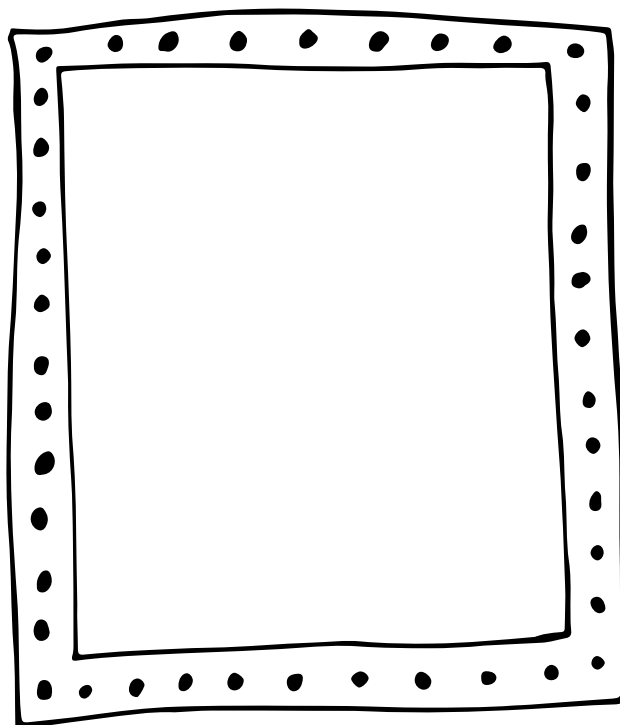
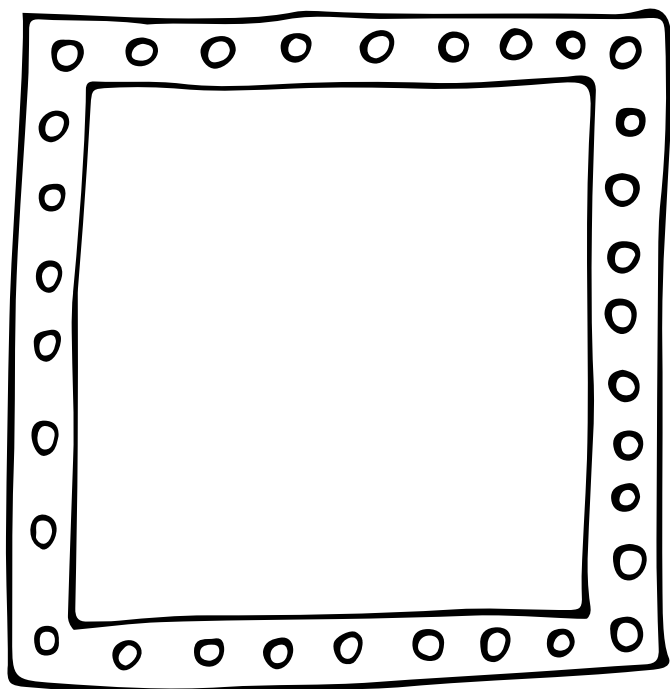
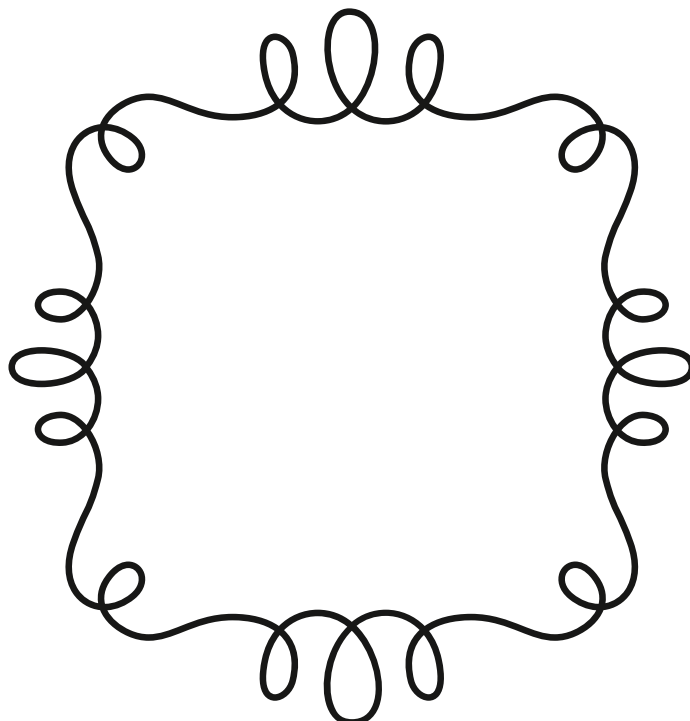
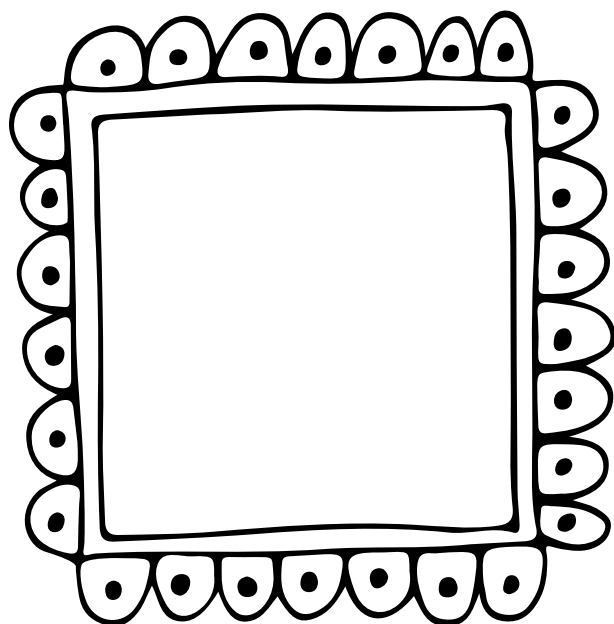
# Bird watch & draw



You will need:

- your favourite drawing supplies

See a bird, draw a bird! How many birds can you find / think of? Draw your 4 favourites!



Let's search for colours outside! Look up high, down low, and all around to find every colour of the rainbow. Draw a picture and/or write the name of what you find in each box... or mark the box with a checkmark!

**You will need:**

- **a pencil or pen**



**RED**

**ORANGE**

**YELLOW**

**GREEN**

**BLUE**

**INDIGO**

**VIOLET**

**Bonus! PINK**

**Bonus! BROWN**



# Rainbow Nature Search

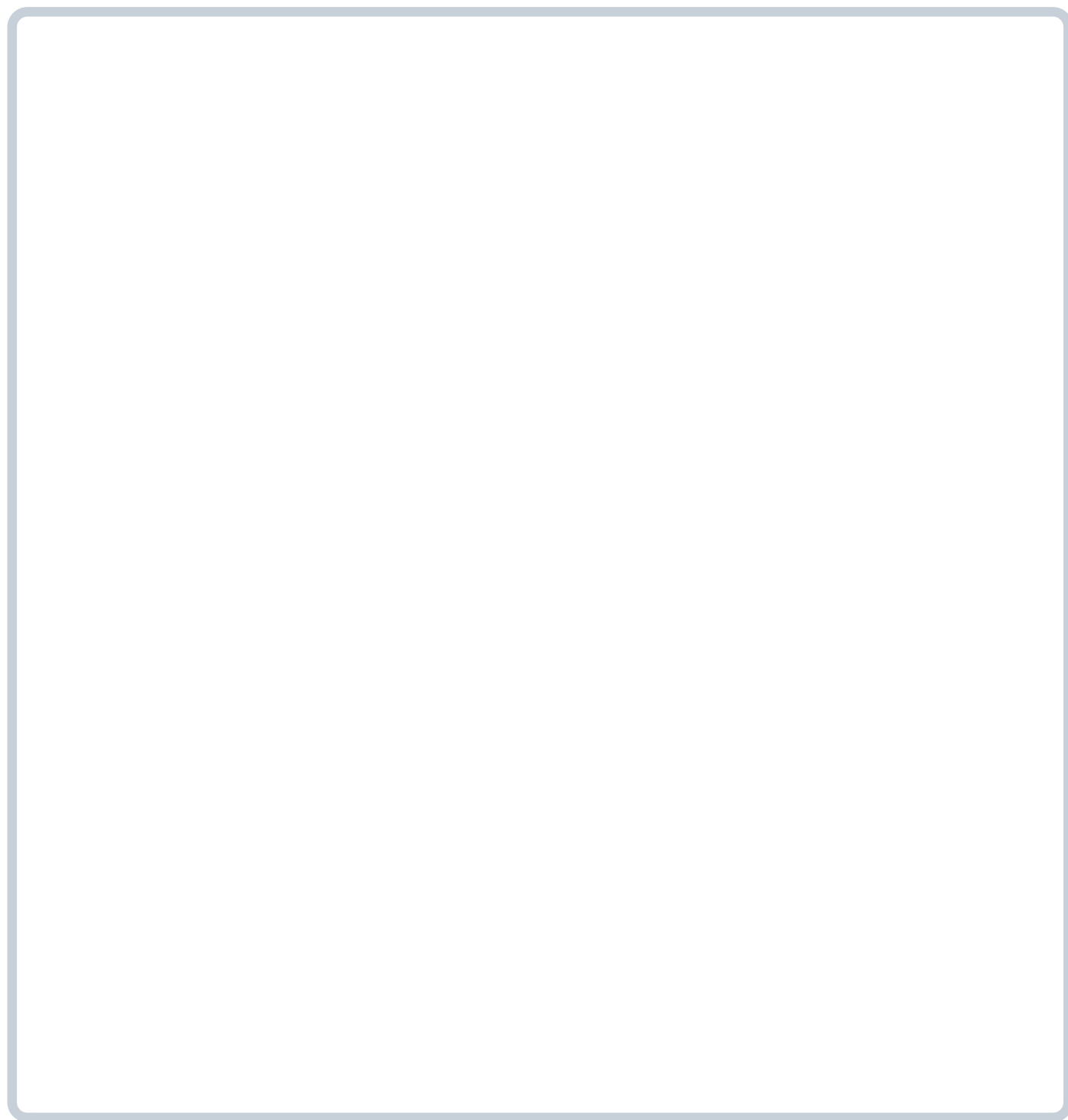


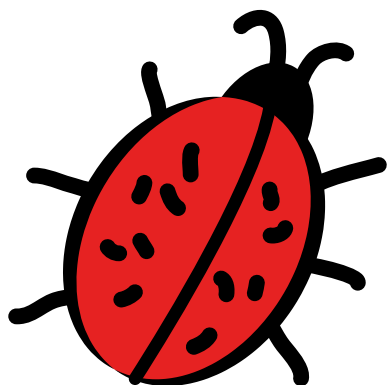
# Leaf Rubbings

- Find a leaf and place it under this piece of paper.
- Rub your crayon on top of the leaf.
- Watch your leaf rubbing appear... and then try another one!

**You will need:**

- **a crayon**
- **some leaves**





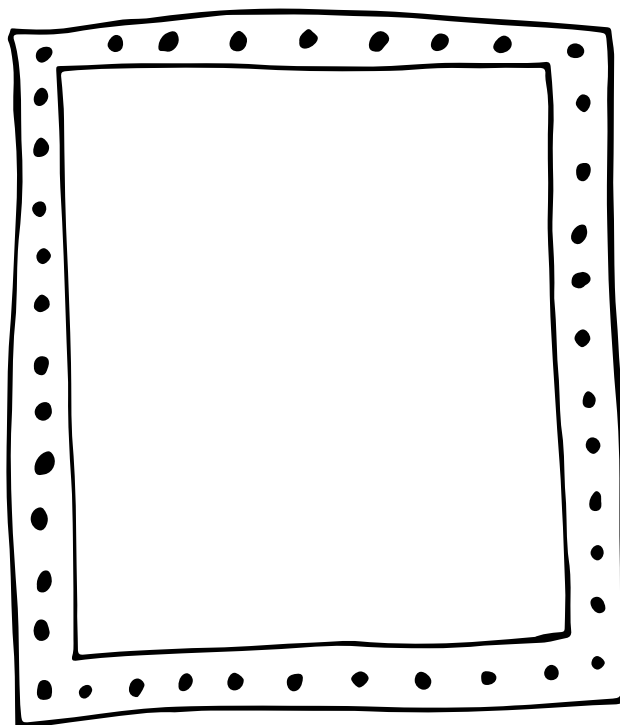
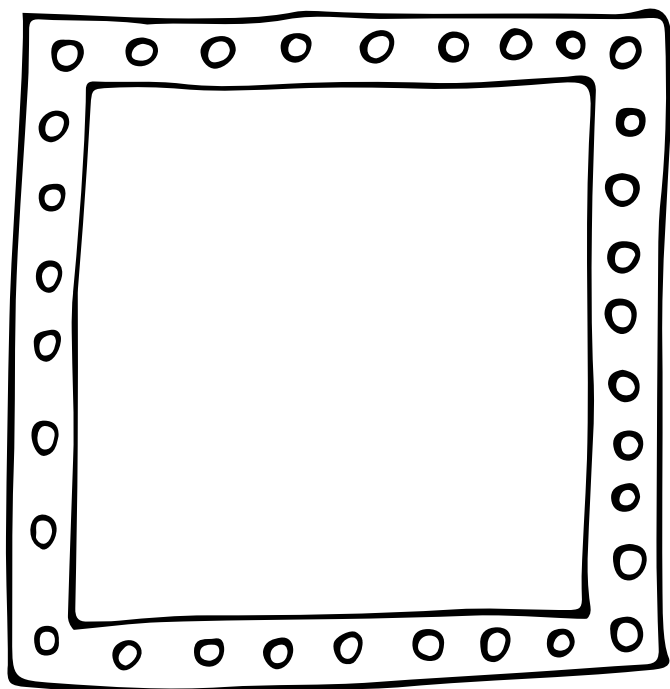
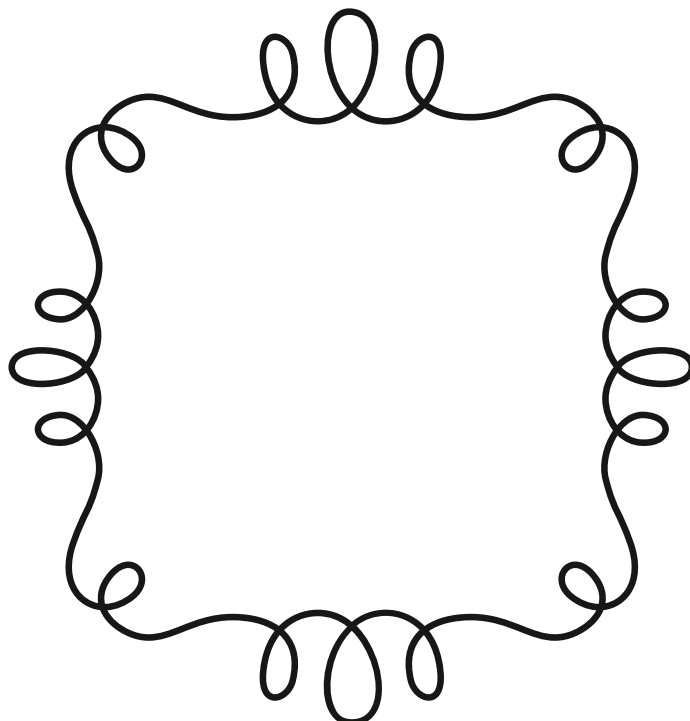
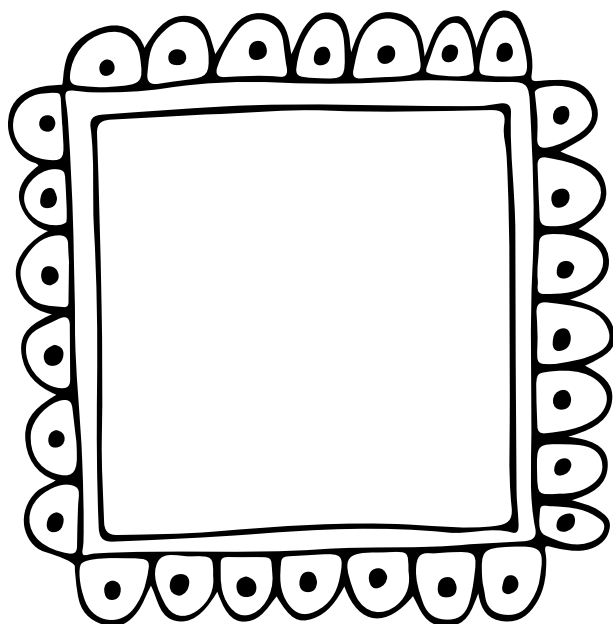
# Bug watch & draw



You will need:

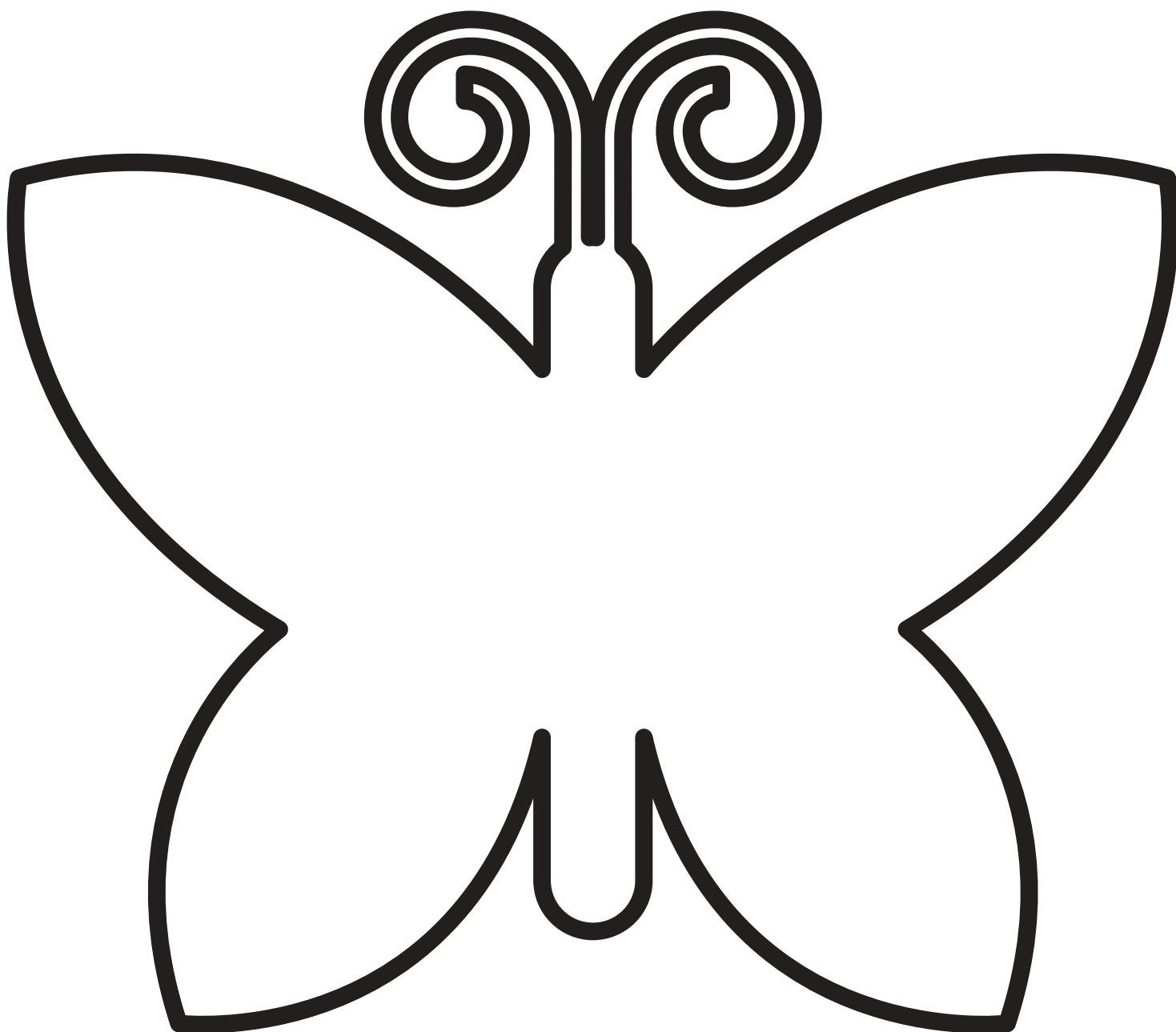
- your favourite drawing supplies

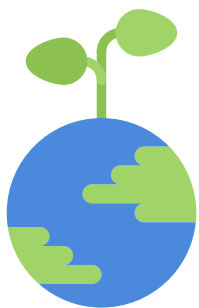
See a bug, draw a bug! How many bugs can you find / think of? Draw your 4 favourites!



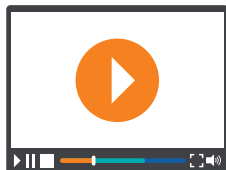
Design your own  
beautiful butterfly using  
your favourite colours,  
shapes and patterns!

**Colour the  
butterfly!**





# Nature e-resources



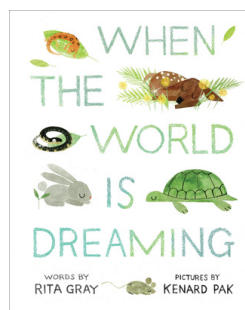
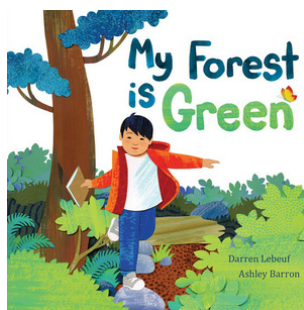
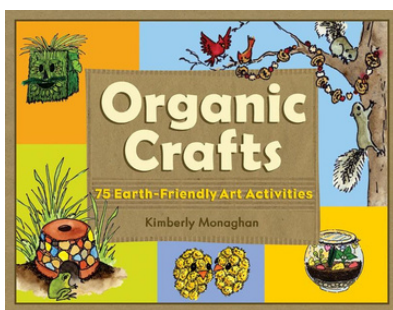
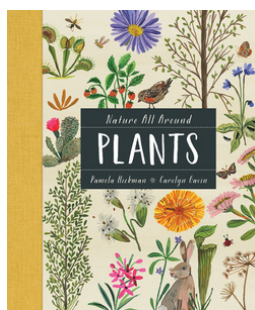
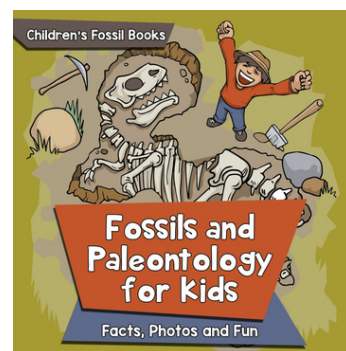
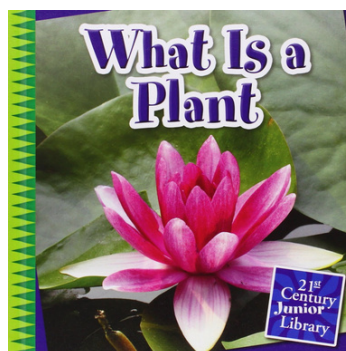
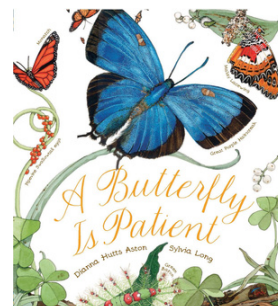
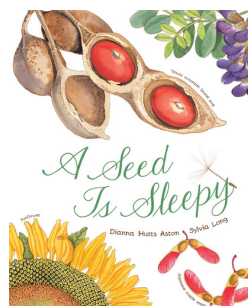
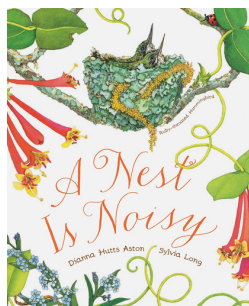
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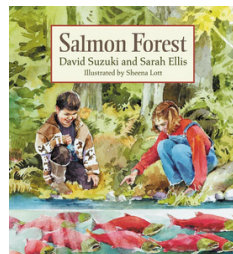
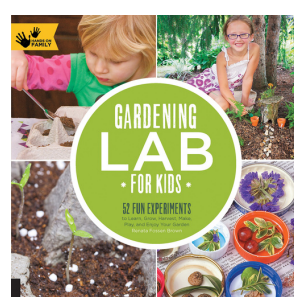
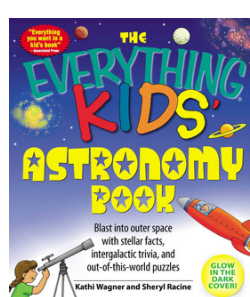
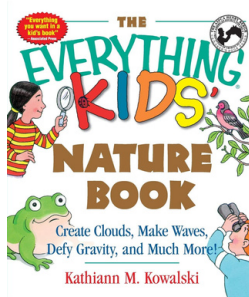
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