

# HABITOT'S KID-FOCUSED NATURE WALK GUIDE

## USE THE 5 SENSES!

1. Sight: Make a paper plate viewfinder, or bring a magnifying glass or binoculars to focus on small details or far-away things
2. Hearing: Sit quietly and listen to the birds, wind, cars, etc., and try to imitate what you hear! Can you make your own music and instruments using sticks, acorn tops, or blades of grass?
3. Touch: Use paper and crayons to make rubbings or bring playdough with you to make impressions of textured surfaces, close your eyes and feel your way slowly!
4. Smell: Describe the smells that you find, try to discover the source of them.
5. Taste: Can you find anything edible? What do pine needles taste like? (They're safe for everyone but pregnant/nursing parents and infants!) Can you find any wild blackberries? Have you tried nasturtium flowers, rosemary, or dandelion leaves? Check out [forage.berkeley.edu](http://forage.berkeley.edu) for more on eating your weeds!

## DEVELOP LANGUAGE

1. Nature is a great place to use moving words - above, under, around, over, through, scamper, saunter, wander...
2. It's also well-suited to practice describing things - chartreuse, oval leaves or rough, dark brown bark. Are animals rustling or scurrying or camouflaged?
3. Don't be afraid to look things up yourself - grab a book from the library or use your phone! Figure out what species of plants and animals surround us and learn with your kiddo!

## COLLECT THINGS

1. Create a duct tape nature bracelet by loosely wrapping a piece of duct tape (sticky side out!) around your child's wrist - they can attach leaves and other natural objects as they go!
2. Practice fine motor skills by using pipe cleaner or florist wire to "sew" and string leaves on to collect as you go.
3. Pick up litter and recycle/throw it away!

## EXPLORE ANIMALS

1. Compare animals - talk about how some insects crawl and some insects fly, describe the different colors and sizes of birds, hypothesize about what they eat or where they live.
2. Pretend to be an animal!
3. Make a list of or count all the animals you see.

## DRAW A MAP

1. Help develop spatial thinking and awareness by working with kids to make a map of your neighborhood, yard, park, or the walk you took.
2. Encourage kids, especially as they get older, to visualize the relative size and location of objects and landmarks.