



# Experience, Explore & Get Outdoors!

366 activity cards designed to connect  
children with nature!

## How to use this Activity Flip Book

This activity flip book contains 366 themed activity cards. Each card contains an outside and inside activity, a materials list, questions to ask the children, books and healthy snacks that match the theme for the day. Some cards include children's songs or rhymes. Each card is dated and a symbol in the corner of the page indicates the suggested season this activity can be done in. This flip book is meant to help childcare providers get children outside and engaged in exploratory natural play every day of the year. The simple activities make them easy for childcare providers to use. It is a good idea to look at the activities in advance for any preparation there may be. Feel free to adjust activities to fit you and your children's needs and your children's interests!

It would be beneficial for every child to have their own nature journal. This would allow them to keep a record of activities and drawings. To make a simple journal, punch holes in scrap paper and attach it to a stick.

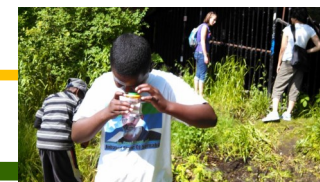
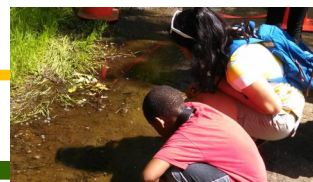
To help build on the diversity and scope of the fun outside activities for the children plan field trips to orchards, community gardens, zoos and nature centers. Invite guest speakers such as Master Naturalists, Park Naturalists, Biologists, Fish Hatchery Technicians, or farmers. There are many wonderful organizations that would be excited to partner with childcare providers.

Most importantly, [let the children explore](#) and [encourage them to ask questions](#).

Now go outside and explore!

## Project Get Outdoors Background

Project GO was founded in the fall of 2005 to facilitate outdoor experiences that develop healthy kids and increase environmental stewardship behaviors. Project GO helps communities throughout Minnesota to develop after-school and summer programs that link kids and adult volunteers to nature experiences in their local communities. Our vision is to create a world in which all kids, everyday spend time outdoors. These programs will link youth and caring adult volunteers to exploration, play and reflection in nature so children grow to be healthy, comfortable outdoors, and knowledgeable and passionate about their land and community throughout their lives. This contact with nature will provide physical, mental, and social health benefits to all participants, and citizens will demonstrate environmental stewardship behaviors.



## What does that symbol mean?

Throughout the pages of this flipbook, there are symbols in the top corner of every page. They signify the suggested season for the activity on that page.

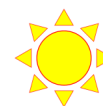
The seasonal symbols are as follows:



Spring



Fall



Summer



Winter

There are three other symbols you will see occasionally in the bottom corner of the page. They indicate activities that require sun, rain, or time (you will start an activity one day and return to it at a later date).

These symbols are as follows:



Rain



Time



Sun

## January 1 Winter Animal Tracking



**Outside Activity:** Search for animal tracks (birds, squirrels, rabbits, etc.)

**Inside Activity:** Animal track bingo and/or track stenciling

**Materials: (I)** Animal track bingo cards and/or animal track stencils

**Questions:** 1) How many animal tracks do you see? 2) What kind of animal do you think made these tracks?

**Book(s):** *In the Snow: Who's Been Here?* By Lindsay Barrett George, *Tracks in the Snow* by Wong Herbert Yee

**Snack:** Cut a banana in half lengthwise, spread peanut butter or yogurt on the banana and place animal crackers on top.

## January 2 Snowball Toss



**Outside Activity:** Set up buckets and/or targets for kids to toss snowballs at.

**Inside Activity:** Set up buckets and/or targets for kids to toss crumpled up white paper or white balls ('snowballs') at.

**Materials: (O)** Buckets and/or targets **(I)** Buckets and/or targets, paper/balls

**Questions:** 1) How many snowballs did you throw?

**Book(s):** *Sunshine and Snowballs* by Margaret Wise Brown, *The Big Snowball* by Wendy Cheyette Lewison

**Snack:** Make granola energy ball bites and roll in coconut. Granola Energy Ball Recipe: <http://www.gracefullittlehoneybee.com/no-bake-energy-bites/>

## January 3 Winter Story Reenactment



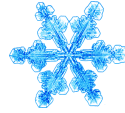
**Outside Activity:** After reading a winter related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a winter related story, have the children reenact the story or a scene from the story.

**Book(s):** *Owl's Winter Rescue* by Anita Loughrey, *If It's Snowy and You Know it, Clap Your Paws!* By Kim Norman

**Snack:** Sprinkle Shredded Cheese on a tortilla shell; fold in half and microwave for 20 seconds, top with salsa.

## January 4 Snow Impressions



**Outside Activity:** Have children make snow angels or snow impression animals.

**Inside Activity:** Put snow in containers (tin/aluminum pie dishes) and bring inside for children to make impressions in it. Use hands, fingers, toys to make impressions in the snow.

**Materials: (I)** Containers to put snow in and toys to use for making imprints in the snow.

**Book(s):** *The Snowy Day* by Ezra Jack Keats, *Snow* by Cynthia Rylant

**Snack:** Dip animal crackers or apple slices in flavored Greek yogurt.

## January 5 Ice Fishing



**Outside Activity:** Take children outside for a 'fishing' experience. First, have each child find a stick to use as their fishing pole. Take them inside to assemble their fishing poles, by adding a string with a magnet attached to the end. Take them back outside to go 'fishing' for paper fish with paperclips attached from the 'pond' (a kiddie pool or other container).

**Inside Activity:** Assemble fishing poles and if it's too cold outside, have the 'pond' inside.

**Materials:** Sticks, string, magnets, paperclips, cut out paper fish and a container (to act as the pond)

**Questions:** 1) What color are the fish? 2) How many fish did you catch?

**Book(s):** *One Frozen Lake* by Deborah Jo Larson, *Kumak's Fish: A Tall Tale from the Far North* by Michael Bania

**Snack:** Celery sticks with a small cup of peanut butter and a small cup of goldfish. Children can dip the celery sticks in peanut butter and then in the goldfish cup to 'fish out' the crackers.

## January 6 Winter Bowling



**Outside Activity:** Set up any objects you may have as 'bowling pins'. Use frozen water balloons as bowling balls. Each child can have a unique color by dyeing the water in the water balloons different colors before freezing. (freeze for 4-6 hours).

**Inside Activity:** Set up any objects you may have as 'bowling pins'. Use folded socks or balls as bowling balls.

**Materials:** (O) Objects for bowling pins, balloons and food coloring. (I) Objects for bowling pins and socks or balls

**Questions:** 1) How many objects did you knock over? 2) What color is your 'bowling ball'?

**Book(s):** *Mitchell Goes Bowling* by Hallie Durand, *Pinny the Bowling Pin* by Leah Ward

**Snack:** Grapes and pretzel sticks.

## January 7 Igloo Building



**Outside Activity:** Build igloos out of snow or provide children with ice cubes either plain or food colored ones to construct their own igloos. Or, you could have children work together to build an igloo.

**Inside Activity:** Provide children with ice cubes, either plain or food colored, to construct their own igloos. Have a container for them to construct their igloos in.

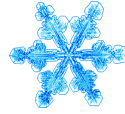
**Materials:** (O) Maybe ice cubes and food coloring (I) ice cubes, food coloring and containers

**Questions:** 1) What color does your igloo have in it? 2) How many ice cubes did you use in your igloo?

**Book(s):** *Curious George Builds an Igloo* by H. A. Rey

**Snack:** Stuff a whole-grain pita pocket with ricotta cheese or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.

## January 8 Shape Hike



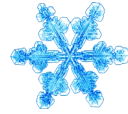
**Outside Activity:** Take children for a hike and either point out all the shapes or ask them to only look for objects that are a certain shape.

**Inside Activity:** Hike around the classroom and either point out all the shapes or ask the children to only look for objects that are a certain shape.

**Questions:** 1) What shapes do you see? 2) What is an object that is (a) ... (pick a shape)?

**Book(s):** *The Shape Of Me And Other Stuff* by Dr. Seuss, *Mouse Shapes* by Ellen Stoll Walsh

**Snack:** Cut cheese and fruit slices into shapes.



## January 9

### I spy something that begins with an A... (do one for every letter in the alphabet)

**Outside Activity:** Go outside and either take a hike or just look around the immediate area for objects that start with the letter of the day.

**Inside Activity:** Stay inside and look around the room for objects that start with the letter of the day.

**Questions:** 1) What do you see that starts with the letter... (letter of the day)? 2) How many objects do you see that start with the letter... (letter of the day)?

**Book(s):** *Alphabet Under Construction* by Denise Fleming, *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault

**Snack:** Provide a variety of snacks and label them with the letter they begin with. Example—a bag of carrots labeled with a C, slices of apples labeled with an A, etc.



## January 10

### Big and Small

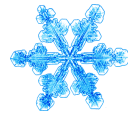
**Outside Activity:** Take the children outside and have each of them find something big and something small. Encourage them to find different things than other children. Practice taking big steps and little steps.

**Inside Activity:** Have the children look around the room for big and small things, and draw pictures of those things next to each other. Practice taking big steps and little steps.

**Materials: (I)** Paper and crayons

**Book(s):** *Big and Small* by Elizabeth Bennett, *Big and Small* by Britta Teckentrup, *Little Friends: Big and Small* by Roger Priddy

**Snack:** Fruit kabob with different sized fruit pieces, large and small.



## January 11

### Target Practice

**Outside Activity:** Set up targets for children to toss a ball or snowball at.

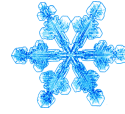
**Inside Activity:** Set up targets (paper plates on wall) for children to toss a ball or rolled up socks at.

**Materials: (O)** Targets and ball **(I)** Targets (paper plates) and ball or socks

**Questions:** 1) How many targets are there? 2) How many times did you hit the target(s)?

**Book(s):** *Iggly Pig's Snowball Fight!* By Vivian French, *Snowball Fight!* By Jimmy Fallon and Adam Stower

**Snack:** Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.



## January 12

### Find a Match

**Outside Activity:** Hide pairs of things (animal pictures, toys, etc.) outside. Give each child a pair or two to find.

**Inside Activity:** Hide pairs of things (animal pictures, toys, etc.). Give each child a pair or two to find.

**Materials:** Pairs of things (pictures, toys, etc.)

**Book(s):** *A Pair of Socks* by Stuart J. Murphy, *Are You My Mother?* by P.D. Eastman

**Snack:** Celery stick with cottage cheese inside. Place pairs of blueberries, mini pretzels and raisins on top.

## January 13

### Follow the Leader: Animal Noises



**Outside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Inside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Questions:** 1) What was your favorite animal noise?

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Toast a whole grain waffle and top with low-fat yogurt and sliced fruit.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULjCsaM>

## January 14

### Catch



**Outside Activity:** Pair children up outside and give them an item to toss and catch between the two of them.

**Inside Activity:** Pair children up and give them an item to toss and catch between the two of them.

**Materials:** An item for playing catch with

**Questions:** 1) How many times did you catch the ... (item)?

**Book(s):** *Catch the Ball* by Eric Carle, *Can I Play Too?* (An Elephant and Piggie Book) by Mo Willems, *Curious George at the Baseball Game*, by H. A. Rey and Margret Rey, *Curious George Home Run* by H. A. Rey

**Snack:** Spread peanut butter on apple slices.

## January 15

### Hide and Seek



**Outside Activity:** Play hide and seek outside.

**Inside Activity:** Play hide and seek inside.

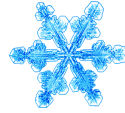
**Questions:** 1) Where do you think the best hiding place was?

**Book(s):** *Hide and Seek* by Taro Gomi, *Hide and Seek Harry Around the House* by Kenny Harrison

**Snack:** Make a mini-sandwich with tuna or egg salad on a dinner roll.

## January 16

### Puddle Jumping



**Outside Activity:** If there are rain puddles outside, take the children outside to hop over them and if you are up for it, let them jump IN the puddles! If it hasn't rained, consider creating a few puddles by pouring water into places outside that will hold it.

**Inside Activity:** Cut out blue 'puddles' for kids to jump over and 'in'.

**Materials:** (I) Blue paper and scissors

**Questions:** 1) How many puddles did you jump in? 2) Were the puddles you jumped in big or small?

**Book(s):** *Puddles* by Jonathan London, *Puddle Pug* by Kim Norman

**Snack:** Dip baby carrots, bell pepper slices and cherry tomatoes in low-fat ranch dressing.

## January 17 Animal Acting



**Outside Activity:** Take the children outside. Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Inside Activity:** Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Questions:** 1) What is special about... (the animal)?

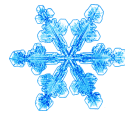
**Book(s):** *My Big Animal Book* by Roger Priddy, *Animal Actions* by Julia Donaldson, *The View at the Zoo* by Kathleen Long Bostrom

**Snack:** Spread a scoop of frozen yogurt on two graham crackers and add sliced banana, put together like a sandwich.

**Song(s):** "Let's Go to the Zoo: Animal Song for Kids" by Super Simple Songs.

<https://www.youtube.com/watch?v=OwRmivbNgQk>

## January 18 Animal Dancing



**Outside Activity:** Sing a song, any song and have children dance how they think a given animal would dance. For example sing any children's song and tell the children start out dancing like a penguin, as you continue yell out different animals and see what the kids come up with!

**Inside Activity:** Same as above.

**Questions:** 1) What was your favorite animal to dance like? 2) What was the hardest animal to dance like?

**Book(s):** *Barnyard Dance!* by Sandra Boynton, *ABCs of Animal Dances* by Vanessa Estelle Salgado, *The Animal Dance* by Je'Taylor

**Snack:** Spread mustard on a tortilla shell. Top with a slice of lunch meat, low-fat cheese and lettuce. Then roll it up.

## January 19 Animal Facts



**Outside Activity:** Have a list of animal facts, for example; fastest land animal, most quiet hunter, most bouncy animal, etc. Take children outside and have them act like the different animals, running, quietly moving, jumping, etc.

**Inside Activity:** Have a list of animal facts, for example; fastest land animal, most quiet hunter, most bouncy animal, etc. Have the children act like the different animals, running, quietly moving, jumping, etc.

**Materials:** List of animals if needed

**Questions:** Review the information with the children... 1) Who is the fastest land animal? 2) What is the .... (animal) known for?

**Book(s):** *My Big Animal Book* by Roger Priddy, *Baby Animals* by National Geographic Kids, *Astonishing Animals (Record Breakers)* by Anita Ganeri

**Snack:** Dip pita chips in hummus.

## January 20 Animal Diets/Food Chain



**Outside Activity:** Bring the children outside and take a hike around having them pick up different items, like grass, leaves, nuts, bugs, etc. Ask them what they think might eat these items.

**Inside Activity:** Collect different items, like grass, leaves, nuts, bugs, etc and bring them inside. Ask the children what they think might eat these items. Chart out a food chain/food web, tape items to chart (unless a bug!)

**Materials: (I)** Board/ Paper to chart food chain/web

**Questions:** 1) What animals do you think eat leaves? 2) ... grass? 3) ... nuts?

**Book(s):** *The Wide-Mouthed Frog (A Pop-Up Book)* by Keith Faulkner, *Gobble It Up! A Fun Song About Eating!* By Jim Arnosky (book and CD)

**Snack:** Animal Crackers - Place the crackers in a food chain if you can! Provide yogurt or peanut butter to dip animal crackers in.

## January 21 Spiders!



**Outside Activity:** Play the “Spiders and Flies” tag game, can find instructions online. Feel free to go on a spider hunt while you are outside!

**Inside Activity:** Set up a few ‘Spider Web Discovery Baskets’, weave yarn through holes in a few clothes baskets. Stick items at the bottom of the basket and let children work on motor and problem solving skills by trying to remove the items from the ‘web’. Could also do a water color painting. Prepare pages for children to paint with water colors by using liquid glue to ‘draw’ a spider web, draw a spider with permanent marker, let dry and give to children. The water color will not stick to the dried ‘glue web’ and each child will have a masterpiece to bring home! Or you could use blue painter’s tape to create a web and let the children throw balled up recycled paper at the web and watch it stick like flies!

**Materials: (I)** Clothes baskets, yarn and items to put into baskets; Paper, liquid glue, permanent marker and water colors; Blue painter’s tape and balled up recycled paper.

**Questions:** 1) How many items are in the clothesbasket? 2) What colors are the items in the clothesbasket? 3) What are your favorite colors?

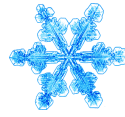
**Book(s):** *Aaaarrgghh! Spider!* By Lydia Monks, *The Very Busy Spider* by Eric Carle, *Are you a Spider?* (*Backyard Books*) by Judy Allen

**Snack:** Spider snacks—crackers, peanut butter and pretzel sticks.

<http://amberbrunson.blogspot.com/2010/10/spider-snacks.html>

**Song(s):** ‘The Itsy Bitsy Spider’

## January 22 Trash Pick Up



**Outside Activity:** Take the children out for walk. Have a garbage bag and make sure the kids are wearing gloves. Pick up trash as you find it. Talk about how it got there and what it could do to animals and plants in the area if it was left there.

**Inside Activity:** Create a masterpiece from the trash you gathered (the less disgusting pieces). Glue the trash to a piece of cardboard, or large piece of paper.

**Materials: (O)** Garbage bag and gloves **(I)** The garbage you collected, cardboard/paper, and glue (hot glue might work best depending on your trash)/ or tape

**Book(s):** *Cleaning up Litter (Help the Environment)* by Charlotte Guillain, *I Can Save the Earth!* By Alison Inches

**Snack:** Wheat bread with whipped cream cheese spread, sprinkled with chopped broccoli and shredded carrots.

**Song(s):** “Barney: The Clean Up Song” by Barney and Friends.

<http://www.youtube.com/watch?v=WJ9uhDzN-rA>

## January 23 Simon Says: Nature Style



**Outside Activity:** Take children outside to play a game of Simon Says. Explain the rules and let the children know it is nature themed! Lead the children by acting as Simon, saying things like, “Simon Says act like a tree... hop 3 times like a rabbit... fall like a leaf... fly like a bird, etc. If the objects you are asking the children to act like are near you, go for a walk before and/or after the game to get a closer look!

**Inside Activity:** Same as above. You could have pictures of the natural things you are asking them to act like available to show them.

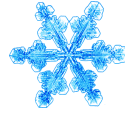
**Materials: (I)** Pictures if desired

**Questions:** 1) What was your favorite action to do? 2) What color was the ... we looked at?

**Book(s):** *Move!* by Robin Page, *Wonders of Nature (Little Golden Book)* by Jane Werner Watson, *Maisy’s Nature Walk (A Maisy First Science Book)* by Lucy Cousins

**Snack:** Fill cherry tomatoes with low-fat cottage cheese and sprinkle with dried dill.

## January 24 Winter Counting



**Outside Activity:** What ever the date is, have the children make that many snowballs. If it is February 5th, have them each make 5 snowballs. If it is the 20th, have them work together to each make a certain number of them.

**Inside Activity:** Bring snow inside in containers and have the children make smaller snowballs.

**Materials: (I)** Container for snow

**Questions:** 1) How many snowballs do you have? 2) How many snowballs does... (another child) have?

**Book(s):** *The Twelve Days of Winter: A School Counting Book* by Deborah Lee Rose, *The First Day of Winter* by Denise Fleming, *Downhill Fun: A Counting Book About Winter* by Michael Dahl

**Snack:** PB&J Sushi Rolls. <http://www.iif.com/recipes/details/pbj-sushi-rolls-3004>

## January 25 Binocular Extravaganza



**Outside Activity:** If you do not have the means to assemble binoculars, have children use their hands (making circles with fingers to look through) and head out on an exploration. Point out objects for children to look for through their 'binoculars' (ie birds, nuts, trees, squirrels, ants, etc.)

**Inside Activity:** Assemble paper tube binoculars! Use toilet paper tubes or paper towel tubes cut in half. Let the children decorate them with paint, markers, crayons, etc. Staple the tubes together and if so desired staple on yarn for a neck strap. If weather is not nice, use binoculars inside to play I-spy, you could hide items throughout the room to be found by the children using their binoculars.

**Materials: (I)** Paper tubes, stapler, art supplies and yarn

**Questions:** 1)What color was the.....? 2) How many tubes do you need to make yourself binoculars? (one for each eye, 2!)

**Book(s):** *Outside Your Window: A First Book of Nature* by Nicola Davies

**Snack:** Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers

## January 26 Aging a Pine Tree



**Outside Activity:** Take the children out for a hike to find several pine trees. At each pine tree, stop and have the children help you to determine the age of the tree. 1) Look at the branches of the pine tree. Notice the groups of circles of branches around the tree? 2) Count the groups of circles that go completely up the tree to determine the tree's age. **Explain:** Each year a pine tree adds a new circle of branches around its trunk. By counting the circles of branches, you can determine the tree's age. But inspect the trunk carefully to make sure no one has cut off a row of branches.

**Inside Activity:** Draw 'pine' trees on a piece of large paper, with different numbers of 'layers', then ask the children to tell you how old the trees are.

**Materials: (I)** Drawing material for child care provider

**Questions:** How can you determine the age of a Pine Tree without counting the rings?

**Book(s):** *The Parable Series: The Pine Tree Parable* by Liz Curtis Higgs, *Watch Pine Trees Grow* by Therese M. Shea, *Tiny Pine Above Tree Line* by Erica Malouf

**Snack:** Snap pea and pretzel stick pine trees. <https://s-media-cache-ak0.pinimg.com/originals/a8/8c/aa/a88caa40272e727758102949a7e265fa.jpg>

## January 27 Home Building



**Outside Activity:** Have children pretend to be an animal of their choosing and then ask them to find a place that would make a good home. Encourage them to describe places that would make a good home and to add natural things to their new found homes that would make them more comfortable.

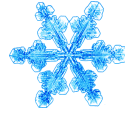
**Inside Activity:** Same as above, but let them use inside materials to create their homes. Have the children choose an animal and then have them draw the animal and its home.

**Materials:** Drawing supplies

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *My Very First Book of Animal Homes* by Eric Carle

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

## January 28 Snow Loving Animals



**Outside Activity:** Hike around and see what animals are out and about.

**Inside Activity:** Talk about what animals are around during the winter time and what animals live in very cold climates (arctic animals), like polar bears, penguins, snowshoe hares, etc.

**Book(s):** *Animals in Winter* by Henrietta Bancroft, *The Animals' Winter Sleep* by Lynda Graham-Barber, *A Warm Winter Tail* by Carrie A. Pearson

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

## January 29 Clouds



**Outside Activity:** Watch the clouds. Have the children move like clouds. Have children choose a cloud and then watch the clouds race each other.

**Inside Activity:** Make clouds out of expanded cotton balls. Glue torn up cotton ball pieces onto blue construction paper.

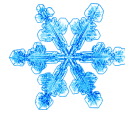
**Materials:** Blue construction paper, cotton balls and glue

**Book(s):** *Little Cloud* by Eric Carle, *The Cloud Book* by Tomie de Poala

**Snack:** Cauliflower and low-fat cottage cheese.

**Song(s):** [Fluffy Cloud Counting](https://youtu.be/mw11RC89G6g) (to 30) - <https://youtu.be/mw11RC89G6g>

## January 30 Stick Pickup



**Outside Activity:** Go for a hike/ look around for sticks and have children pick up all different sizes. Have children help set up a 'stick jumping' course. Then have the children go through the course jumping over the stick obstacles.

**Inside Activity:** Same as above, bring sticks inside

**Materials:** Sticks

**Book(s):** *Stick and Stone* by Beth Ferry, *The Stick* by Clay Rice, *Stick Man* by Julia Donaldson, *Sticks: EyeLike Nature* by PlayBac

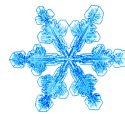
**Snack:** Pretzel stick roll ups. <http://www.culinary.net/articles/features/FeatureDetail.aspx?ID=1470>

## January 31



Revisit a Favorite  
Activity from this  
Month!

## February 1 Animal Calls



**Outside Activity:** Have children each choose an animal call. Have them do the call, then have the other children repeat them and then guess what they are. Give everybody a chance.

**Inside Activity:** Same as above

**Materials:** Perhaps get an animal call to show children

**Questions:** Ask children what different animals say.

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULJjCsaM>

## February 2

### Forts/ Groundhog Day



**Outside Activity:** Build a fort! No matter the season you can assemble a fort. You can use snow, wet sand, leaves, sticks or rocks. Forts can just be the perimeter, they do not need to be completely enclosed.

**Inside Activity:** Build a fort out of blankets, pillows, chairs etc.

**Materials: (I)** Fort building materials

**Questions:** Put your imagination and the children's to work. Have them tell a story about their fort, or imagine you are a town and everybody has a special job to do, have them describe what their job is (example: snow cone maker, a vet, a doctor, a janitor, a teacher, etc.)

**Book(s):** *The Fort that Jack Built* by Boni Ashburn, *Olivia and the Snow Day* by Farrah McDoogie, *Double Trouble Groundhog Day* by Bethany Roberts

**Snack:** Graham crackers and Nutella, see if children can build a fort/house.

**Song(s):** "Happy Groundhog Day - a song for young children" by Grancie48.

<https://www.youtube.com/watch?v=pXfC726XJ-w>

Taken from Jennifer Ward's "Let's Go Outside" (pg 28-31)

## February 4

### Treasure Hunt



**Outside Activity:** Bury an item outside and draw a map for the children to follow. If children are able, help them bury an item and then have them draw a map for other children to follow!

**Inside Activity:** Hide an item inside and give the children a map or verbal directions to find it. You could also use the hot and cold game, where you let them know if they are getting warmer or colder as they get closer or farther away to/from the item.

**Materials: (I/O)** An item to hide and coloring materials for maps

**Book(s):** *Pirate Treasure! (Zoe and Beans)* by Chloe and Mick Inkpen, *The Treasure Hunt (Tales from Percy's Pak) (Percy the Park Keeper)* by Nick Butterworth, *Treasure Island (The Illustrated Children's Library)* by Robert Louis Stevenson

**Snack:** Pineapple cut into round coin like chunks.

Taken from Jennifer Ward's "Let's Go Outside" (pg 39-41)

## February 3

### Scavenger Hunt



**Outside Activity:** Bring the children outside to go on a nature scavenger hunt.

List Ideas: an item a bird would use in a nest, an item a squirrel would eat for lunch, a rough rock, a smooth rock, something yellow, a leaf that isn't green, a spider's web (note where you found it), a seed, etc. Have children share findings with each other, then challenge them to put the items back where they found them!

**Inside Activity:** Have the children go on a scavenger hunt for items inside, or bring natural items inside and hide them for children to find.

**Book(s):** *Peppa Pig and the Treasure Hunt* by Candlewick Press, *Hopper Hunts for Spring* by Marcus Pfister

**Snack:** Sprinkle grated parmesan cheese on hot popcorn.

Taken from Jennifer Ward's "Let's Go Outside" (pg 22-24)

## February 5

### Rockin' Nature



**Outside Activity:** The children can form a nature band. Have them collect different items in nature and then figure out how to make music using their items.

Pebbles can be collected and shaken in closed palms for a maraca, sticks can be hit against a tree for a drum beat, branches with leaves can creating a swishing noise, etc.

**Inside Activity:** Have children make a kazoo! They will need a toilet paper roll, a square of wax paper and a rubber band. Have the children paint/color/decorate their toilet paper tubes. Attached the wax paper square to one end of the toilet paper roll with the rubber band. The children can then hum into their kazoos to make music.

**Materials: (I)** Toilet paper rolls, paint/markers/decorative pieces, wax paper, rubber bands

**Questions:** 1) What did you make your instrument out of?

**Book(s):** *Marsh Music* by Marianne Berkes, *Disney's Little Einsteins: Music of the Meadow* by Susan Ring, *Music is for Everyone* by Jill Barber

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Jennifer Ward's "Let's Go Outside" (pg 84-86)



## February 6 Adopt a Tree



**Outside Activity:** Adopt a tree as a group or have each child do so individually. Make observations together about the tree like what animals use it for shelter, food, safety or how big it is around or what color it's leaves are, etc. Revisit the tree often with the children and make more observations. Observe the bark, the roots, everything you possibly can. Have your snack under the tree, read under the tree, or have the children come up with a story of the tree's past. Have the children make a bark rubbing by placing a piece of paper on the tree and using a crayon or chalk to make the rubbing.

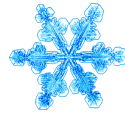
**Inside Activity:** Make a tree out of a toilet paper tube and paper. You could allow the children to paint paper green for the top part of the tree or to glue actual leaves or blades of grass on paper for the top part. Or have students draw or paint a tree.

**Materials: (O)** Paper and a crayon/chalk **(I)** Toilet paper roll, green paper, white paper, paint, glue, leave/grass blades (depending on what you do).

**Book(s):** *The Giving Tree* by Shel Silverstein, *A Tree is Nice* by Janice May Udry, *In My Tree* (board book) by Sara Gillingham, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

Taken from Jennifer Ward's "Let's Go Outside" (pg 87-89)



## February 7 Edible Snowman

**Outside Activity:** Build a snowman together, use edible accessories so birds can enjoy your snowman. :) You can use dates for the eyes and nose, a row of raisins for the smile. Pinecones covered with peanut butter make great buttons. You can string cranberries and/or popcorn to serve as a belt. Be sure to use sturdy branches for the arms so birds have a good place to perch!

**Inside Activity:** String the popcorn and/or cranberries with the class. Discuss what kinds of yummy treats you could use on the snowman, see what ideas the children come up with!

**Materials: (I/O)** Food stuff for accessorizing the snowman

**Questions:** 1) How many birds do you see? 2) Can you name any of the birds you see?

**Book(s):** *Snowballs* by Lois Ehlert

**Snack:** Egg Snowman. Hard boiled eggs, carrots and toothpicks.

<http://www.roxyskitchen.com/egg-snowman.html>

**Song(s):** "I'm a Little Snowman" by Kiboomu Kids Songs.

<https://www.youtube.com/watch?v=-b-U1eQqBmk>

Taken from Susan Milford's "The Kids' Nature Book" (pg 27)

## February 8 Field Guide



**Outside Activity:** Have the children observe the nature near your facility. Have them draw pictures of the different birds, animals, plants, insects, etc. Help them to identify those things they drew. Also note what season it is on the pages. Assemble into a book, for them to have their very own field guide.

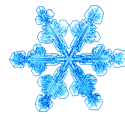
**Inside Activity:** Assemble the above field guides. Observe nature outside the windows or any plants or animals that are in the room. Look through nature guide identification books.

**Materials: (O)** Paper and coloring utensils **(I)** hole punch, stick and rubber bands to bind the field guides, nature guide books

**Book(s):** *Birds* by Kevin Henkes, *About Birds: A Guide for Children, 2nd Edition* by Cathryn Sill, *About Mammals: A Guide for Children* by Cathryn P. Sill, *About Insects: A Guide for Children* by Cathryn P. Sill

**Snack:** Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

Taken from Jennifer Ward's "Let's Go Outside" (pg 139-140)



## February 9 Keeping Warm

**Outside Activity:** After talking about the different ways animals stay warm in the winter inside, take the children outside to try a few different ways of staying warm. Talk about how they bundle up to stay warm and how some animals grow a thick winter coat to keep warm. Ask them if running around would help them stay warm, or what about building a shelter in the snow?

**Inside Activity:** Ask the children how they think animals stay warm in the winter, have them act out their suggestions. Read books about animals staying warm when it's cold outside!

**Book(s):** *Keeping Warm* by Alan Rubin, *Animals Keeping Warm (animal photo essays)* by Jane Burton, *One Winter's Day* by M. Christina Butler, *One Snowy Night* by M. Christina Butler, *A Warm Winter Tail* by Carrie A Pearson, *The Mitten* by Jan Brett

**Snack:** Warm Banana-Roll Ups.

<http://www.superhealthykids.com/warm-banana-roll-ups/>

Taken from Susan Milford's "The Kids' nature Book" (pg 21)

## February 10 Snow Gauge



**Outside Activity:** Place a few jars out in different spots for collecting snow, after it snows compare how much was collected in the jars.

**Inside Activity:** Assemble snow catchers using glass jars or the bottom parts of pop bottles. Use a cloth tape measure to mark off half inch increments with a permanent marker. Allow children to decorate the jars (leaving the area around the markings open for reading).

**Materials: (I)** Glass jars or cut out bottoms of pop bottles, permanent marker, ruler/tape measure, decorating items (glue)

**Book(s):** *Snow* by Uri Shulevitz, *Snow is Falling* by Franklyn M. Branley

**Snack:** Rice cakes topped with light vegetable cream cheese.

Taken from Susan Milford's "The Kids' nature Book" (pg 23)

## February 11 Snowy Scenery



**Outside Activity:** Go outside and play in the snow. Before you go in, have the children pick one thing outside to focus on that they will draw inside.

**Inside Activity:** Have the children draw the item and the snowy scene from outside. Give them white Paint or chalk and a dark piece of construction paper. Or have them place glue on the paper and provide them with white cornmeal or powdered laundry soap to sprinkle over the glue.

**Materials: (I)** White paint or chalk, dark piece of construction paper or glue and powdered laundry soap or white cornmeal

**Book(s):** *Over and Under the Snow* by Kate Messner, *Stranger in the Woods* by Carl R. Sams

**Snack:** Guacamole with pita chips.

Taken from Susan Milford's "The Kids' Nature Book" (pg 23)

## February 12 Foraging Animals



**Outside Activity:** Go for a hike and look for signs of animals feeding. Look for nibbled buds, scratched up trees, animal tracks, blood from a carnivore's meal, etc.

**Inside Activity:** Talk about how animals need to eat in the winter too. Squirrels bury food during the warmer months so they can come back and eat them when it gets colder. Have the children come up with a story of an animal in winter searching for food. Have them draw a picture to go with their story.

**Materials: (I)** Drawing Materials

**Book(s):** *Erick's Hungry Winter* by Lois L. Sando, *Four Hungry Kittens* by Emily Arnold McCully

**Snack:** Apple sauce with animal crackers.

Taken from Susan Milford's "The Kids' Nature Book" (pg 16)

## February 13 Tree Scrapbook



**Outside Activity:** Visit your adopted tree regularly. Collect leaves, bark rubbings, observations, etc of your tree and place these in a scrapbook of your tree!

**Inside Activity:** Act like a tree during different weather conditions. Talk about what they might like to do with/in a tree (fort building, climbing, resting, reading, etc.)

**Materials:** Your tree scrapbook

**Questions:** 1) Has your tree changed at all? 2) How has your tree changed?

**Book(s):** *The Giving Tree* by Shel Silverstein, *The Tree* by Dana Lyons, *Our Tree Named Steve* by Alan Zweibel, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

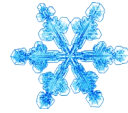
**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

**Song(s):** "Head Shoulders Knees and Toes for Trees!" by Mr. R.'s Songs for Teaching. <https://www.youtube.com/watch?v=FJqy967xs1c>

Taken from Susan Milford's "The Kids' nature Book" (pg 41)



## February 14 Happy Valentine's Day Birdies



**Outside Activity:** After completing the indoor activity, take the children outside and have them choose a place to hang their edible valentines for the birds!

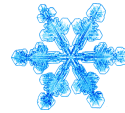
**Inside Activity:** Have pre-cut cardboard hearts with a string looped through it, ready for the children. Have them use peanut butter or Nutella to spread on one side of the cardboard and then place bird seed on it.

**Materials: (I)** Cardboard, scissors, hole punch, string, peanut butter/Nutella and bird seed

**Book(s):** *Ollie's Valentine* by Olivier Dunrea, *The Biggest Valentine Ever* by Steven Kroll, *Llama Llama I Love You* by Anna Dewdney

**Snack:** Make granola bars and cut into heart shapes with cookie cutter. <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 32)



## February 15 Snow Fleas

**Outside Activity:** Go on a search for snow fleas also known as springtails. Hopefully it is sunny and relatively warm. Check at the base of trees, look on the sunny side where the warmth is the greatest. These snow fleas look like pepper sprinkled on the snow. When you find some, watch them carefully and you should see them jumping into the air, they tuck their tails under their bodies and spring themselves upwards. You can have the children reenact the snow fleas' jumping motions.

**Inside Activity:** Read a winter themed book.

**Materials: (I)** Book

**Book(s):** *The Big Snow* by Berta and Elmer Hader, *Snow Bugs* by Susan Schade

**Snack:** Mini bagel spread with low-fat cream cheese and jam.

Taken from Susan Milford's "The Kids' Nature Book" (pg 25)

## February 16 Snow Goggles



**Outside Activity:** Take the kids outside (hopefully it's sunny), run around and play a game or two. Bring them inside to make a pair of their own snow goggles. Take them back outside after they have their goggles and ask if they are able to see better without squinting so much!

**Inside Activity:** Make a pair of snow goggles using sturdy dark/black tag board. Cut slits (better than holes which let in more sunlight), for the children to see through. Then staple elastic or string to the outside edges to hold the goggles in place.

**Materials: (I)** Dark/black tag board, scissors, stapler, elastic string or string

**Questions:** Do the goggles help? Why do you think slits work better than holes?

**Book(s):** *White Snow*, *Bright Snow* by Alvin Tresselt

**Snack:** Dip mini-toaster waffles in cinnamon applesauce.

Taken from Susan Milford's "The Kids' Nature Book" (pg 28)



## February 17 Making Icicles

**Outside Activity:** Go on an icicle hunt and see how many you can find. Have the children pick a spot to hang the bucket (that you will prepare inside). Hang the bucket, fill with water and wait. Take the children out multiple times to see how the icicle formation is progressing.

**Inside Activity:** Prepare a bucket (an ice cream tub with a handle should work) by poking a hole in the bottom of it (be sure the hole is not too big, you want the water to drip slowly). Have the children share with one another any icicles they have seen.

**Materials:** Bucket, something to poke a hole with, water

**Book(s):** *What Does Violet See? Snowflakes and Icicles (Baby Einstein)* by Julie Aigner-Clark, *The Icicle* by Valery Voskoboinikov

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

Taken from Susan Milford's "The Kids' Nature Book" (pg 28)

## February 18

### Bird Songs and Calls



(Consider checking out the Project GO Birding Kit from Rochester Public Library)

**Outside Activity:** Take a hike or just sit outside. Listen to the birds, can you see who is making what sound? Try and figure out what birds are making what sounds.

**Inside Activity:** Visit the Cornell Lab of Ornithology [All About Birds](http://www.allaboutbirds.org/guide/search) webpage ([www.allaboutbirds.org/guide/search](http://www.allaboutbirds.org/guide/search)). Click on a bird and then the sound button, to listen to different bird calls. Have the children try and repeat the songs and calls. Then have each student choose a bird and draw/color a picture of that bird.

**Materials: (I)** Drawing materials, ability to visit website and play bird noises

**Book(s):** *Birdsongs* by Betsy Franco, *Sing* by Tom Lichtenheld

**Snack:** Dip veggies in low-fat cottage cheese.

**Song(s):** "5 Little Birds" by Super Nursery Rhymes

<https://www.youtube.com/watch?v=p3xJwdtFenI>

"What is a Bird?" by Pancake Manor.

[https://www.youtube.com/watch?v=CI4MvIZ5I\\_s](https://www.youtube.com/watch?v=CI4MvIZ5I_s)

Taken from Susan Milford's "The Kids' Nature Book" (pg 44)

## February 20

### Animals and People



**Outside Activity:** Go on an animal/critter hunt. Every time a new critter is found, ask the children ways they think people use or could use the animals. Example: Honeybees produce honey, squirrels are sometimes hunted for food, geese are hunted for food, but also we may use their feathers in pillows and blankets, butterflies are pollinators of plants that produce food for us, etc.

**Inside Activity:** Have the children draw a picture of an animal and the way a person could use that animal/critter.

**Materials: (I)** Drawing materials

**Book(s):** *Annie and the Wild Animals* by Jan Brett, *Working Animals of the World (All About Animals)* by Tammy Gagne

**Snack:** Dip baked tortilla chips in bean dip. Talk about how pollinators made this snack possible!

Taken from Susan Milford's "The Kids' Nature Book" (pg 62)

## February 19

### Organizing Animals



**Outside Activity:** Take the children outside on a hike. Have them look for animals. If it's nice, keep the children outside and talk about the animals they saw (if it isn't too nice, take this activity inside). Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Inside Activity:** Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Materials: (I/O)** Something to write the groups and characteristics on. This way you can revisit it with your class.

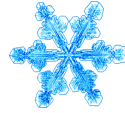
**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *The Animals Winter Sleep* by Lynda Graham-Barber

**Snack:** Dip bread sticks in salsa.

Taken from Susan Milford's "The Kids' Nature Book" (pg 54)

## February 21

### Night Time



**Outside Activity:** Take the children outside, have them pretend it is night time. Ask them what would be different if it was night time. In an open area, play marco polo, having the 'it' person wearing a blindfold or at least closing their eyes. Talk about how this is how some nocturnal animals, like the bat, find their food at night. Teach them nocturnal (*done, occurring, or active at night*), diurnal (*of or during the day*), and crepuscular (*appearing or active in twilight, dawn and dusk*).

**Inside Activity:** "Star gaze" with your children. Stick some glow in the dark stars on the ceiling and turn the lights out in the room. You can place the glow in the dark stars in shapes and have the children say what they see. Or, you can cut black construction paper circles that fit over a flashlight head and poke holes in those discs that form shapes. Turn the lights out and flash the light through the different discs onto the ceiling. Have the children laying on their backs on the floor while stargazing.

**Materials: (O)** Blindfold **(I)** Glow in the dark stars **or** black construction cut into discs, something to poke holes in those discs and a flashlight

**Book(s):** *Out of Sight till Tonight!*: *All About Nocturnal Animals* by Tish Rabe, *Grandfather Twilight* by Barbara Helen Berger, *Night in the Country* by Cynthia Rylant

**Snack:** Pineapple cut into star and moon shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 82)

## February 22

### Bird Nests



**Outside Activity:** "Once the leaves have fallen from the trees, you can see where many birds have cleverly positioned their nests. Most birds construct new nests every spring, so you are free to take down any you find. It is best to wear gloves when handling bird nests. They will guard against the bites of any insects which may be living in the nest. Place the nest in a plastic bag." Have the children talk about what birds they think may have lived in the nests. Take the nests inside for some investigating into who lived in them.

**Inside Activity:** Use the Cornell Lab of Ornithology web page to look up those birds the children guessed lived in the collected nests or use a bird guide book. See if the nesting material listed for the birds matches the nest. Or search google images for specific bird nests and see what comes up!

**Materials: (O)** Plastic bags **(I)** Computer and internet access or a bird guide book

**Book(s):** *Woodpecker Forest* by Tejima, *The Best Nest* by P.D. Eastman, *A Nest Full of Eggs* by Priscilla Belz Jenkins, *In My Nest* by Sara Gillingham

**Snack:** Pretzel and shredded carrot 'twigs' with raisins and or grapes for eggs

Taken from Susan Milford's "The Kids' Nature Book" (pg 108)

## February 24

### Designs in Nature



**Outside Activity:** "From the way the seeds are arranged on a sunflower, to the spiraling tendrils of a grape vine, nature has some ingenious and beautiful designs. Look around you, and you'll see all sorts of interesting shapes and patterns. Spirals are common in nature, from the spectacular nautilus shell to the fiddleheads of ferns. Circles are also wide-spread. Mushroom caps, flowers with petals that radiate from a central disk, and drops of water. Look for other shapes and patterns, too. Take tree bark and leaves, for instance. There are such variations!"

**Inside Activity:** Have the children use play dough to design their own leaf, berry or other natural item. Have them name it and then share it with the group.

**Materials: (I)** Play dough

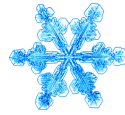
**Book(s):** *Busy Bugs; A Book About Patterns* by Jayne Harvey, *Zebra Stripes Go Head to Toe* by Sheryl and Simon Shapiro, *Swirl by Swirl: Spirals in Nature* by Joyce Sidman, *A Star in My Orange* by Dana Meachen Rau

**Snack:** Cut cheese and fruit slices into shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 110)

## February 23

### Create Your Own Animal



**Outside Activity:** Have children do the inside activity first. After they are done inside, take them outside and have them to act like the animal they created. How does it run, walk, play, eat, etc....

**Inside Activity:** Have the children invent an animal. Have them draw it out and possibly try and construct it with play dough.

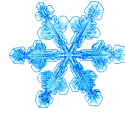
**Materials: (I)** Drawing materials and play dough

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *The Animals Winter Sleep* by Lynda Graham-Barber, *Put Me In the Zoo* by Robert Lopshire

**Snack:** Dip animal crackers in low-fat pudding.

## February 25

### Snow Tag



**Outside Activity:** Play 'Fox and Geese'. Create a pie diagram in the snow (6-8 pieces). To play, children play tag while staying on the tracks you created. The fox is it and chases the geese, as he catches them they are out. The geese are safe when they stand in the very middle of the 'pie'.

**Inside Activity:** Duck-Duck-Gray Duck (Goose)

**Questions:** 1) How many pieces of 'pie' are there? 2) Have you ever seen ducks or geese? Ask them about the ducks and geese they have seen.

**Book(s):** *Disney Bunnies: Thumper Finds a Friend* by Disney Book Group

**Snack:** Wild Rice Soup and crackers. [http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#\\_a5y\\_p=1910370](http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#_a5y_p=1910370)

**Song(s):** 5 Little Ducks Went Out One Day

**February 26**

**Trees: Deciduous and Coniferous**



**Outside Activity:** Take a hike and look at all the different trees. Talk about the differences between the coniferous (cone bearing, usually evergreen) and deciduous (sheds leaves annually, broad leaf) trees. After you've talked a little bit about the trees, start asking the children what type of tree is for the rest of the trees you see on your walk.

**Inside Activity:** Have children draw a coniferous and deciduous tree. Have them circle their favorite and then share with everybody why they like that type of tree best.

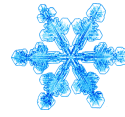
**Materials: (I)** Drawing materials

**Book(s):** *The Giving Tree* by Shel Silverstein, *A Tree is Nice* by Janice May Udry, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Stuff a whole-grain pita pocket with ricotta cheese or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.

**February 27**

**Caving**



**Outside Activity:** After making your 'headlamp', take it outside for an imaginary cave exploration! Have the children line up and take them on a 'cave tour', ask them things like, "did you see those bats fly over head?" or "The passage is so short to walk upright, looks like we are going to have to crawl through this next part" or "look at that beautiful underground lake!". Then let the children point out things they may be seeing on the cave tour.

**Inside Activity:** Construct paper head lamps. Use yellow construction paper to cut out approximately 2 inch diameter circles for the light of the headlamp. Let the children choose what color construction paper they would like. With the colored construction paper cut 3—2 inch strips. 2 of them will circle the child's head and the third strip will serve as the 'strap' across the top of their head. See picture. Consider watching a short video on caves before you head outside, so children can get an idea of things they might see on your 'cave tour'!

**Materials: (I)** Construction Paper, scissors, glue/stapler/tape **(O)** Your imagination

**Book(s):** *Caves (Landforms)* by Cassie Mayer, *Home in the Cave* by Janet Halfmann

**Snack:** Grape/Chip bats on cheese cube stands. <http://being808.com/2014/10/30/healthy-eats-have-your-party-guests-swarming-around-your-grape-bat-bites/>

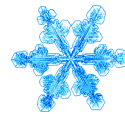
**February 28**



**Revisit a Favorite  
Activity from this  
Month!**

**February 29**

**It's a Leap Year!!  
Listening to Nature**



**Outside Activity:** Take the children outside and seat them slightly spread out and ask them to do their very best to sit quietly with their eyes closed and just listen. Ask them to listen for natural sounds. Then ask them all to pick out one of those sounds and listen carefully for a few minutes. Then ask the children to share what their sound was with each other.

**Inside Activity:** Have the children draw a picture of what they were listening to, so if it was a bird singing they would draw a bird, if it was the wind blowing through the trees, then they would draw a tree.

**Materials: (I)** Drawing supplies

**Questions:** Does silence have a sound? What do you hear? Do you hear birds busy in the trees? How do they sound? Happy? Argumentative? Joyful? Chatty? How many different bird sounds do you hear? Can you see any of the birds? What else do you hear? Can you hear wind? Insects? Water dripping?

**Book(s):** *The Listening Walk* by Paul Showers

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

**Taken from Jennifer Ward's "i love dirt" (pg 9-10)**

## March 1 Snowshoeing



**Outside Activity:** After you have constructed make-shift snow shoes with the children, take them outside to romp around and test them out!

**Inside Activity:** Build your own pair of snow shoes out of shoe box lids or cardboard and string. Strap the children's boots onto the cardboard and test them out in the snow!

**Materials: (I)** Cardboard/shoe box lids, string and scissors to poke the holes in the cardboard to feed the string through.

**Book(s):** *The Big Snow* by Berta & Elmer Hader, *The Snowy Day* by Ezra Jack Keats

**Snack:** Make a mini-sandwich with tuna or egg salad on a dinner roll.

## March 2 Animal Pairs - Calls



**Outside Activity:** After you helped each child learn their call inside, take them outside. Then let them all make their calls over and over again. While doing this they should try to listen for the other child making their sound/call. Hopefully they all find their partner!

**Inside Activity:** Give the children several options of animals they can be (ex, cow, dog, cat, tweet bird, duck, etc). After 2 children pick an animal, remove that animal from the options. Consider writing down the child's name and their choice, just to keep track. Be sure that each child know what their animal sound is. Take them outside and complete the activity. They can pair up inside as well.

**Book(s):** *Just Like Daddy* by Cecilia Johansson, *Just Like Mommy* by Cecilia Johansson, *Are You My Mother?* By P.D. Eastman

**Snack:** Dip pita chips in hummus.

## March 3 Winter Olympics



**Outside Activity:** Hold a winter Olympics by setting up different courses outside. Hold foot races, hopping from hoola-hoop to hoola-hoop, relay race, team snow man building, etc.

**Inside Activity:** Warm the children up with some hot chocolate!

**Materials: (O)** Winter Olympic set up supplies, ie hoola hoops, items to be traded off in a relay race, etc. **(I)** Hot chocolate

**Book(s):** *Tacky and the Winter Games* by Helen Lester, *Gus & Gertie and the Lucky Charms* by Diane deGroat and Joan Lowery Nixon

**Snack:** Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers

## March 4 Snow snake



**Outside Activity:** Collect sticks to be used as the snow snakes, take them inside. When you have completed the snow snakes, take them back outside for the races/throws! Games can include who can throw it the furthest, slide it the furthest, hit the target and best design.

**Inside Activity:** Visit the following website to learn about the snow snake sport and it's history. [http://en.wikipedia.org/wiki/Snow\\_snake](http://en.wikipedia.org/wiki/Snow_snake) . Then have children decorate their snow snakes.

**Materials: (I)** Sticks, paint and any other decorative materials (ie feathers, glitter, etc.)

**Book(s):** *Sonder the Snow Snake* by Annie B. Fox

**Snack:** Curly Hotdog Snake.

<http://www.cbc.ca/bestrecipes/recipes/curly-hotdog-snakes>

## March 5 Mystery Objects



**Outside Activity:** Take the children outside to collect different natural objects outside. Have the children feel each object before moving on to the next activity. You can do the inside activity outside instead.

**Inside Activity:** Place the items each in their own box with a hole cut out of it. Give the children a chance to feel what is inside each box. Have them all feel the item in one box and then ask what they think is inside and then reveal it and then move to the next boxes.

**Materials: (O/I)** Boxes with holes cut out (holes big enough for the children to stick their hands in)

**Book(s):** *The Pinecone Walk* by Barbara Springfield

**Snack:** Spread mustard on a tortilla shell. Top with a slice of lunch meat, low-fat cheese and lettuce. Then roll it up.

## March 7 Aging a Pine Tree



**Outside Activity:** Take the children out for a hike to find several pine trees. At each pine tree, stop and have the children help you to determine the age of the tree. 1) Look at the branches of the pine tree. Notice the groups of circles of branches around the tree? 2) Count the groups of circles that go completely up the tree to determine the tree's age. **Explain:** Each year a pine tree adds a new circle of branches around its trunk. By counting the circles of branches, you can determine the tree's age. But inspect the trunk carefully to make sure no one has cut off a row of branches.

**Inside Activity:** Draw 'pine' trees on a piece of large paper, with different numbers of 'layers', then ask the children to tell you how old the trees are.

**Materials: (I)** Drawing material for child care provider

**Questions:** How can you determine the age of a Pine Tree without counting the rings?

**Book(s):** *The Parable Series: The Pine Tree Parable* by Liz Curtis Higgs, *Watch Pine Trees Grow* by Therese M. Shea, *Tiny Pine Above Tree Line* by Erica Malouf

**Snack:** Snap pea and pretzel stick pine trees. <https://s-media-cache-ak0.pinimg.com/originals/a8/8c/aa/a88caa40272e727758102949a7e265fa.jpg>

Taken from Jean Potter's "Nature in a Nutshell for Kids" (pg 119)

## March 6 Snowmen



**Outside Activity:** Build snowmen and/or snow animals.

**Inside Activity:** Color/paint large popsicle sticks as snowmen to use as ornaments or bookmarks.

**Materials: (O)** Snowmen accessories **(I)** Large popsicle sticks, crayons/paint, string

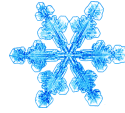
**Questions:** Depending on their creations, you could ask the following: 1) How many buttons does your snowman have? 2) What color is the snowman's hat? 3) What is your snowman/ snow animal's name? 4) How did your snowman/ animal get here? Ask them to tell you a story about their creation!

**Book(s):** *The Biggest Snowman Ever* by Steven Kroll, *Snowmen at Night* by Caralyn Buehner

**Snack:** String Cheese Snowmen. <http://www.nobiggie.net/string-cheese-snowmen/>

**Song(s):** "I'm a Little Snowman" by Kiboomu Kids Songs. <https://www.youtube.com/watch?v=-b-U1eQqBmk>

## March 8 Nature Collages



**Outside Activity:** Take the children outside to collect different natural items that can be put on paper/cardboard to create a nature collage.

**Inside Activity:** Have the children create nature collages out of their natural items and construction paper/cardboard

**Materials: (I)** Paper/cardboard, glue (hot glue)

**Book(s):** *Leaf Man* by Lois Ehlert, *Outside Your Window: A First Book of Nature* by Nicola Davies

**Snack:** Spread peanut butter on apple slices.

## March 9 Owls



**Outside Activity:** Play a game of tag, where the “it” person is the owl and rest of the children are mice, or other prey (rabbits, voles, etc.). After the prey are tagged they become the owl, or you can play freeze tag.

**Inside Activity:** Craft an owl out of a paper bag, pine cone or cup. Also spend time talking about owls. One fun fact is that owls can catch their prey in winter without seeing it, they can hear their prey under the snow and catch it!

**Materials: (I)** Depending on your craft; paper bag, paper, crayons, scissors and glue; pine cones, felt, googly eyes, hot glue; Styrofoam cups, markers, paper, scissors, and glue

**Book(s):** *Owls* by Gail Gibbons, *Owl Babies* by Martin Waddell, *The Owl Who Was Afraid of the Dark* by Jill Tomlinson

**Snack:** Breakfast Owl. Toast, peanut butter with sliced strawberry wings and beak, banana slices and blueberry eyes and cheerio belly feathers.

<http://www.cheerios.com/SevenDays-six.aspx>

## March 10 Snow-obstacle Course



**Outside Activity:** Construct an obstacle course out of snow, build low walls, create pathways, form arches and sculpt low landmarks or poles. Once the course is in place, have a race and encourage the children to jump, slide, run, or hop as best they can over, under, around and through the obstacles. Consider also having a race to see who can make the most snowballs in 3 minutes or to see who can build the biggest snowball.

**Inside Activity:** Create an obstacle course inside.

**Book(s):** *Snow* by Cynthia Rylant, *Snow* by P.D. Eastman

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

## March 11 Snowy Scavenger Hunt



**Outside Activity:** Hide items for children to find, or have them find natural items.

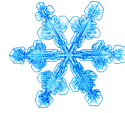
**Inside Activity:** Hide wintery items/ nature pictures for children to find. Could have children draw the pictures and then hide those to be found.

**Materials: (O)** Items for hiding if desired **(I)** Items/ nature pictures for hiding

**Book(s):** *Pepper: A Snowy Search* by Liam O'Donnell, *The Letters are Lost* by Lisa Campbell Ernst

**Snack:** Baked Kale Chips. <http://growing-minds.org/baked-kale-chips/>

## March 12 Snow Tag



**Outside Activity:** Play ‘Fox and Geese’. Create a pie diagram in the snow (6-8 pieces). To play, children play tag while staying on the tracks you created. The fox is it and chases the geese, as he catches them they are out. The geese are safe when they stand in the very middle of the ‘pie’.

**Inside Activity:** Duck-Duck-Gray Duck (Goose)

**Questions:** 1) How many pieces of ‘pie’ are there? 2) Have you ever seen ducks or geese? Ask them about the ducks and geese they have seen.

**Book(s):** *Disney Bunnies: Thumper Finds a Friend* by Disney Book Group

**Snack:** Wild Rice Soup and crackers. [http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#\\_a5y\\_p=1910370](http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#_a5y_p=1910370)

**Song(s):** 5 Little Ducks Went Out One Day

## March 13

### Winter Animal Tracking



**Outside Activity:** Search for animal tracks (birds, squirrels, rabbits, etc.)

**Inside Activity:** Animal track bingo and/or track stenciling

**Materials: (I)** Animal track bingo cards and/or animal track stencils

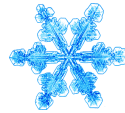
**Questions:** 1) How many animal tracks do you see? 2) What kind of animal do you think made these tracks?

**Book(s):** *In the Snow: Who's Been Here?* By Lindsay Barrett George, *Tracks in the Snow* by Wong Herbert Yee

**Snack:** Cut a banana in half lengthwise, spread peanut butter or yogurt on the banana and place animal crackers on top.

## March 14

### Snow Painting



**Outside Activity:** Use spray bottles filled with colored water (food coloring and water) to spray pictures in the snow.

**Inside Activity:** Bring snow in (snow in tin/aluminum pie pans) and use colored water to create master pieces!

**Materials:** Spray bottles and food coloring **(I)** Containers to put snow in

**Questions:** 1) What colors are you using? 2) What does your picture make you think of? 3) What do the other pictures make you think of?

**Book(s):** *Art* by Patrick McDonnell, *Piggy Paints* by Jim Benton

**Snack:** Dip mini-toaster waffles in cinnamon applesauce.

## March 15

### Snowflakes



**Outside Activity:** Go outside and have the children try to catch snowflakes on their tongues or in their hands.

**Inside Activity:** Make snowflakes out of pipe cleaner or paper

**Materials: (I)** Pipe cleaners or paper and scissors

**Questions:** 1) How many snowflakes did you catch? 2) Can you see the snowflakes pattern?

**Book(s):** *No Two Alike* by Keith Baker, *Mine, All Mine!* By Claire Hawcock

**Snack:** Cinnamon-Sugar Snowflakes.

<http://happyhooligans.ca/cinnamon-sugar-snowflakes/>

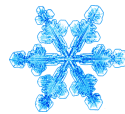
**Song(s):** "Little Snowflake - Super Simple Songs" by Super Simple Songs.

<https://www.youtube.com/watch?v=tbbKjDjMDok>

**Take Home Message:** Every snowflake is unique/special, just like you!

## March 16

### Snowball Toss



**Outside Activity:** Set up buckets and/or targets for kids to toss snowballs at.

**Inside Activity:** Set up buckets and/or targets for kids to toss crumpled up white Paper or white balls ('snowballs') at.

**Materials: (O)** Buckets and/or targets **(I)** Buckets and/or targets, paper/balls

**Questions:** 1) How many snowballs did you throw?

**Book(s):** *Sunshine and Snowballs* by Margaret Wise Brown, *The Big Snowball* by Wendy Cheyette Lewison

**Snack:** Make granola energy ball bites and roll in coconut. Granola Energy Ball

Recipe: <http://www.gracefullittlehoneybee.com/no-bake-energy-bites/>

## March 17

### Winter Story Reenactment



**Outside Activity:** After reading a winter related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a winter related story, have the children reenact the story or a scene from the story.

**Book(s):** *Owl's Winter Rescue* by Anita Loughrey, *If It's Snowy and You Know it, Clap Your Paws!* By Kim Norman

**Snack:** Sprinkle Shredded Cheese on a tortilla shell; fold in half and microwave for 20 seconds, top with salsa.

## March 18

### Snow Impressions



**Outside Activity:** Have children make snow angels or snow impression animals.

**Inside Activity:** Put snow in containers (tin/aluminum pie dishes) and bring inside for children to make impressions in it. Use hands, fingers, toys to make impressions in the snow.

**Materials: (I)** Containers to put snow in and toys to use for making imprints in the snow.

**Book(s):** *The Snowy Day* by Ezra Jack Keats, *Snow* by Cynthia Rylant

**Snack:** Dip animal crackers or apple slices in flavored Greek yogurt.

## March 19

### Winter Counting



**Outside Activity:** What ever the date is, have the children make that many snowballs. If it is February 5th, have them each make 5 snowballs. If it is the 20th, have them work together to each make a certain number of them.

**Inside Activity:** Bring snow inside in containers and have the children make smaller snowballs.

**Materials: (I)** Container for snow

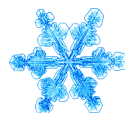
**Questions:** 1) How many snowballs do you have? 2) How many snowballs does... (another child) have?

**Book(s):** *The Twelve Days of Winter: A School Counting Book* by Deborah Lee Rose, *The First Day of Winter* by Denise Fleming, *Downhill Fun: A Counting Book About Winter* by Michael Dahl

**Snack:** PB&J Sushi Rolls. <http://www.jif.com/recipes/details/pbj-sushi-rolls-3004>

## March 20

### Plant a Seed



**Outside Activity:** Have children plant bean seeds or other seeds into small containers. Talk about planting and plant growth. Have children act like a seed and a growing plant.

**Inside Activity:** Same as above. Have children draw a series of pictures including their seed and what the plant will look like as it grows. Talk about plants.

**Materials:** Bean seeds or other seeds, small recycled containers and soil. Paper and drawing materials.

**Questions:** 1) What does a plant look like when it's growing? (have them show you, act it out)

**Book(s):** *Planting a Rainbow* by Lois Ehlert, *Maisy Grows a Garden* by Lucy Cousins, *If You Plant a Seed* by Kadir Nelson, *The Tiny Seed* by Eric Carle, *Oh Say Can You Seed?: All About Flowering Plants* by Bonnie Worth

**Snack:** Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>

## March 21 Feed the Birds



**Outside Activity:** Collect pine cones on a hike to make 'bird feeders'. After making the feeders inside, hang them in trees or equipment outside.

**Inside Activity:** Make bird feeders.

**Materials: (I)** Pine cones, peanut butter, bird seed and string

**Book(s):** *Snowballs* by Lois Ehlert, *We're Going to Feed the Ducks* by Margrit Cruickshank, *How to Make a Bird Feeder* by RIGBY

**Snack:** Make granola bars. <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

**Song(s):** "5 Little Birds" by Super Nursery Rhymes  
<https://www.youtube.com/watch?v=p3xJwdtFenI>  
"What is a Bird?" by Pancake Manor.  
[https://www.youtube.com/watch?v=CI4MvIZ5I\\_s](https://www.youtube.com/watch?v=CI4MvIZ5I_s)

## March 22 Bird Watching



**Outside Activity:** Observe birds and act like them. Ask children. "If you were a bird, where would you fly to first, a special place, someone's house, etc...?"

**Inside Activity:** Watch birds from inside and draw/color/paint pictures of them. Identify birds with children.

**Materials: (I)** May need a bird guide to help identify birds.

**Questions:** 1) How many birds do you see? 2) What colors are the birds?

**Book(s):** *Birds* by Kevin Henkes, *Fine Feathered Friends: All About Birds* by Tish Rabe (Cat in the Hat Learning Library)

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

## March 23 Gathering



**Outside Activity:** Give each child something different to gather or have them gather objects they like or find interesting. Give each child a bucket or container to carry their objects in.

**Inside Activity:** Give each child something different to gather or have them gather objects they like or find interesting.

**Questions:** 1) Why did you collect those items? 2) How many items did you collect?

**Book(s):** *Frederick* by Leo Lionni, *Pancakes, Pancakes!* By Eric Carle

**Snack:** String cheese and mixed nuts.

## March 24 Take-A-Hike



**Outside Activity:** Go for a hike.

**Inside Activity:** Hike around the room in a line and imagine you are hiking outside.

**Questions:** 1) What do you see? 2) If 'hiking' indoors set the scene for the children, we are hiking in a snowy wood, what might we see while we are here?

**Book(s):** *Tom and Pippo Go for a Walk* by Helen Oxenbury, *Mommy and Mikel Go for a Walk* by Ann Morris

**Snack:** Rice cakes topped with light vegetable cream cheese.

## March 25 Shape Hike



**Outside Activity:** Take children for a hike and either point out all the shapes or ask them to only look for objects that are a certain shape.

**Inside Activity:** Hike around the classroom and either point out all the shapes or ask the children to only look for objects that are a certain shape.

**Questions:** 1) What shapes do you see? 2) What is an object that is (a) ... (pick a shape)?

**Book(s):** *The Shape Of Me And Other Stuff* by Dr. Seuss, *Mouse Shapes* by Ellen Stoll Walsh

**Snack:** Cut cheese and fruit slices into shapes.



## March 26 I spy something that begins with an A... (do one for every letter in the alphabet)

**Outside Activity:** Go outside and either take a hike or just look around the immediate area for objects that start with the letter of the day.

**Inside Activity:** Stay inside and look around the room for objects that start with the letter of the day.

**Questions:** 1) What do you see that starts with the letter... (letter of the day)? 2) How many objects do you see that start with the letter... (letter of the day)?

**Book(s):** *Alphabet Under Construction* by Denise Fleming, *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault

**Snack:** Provide a variety of snacks and label them with the letter they begin with. Example—a bag of carrots labeled with a C, slices of apples labeled with an A, etc.

## March 27 Target Practice



**Outside Activity:** Set up targets for children to toss a ball or snowball at.

**Inside Activity:** Set up targets (paper plates on wall) for children to toss a ball or rolled up socks at.

**Materials:** (O) Targets and ball (I) Targets (paper plates) and ball or socks

**Questions:** 1) How many targets are there? 2) How many times did you hit the target(s)?

**Book(s):** *Curious George at the Baseball Game*, by H. A. Rey and Margret Rey, *Curious George Home Run* by H. A. Rey

**Snack:** Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.



## March 28 Find a Match

**Outside Activity:** Hide pairs of things (animal pictures, toys, etc.) outside. Give each child a pair or two to find.

**Inside Activity:** Hide pairs of things (animal pictures, toys, etc.). Give each child a pair or two to find.

**Materials:** Pairs of things (pictures, toys, etc.)

**Book(s):** *A Pair of Socks* by Stuart J. Murphy, *Are You My Mother?* by P.D. Eastman

**Snack:** Celery stick with cottage cheese inside. Place pairs of blueberries, mini pretzels and raisins on top.

## March 29

### Follow the Leader: Animal Noises



**Outside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Inside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Questions:** 1) What was your favorite animal noise?

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Toast a whole grain waffle and top with low-fat yogurt and sliced fruit.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULJjCsaM>

## March 30

### Obstacle Course



**Outside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Inside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Materials:** Any items that would help to build an obstacle course.

**Questions:** 1) What was your favorite part of the obstacle course? 2) Did you like hopping or crawling better?

**Book(s):** *Jump!* By Scott M. Fischer

**Snack:** Zucchini Parmesan Crisps.

<http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>

## March 31



# Revisit a Favorite Activity from this Month!

## April 1

### Animal Acting



**Outside Activity:** Take the children outside. Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Inside Activity:** Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Questions:** 1) What is special about... (the animal)?

**Book(s):** *My Big Animal Book* by Roger Priddy, *Animal Actions* by Julia Donaldson, *The View at the Zoo* by Kathleen Long Bostrom

**Snack:** Spread a scoop of frozen yogurt on two graham crackers and add sliced banana, put together like a sandwich.

**Song(s):** "Let's Go to the Zoo: Animal Song for Kids" by Super Simple Songs.  
<https://www.youtube.com/watch?v=OwRmivbNgQk>

## April 2 Animal Dancing



**Outside Activity:** Sing a song, any song and have children dance how they think a given animal would dance. For example sing any children's song and tell the children start out dancing like a penguin, as you continue yell out different animals and see what the kids come up with!

**Inside Activity:** Same as above.

**Questions:** 1) What was your favorite animal to dance like? 2) What was the hardest animal to dance like?

**Book(s):** *Barnyard Dance!* by Sandra Boynton, *ABCs of Animal Dances* by Vanessa Estelle Salgado, *The Animal Dance* by Je'Taylor

**Snack:** Spread mustard on a tortilla shell. Top with a slice of lunch meat, low-fat cheese and lettuce. Then roll it up.

## April 4 Simon Says: Nature Style



**Outside Activity:** Take children outside to play a game of Simon Says. Explain the rules and let the children know it is nature themed! Lead the children by acting as Simon, saying things like, "Simon Says act like a tree... hop 3 times like a rabbit... fall like a leaf... fly like a bird, etc. If the objects you are asking the children to act like are near you, go for a walk before and/or after the game to get a closer look!

**Inside Activity:** Same as above. You could have pictures of the natural things you are asking them to act like available to show them.

**Materials: (I)** Pictures if desired

**Questions:** 1) What was your favorite action to do? 2) What color was the ... we looked at?

**Book(s):** *Move!* by Robin Page, *Wonders of Nature (Little Golden Book)* by Jane Werner Watson, *Maisy's Nature Walk (A Maisy First Science Book)* by Lucy Cousins

**Snack:** Fill cherry tomatoes with low-fat cottage cheese and sprinkle with dried dill.

## April 3 Spring Story Reenactment



**Outside Activity:** After reading a spring related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a spring related story, have the children reenact the story or a scene from the story.

**Book(s):** *Rabbit's Spring Adventure (Animal Seasons)* by Anita Loughrey, *Let it Rain* by Maryann Cocca-Leffler

**Snack:** Sprinkle Shredded Cheese on a tortilla shell; fold in half and microwave for 20 seconds, top with salsa.

## April 5 Binocular Extravaganza



**Outside Activity:** If you do not have the means to assemble binoculars, have children use their hands (making circles with fingers to look through) and head out on an exploration. Point out objects for children to look for through their 'binoculars' (ie birds, nuts, trees, squirrels, ants, etc.)

**Inside Activity:** Assemble paper tube binoculars! Use toilet paper tubes or paper towel tubes cut in half. Let the children decorate them with paint, markers, crayons, etc. Staple the tubes together and if so desired staple on yarn for a neck strap. If weather is not nice, use binoculars inside to play I-spy, you could hide items throughout the room to be found by the children using their binoculars.

**Materials: (I)** Paper tubes, stapler, art supplies and yarn

**Questions:** 1) What color was the.....? 2) How many tubes do you need to make yourself binoculars? (one for each eye, 2!)

**Book(s):** *Outside Your Window: A First Book of Nature* by Nicola Davies

**Snack:** Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers

## April 6 Spring Counting



**Outside Activity:** Take the children outside. Whatever the date is, have them collect that many of an item you assign to them. The items can be different or the same for each student. Pick items that may be unique to spring and talk about Spring with the children.

**Inside Activity:** Collect items from outside that are Spring related, bring them in and have the children count them. If the items can be glued to a paper have children use their own collected items from outside or the ones you provided and glue them to the sheet and write the number and spell it out on the sheet.

**Materials:** (I) Paper, glue and items

**Questions:** 1) What color are the ...?

**Book(s):** *Mouse Count* by Ellen Stoll Walsh, *Flowers and Showers: A Spring Counting Book* by Rebecca F. Davis, *Countdown to Spring! An Animal Counting Book* by Janet Schulman, *Spring is Here: A Barnyard Counting Book* by Pamela Jane

**Snack:** Guacamole with pita chips.

## April 7 Home Building



**Outside Activity:** Have children pretend to be an animal of their choosing and then ask them to find a place that would make a good home. Encourage them to describe places that would make a good home and to add natural things to their new found homes that would make them more comfortable.

**Inside Activity:** Same as above, but let them use inside materials to create their homes. Have the children choose an animal and then have them draw the animal and its home.

**Materials:** Drawing supplies

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *My Very First Book of Animal Homes* by Eric Carle

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

## April 8 Stick Pickup



**Outside Activity:** Go for a hike/ look around for sticks and have children pick up all different sizes. Have children help set up a 'stick jumping' course. Then have the children go through the course jumping over the stick obstacles.

**Inside Activity:** Same as above, bring sticks inside

**Materials:** Sticks

**Book(s):** *Stick and Stone* by Beth Ferry, *The Stick* by Clay Rice, *Stick Man* by Julia Donaldson, *Sticks: EyeLike Nature* by PlayBac

**Snack:** Pretzel stick roll ups. <http://www.culinary.net/articles/features/FeatureDetail.aspx?ID=1470>

## April 9 Motions of Weather



**Outside Activity:** Have children act out different types of weather (snow, rain, storm, tornado, earthquake, windy, etc.).

**Inside Activity:** Same as above. Have children draw out different weather scenes.

**Materials:** Drawing supplies

**Questions:** 1) What is it like outside today? (sunny, rainy, hot, cold, etc...)

**Book(s):** *Oh Say Can You Say What's the Weather Today?: All About Weather* by Tish Rabe, *Elmer's Weather* by David McKee, *It's Raining, It's Pouring* by Kin Eagle

**Snack:** Rainy Day Fruit Plate.

<http://redtri.com/how-about-cookie-food-art/slide/11/#slide>

**Song(s):** "How's the Weather?" by Super Simple Songs.

<https://www.youtube.com/watch?v=J1X3t5ErqfM>

"It's Raining It's Pouring" by KidsCamp.

<https://www.youtube.com/watch?v=wFzYsE2wMEA>

## April 10 Animal Facts



**Outside Activity:** Have a list of animal facts, for example; fastest land animal, most quiet hunter, most bouncy animal, etc. Take children outside and have them act like the different animals, running, quietly moving, jumping, etc.

**Inside Activity:** Have a list of animal facts, for example; fastest land animal, most quiet hunter, most bouncy animal, etc. Have the children act like the different animals, running, quietly moving, jumping, etc.

**Materials:** List of animals if needed

**Questions:** Review the information with the children... 1) Who is the fastest land animal? 2) What is the .... (animal) known for?

**Book(s):** *My Big Animal Book* by Roger Priddy, *Baby Animals* by National Geographic Kids, *Astonishing Animals (Record Breakers)* by Anita Ganeri

**Snack:** Dip pita chips in hummus.

## April 12 Field Guide



**Outside Activity:** Have the children observe the nature near your facility. Have them draw pictures of the different birds, animals, plants, insects, etc. Help them to identify those things they drew. Also note what season it is on the pages. Assemble into a book, for them to have their very own field guide.

**Inside Activity:** Assemble the above field guides. Observe nature outside the windows or any plants or animals that are in the room. Look through nature guide identification books.

**Materials:** (O) Paper and coloring utensils (I) hole punch, stick and rubber bands to bind the field guides, nature guide books

**Book(s):** *Birds* by Kevin Henkes, *About Birds: A Guide for Children, 2nd Edition* by Cathryn Sill, *About Mammals: A Guide for Children* by Cathryn P. Sill, *About Insects: A Guide for Children* by Cathryn P. Sill

**Snack:** Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

Taken from Jennifer Ward's "Let's Go Outside" (pg 139-140)

## April 11 Rock Hunt



**Outside Activity:** Head out on a rock hunt, look for larger rocks that children would be able to paint. Sort rocks by color and then by size. Ask children, "If you were a rock where would you want to be? Near the water? On a cliff?"

**Inside Activity:** Can sort rocks inside as well. Paint/ color rocks, rock pets or just a picture. Ask the children to hold one of the rocks in their hand and to imagine what that rock has gone through to get in their hand... ask them to tell the Rock's story.

**Materials:** Rocks (if you don't think you'll find any on your hunt), art supplies

**Book(s):** *Stones: EyeLike Nature* by PlayBac, *Stick and Stone* by Beth Ferry

**Snack:** Granola Energy Ball.

<http://www.gracefullittlehoneybee.com/no-bake-energy-bites/>

## April 13 Scavenger Hunt



**Outside Activity:** Bring the children outside to go on a nature scavenger hunt. List Ideas: an item a bird would use in a nest, an item a squirrel would eat for lunch, a rough rock, a smooth rock, something yellow, a leaf that isn't green, a spider's web (note where you found it), a seed, etc. Have children share findings with each other, then challenge them to put the items back where they found them!

**Inside Activity:** Have the children go on a scavenger hunt for items inside, or bring natural items inside and hide them for children to find.

**Book(s):** *Peppa Pig and the Treasure Hunt* by Candlewick Press, *Marley and the Great Easter Egg Hunt* by John Grogan

**Snack:** Sprinkle grated parmesan cheese on hot popcorn.

Taken from Jennifer Ward's "Let's Go Outside" (pg 22-24)

## April 14 Treasure Hunt



**Outside Activity:** Bury an item outside and draw a map for the children to follow. If children are able, help them bury an item and then have them draw a map for other children to follow!

**Inside Activity:** Hide an item inside and give the children a map or verbal directions to find it. You could also use the hot and cold game, where you let them know if they are getting warmer or colder as they get closer or farther away to/ from the item.

**Materials: (I/O)** An item to hide and coloring materials for maps

**Book(s):** *Pirate Treasure! (Zoe and Beans)* by Chloe and Mick Inkpen, *The Treasure Hunt (Tales from Percy's Pak)* (Percy the Park Keeper) by Nick Butterworth, *Treasure Island (The Illustrated Children's Library)* by Robert Louis Stevenson

**Snack:** Pineapple cut into round coin like chunks.

Taken from Jennifer Ward's "Let's Go Outside" (pg 39-41)

## April 15 Clouds



**Outside Activity:** Take the children outside to observe the clouds. If it is raining out, give each child a piece of white paper and let them paint with water colors in the rain. The rain will enhance their paintings.

**Inside Activity:** Observe the clouds from inside, then let the children paint or draw the sky. Provide them with white paint or white chalk and a piece of blue paper.

**Materials: (O)** White paper and water color paints if you do the art activity (I) Blue construction paper and white paint or chalk.

**Questions:** 1) What shapes do you see in the clouds?

**Book(s):** *The Cloud Book* by Tomie dePaola, *Clouds (Let's-Read-and-Find-Out Science 1)* by Anne Rockwell, *Little Cloud* (board book) by Eric Carle

**Snack:** Cauliflower and low-fat cottage cheese.

**Song(s):** [Fluffy Cloud Counting](https://youtu.be/mw11RC89G6g) (to 30) - <https://youtu.be/mw11RC89G6g>

Taken from Jennifer Ward's "Let's Go Outside" (pg 60-62)

## April 16 Rockin' Nature



**Outside Activity:** The children can form a nature band. Have them collect different items in nature and then figure out how to make music using their items. Pebbles can be collected and shaken in closed palms for a maraca, sticks can be hit against a tree for a drum beat, branches with leaves can creating a swishing noise, etc.

**Inside Activity:** Have children make a kazoo! They will need a toilet paper roll, a square of wax paper and a rubber band. Have the children paint/color/decorate their toilet paper tubes. Attached the wax paper square to one end of the toilet paper roll with the rubber band. The children can then hum into their kazoos to make music.

**Materials: (I)** Toilet paper rolls, paint/markers/decorative pieces, wax paper, rubber bands

**Questions:** 1) What did you make your instrument out of?

**Book(s):** *Marsh Music* by Marianne Berkes, *Disney's Little Einsteins: Music of the Meadow* by Susan Ring, *Music is for Everyone* by Jill Barber

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Jennifer Ward's "Let's Go Outside" (pg 84-86)

## April 17 Tree Scrapbook



**Outside Activity:** Visit your adopted tree regularly. Collect leaves, bark rubbings, observations, etc of your tree and place these in a scrapbook of your tree!

**Inside Activity:** Act like a tree during different weather conditions. Talk about what they might like to do with/in a tree (fort building, climbing, resting, reading, etc.)

**Materials:** Your tree scrapbook

**Questions:** 1) Has your tree changed at all? 2) How has your tree changed?

**Book(s):** *The Giving Tree* by Shel Silverstein, *The Tree* by Dana Lyons, *Our Tree Named Steve* by Alan Zweibel, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

**Song(s):** "Head Shoulders Knees and Toes for Trees!" by Mr. R.'s Songs for Teaching. <https://www.youtube.com/watch?v=FJqy967xs1c>

Taken from Susan Milford's "The Kids' nature Book" (pg 41)

## April 18 Forts



**Outside Activity:** Build a fort! No matter the season you can assemble a fort. You can use snow, wet sand, leaves, sticks or rocks. Forts can just be the perimeter, they do not need to be completely enclosed.

**Inside Activity:** Build a fort out of blankets, pillows, chairs etc.

**Materials: (I)** Fort building materials

**Questions:** Put your imagination and the children's to work. Have them tell a story about their fort, or imagine you are a town and everybody has a special job to do, have them describe what their job is (example: snow cone maker, a vet, a doctor, a janitor, a teacher, etc.)

**Book(s):** *The Fort that Jack Built* by Boni Ashburn, *Olivia and the Snow Day* by Farrah McDoogie

**Snack:** Graham crackers and Nutella, see if children can build a fort/house.

Taken from Jennifer Ward's "Let's Go Outside" (pg 28-31)

## April 20 Animal Diets/Food Chain



**Outside Activity:** Bring the children outside and take a hike around having them pick up different items, like grass, leaves, nuts, bugs, etc. Ask them what they think might eat these items.

**Inside Activity:** Collect different items, like grass, leaves, nuts, bugs, etc and bring them inside. Ask the children what they think might eat these items. Chart out a food chain/food web, tape items to chart (unless a bug)!

**Materials: (I)** Board/ Paper to chart food chain/web

**Questions:** 1) What animals do you think eat leaves? 2) ... grass? 3) ... nuts?

**Book(s):** *The Wide-Mouthed Frog (A Pop-Up Book)* by Keith Faulkner, *Gobble It Up! A Fun Song About Eating!* By Jim Arnosky (book and CD)

**Snack:** Animal Crackers - Place the crackers in a food chain if you can! Provide yogurt or peanut butter to dip animal crackers in.

## April 19 Trash To Treasure



**Outside Activity:** Collect twigs and dried grass and place in a flower pot. Add 3-4 inch pieces of thread and narrow strips of cloth. See what birds come to use these materials to help build their nest.

**Inside Activity:** Turn a plastic gallon milk jug into a bird feeder by cutting 2 circular openings in the body of the container, approximately 1-2 inches from the bottom on opposite sides. Fill the bottom of the jug with birdseed. Attach twine to the handle and hang it from a tree branch.

**Materials: (O)** Flower pot/container, scrap cloth/yarn/string **(I)** Plastic gallon milk jug, scissors, twine, birdseed

**Book(s):** *Mama Built a Little Nest* by Jennifer Ward, *The Perfect Nest* by Catherine Friend, *Whose Nest?* By Lynette Evans

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

Taken from Jennifer Ward's "Let's Go Outside" (pg 146-148)

## April 21 Hide and Seek



**Outside Activity:** Play hide and seek outside.

**Inside Activity:** Play hide and seek inside.

**Questions:** 1) Where do you think the best hiding place was?

**Book(s):** *Hide and Seek* by Taro Gomi, *Hide and Seek Harry Around the House* by Kenny Harrison

**Snack:** Make a mini-sandwich with tuna or egg salad on a dinner roll.

## April 22 Hop Scotch



**Outside Activity:** Draw a hopscotch course or multiple courses with chalk outside and have children hop through it or them.

**Inside Activity:** Create a hopscotch course inside using paper plates taped to the floor or carpet squares stuck to the floor and have children hop through it.

**Materials:** (O) Chalk (I) Paper plates and tape

**Questions:** 1) How many times did you have to hop?

**Book(s):** *Hop on Pop* by Dr. Seuss

**Snack:** Dip mini-toaster waffles in cinnamon applesauce.

## April 23 Color Hike



**Outside Activity:** Take children for a hike and either point out all the colors or ask them to only look for objects of a certain color.

**Inside Activity:** Hike around the classroom and either point out all the colors or ask the children to only look for objects of a certain color.

**Questions:** 1) What colors do you see? 2) What is an object that is ... (pick a color)?

**Book(s):** *Mouse Paint* by Ellen Stoll Walsh, *Brown Bear, Brown Bear, What Do You See* by Bill Martin Jr. and Eric Carle

**Snack:** Teddy Bear Toast. <http://www.craftymorning.com/teddy-bear-toast-healthy-kids-breakfast/>

## April 24 Puddle Jumping



**Outside Activity:** If there are rain puddles outside, take the children outside to hop over them and if you are up for it, let them jump IN the puddles! If it hasn't rained, consider creating a few puddles by pouring water into places outside that will hold it.

**Inside Activity:** Cut out blue 'puddles' for kids to jump over and 'in'.

**Materials:** (I) Blue paper and scissors

**Questions:** 1) How many puddles did you jump in? 2) Were the puddles you jumped in big or small?

**Book(s):** *Puddles* by Jonathan London, *Puddle Pug* by Kim Norman

**Snack:** Dip baby carrots, bell pepper slices and cherry tomatoes in low-fat ranch dressing.

## April 25 Frogs



**Outside Activity:** Direct children in a game of leap frog. Lead children on a 'frog hunt', even if you have never seen a frog in your area, let the children look for them, and talk about where a good place to find frogs might be.

**Inside Activity:** Direct children in a game of leap frog. Create frog puppets out of brown paper lunch bags. Let the children color the bags however they want and have them glue on precut arms, legs and tongues. Either have them draw the eyes or provide them with googly eyes.

**Materials:** (I) Brown paper bags, crayons, glue, paper for arms, legs and tongues and googly eyes

**Questions:** 1) How many 'frogs' did you leap? 2) Where do you think frogs like to hang out? 3) What do you think frogs like to eat?

**Book(s):** *Frog on a Log* by Phil Roxbee Cox, *Frog and Toad Are Friends* by Arnold Lobel, *In the Small, Small Pond* by Denise Fleming, *The Frog in the Pond* by Wil Mara

**Snack:** Baked Kale Chips. <http://growing-minds.org/baked-kale-chips/>

**Song(s):** "Five Little Speckled Frogs" by Little Baby Bum.  
[https://www.youtube.com/watch?v=WSC-gHBU\\_d0](https://www.youtube.com/watch?v=WSC-gHBU_d0)

## April 26 Rainbows



**Outside Activity:** Go on a 'Rainbow Hike'. Go for a walk and have children name colors as you are walking and find or touch an item that is that color.

**Inside Activity:** Take glass cup full of water or an ice cube and use either the sun or a flashlight as you light source to shine through the glass or ice cube. A rainbow should be refracting for the children to see. You may want to have a white piece of paper to display the 'rainbow' on for easier viewing! Have children draw a picture of a rainbow or a picture that uses all the colors of the rainbow.

**Materials: (I)** Glass cup or ice cube (flashlight if not using the sun). Paper and crayons/art supplies

**Questions:** 1) How many colors are in the rainbow? 2) What is your favorite color?

**Book(s):** *Planting a Rainbow* by Lois Ehlert, *A Rainbow of My Own* by Don Freeman, *Rainbow Fish Colors* by Marcus Pfister, *I Can Eat a Rainbow* by Annabel Karmel

**Snack:** Rainbow fruit kabobs. <http://cf.iheartnaptime.net/wp-content/uploads/2013/07/50-BEST-Kids-Lunch-and-Snack-Ideas-8.jpg>

**Song(s):** "The Rainbow Song" by Nursery Day TV. [https://www.youtube.com/watch?v=zjik9U\\_Qo\\_8](https://www.youtube.com/watch?v=zjik9U_Qo_8)

## April 28 A Hunting We Will Go



**Outside Activity:** Play a game of sardines (reverse hide and seek)

**Inside Activity:** Play a game of sardines (reverse hide and seek)

**Questions:** "What animals in nature might find themselves in situations where they need to huddle quietly? Might a nest of chicks remain quiet while their parent is out hunting for food? Or a den of coyote pups?" Have them brainstorm things animals do to keep quiet. "What things do animals avoid doing to keep from being found?" Have children practice these things while playing the game again.

**Book(s):** *Quiet Bunny & Noisy Puppy* by Lisa McCue, *The Quiet Book* by Deborah Underwood

**Snack:** Stuff a whole-grain pita pocket with ricotta cheese or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.

**Taken from Jennifer Ward's "Let's Go Outside" (pg 14-15)**

## April 27 Animal Calls



**Outside Activity:** Have children each choose an animal call. Have them do the call, then have the other children repeat them and then guess what they are. Give everybody a chance.

**Inside Activity:** Same as above

**Materials:** Perhaps get an animal call to show children

**Questions:** Ask children what different animals say.

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULjCsaM>

## April 29 Leaf/Twig Tag



**Outside Activity:** Played like traditional tag, but after a person is tagged, they do not become it right away. The person tagged picks up a leaf or twig and continues avoiding being tagged by the 'it' person. After an individual has been tagged 3 times, has 3 leaves or twigs in their hands, they become the new 'it' person.

**Inside Activity:** Duck-Duck-Gray Duck (Goose)

**Book(s):** *Stick Man* by Julia Donaldson, *Stanley's Stick* by John Hegley

**Snack:** Grapes and pretzel sticks.

**Taken from Jennifer Ward's "Let's Go Outside" (pg 33-38) - this activity includes 10 different tag ideas!**

April 30



## Revisit a Favorite Activity from this Month!



May 1  
Toad's Castle

**Outside Activity:** Go on a toad hunt. Then look around the yard to see if there might be a good place to set up a toad castle. Ask the children where a good place for a toad might be. Play a game of leap toad (leap frog)!

**Inside Activity:** Create a toad home by taking a clay flowerpot (8 inches or more in diameter). With a hammer, remove two sections of the rim opposite from each other, these will be the doors of the toad's home. Place the 'castle' in a shady place, with the rim slightly buried in the ground. Be sure to place a dish of water outside the toad castle! Color a picture of a toad, talk about the differences between frogs and toads. (Toads have bumpy skin, can tolerate drier habitats, tend to crawl more than hop and they can puff themselves up to look bigger if they feel threatened).

**Materials: (I)** Clay flowerpot, hammer, water dish, coloring tools

**Book(s):** *Frog and Toad* books by Arnold Lobel, *Toads* by Eileen Ziesler, *The Frog House* by Mark Taylor

**Snack:** Mini bagel spread with low-fat cream cheese and jam.

Taken from Jennifer Ward's "Let's Go Outside" (pg 133-135)



May 2  
Shadow Prints



**Outside Activity:** Go on a hike and have each child gather a handful of different natural items. Give each child a piece of dark colored construction paper. Place the paper in a spot that will get plenty of sun throughout the day, have the children place their natural items on the paper. Leave this outside all day, the sun will fade the exposed/uncovered paper, leaving darker prints where the items sat all day.

**Inside Activity:** Place a dark object and light object in the window, leave them sit for several minutes then have the children feel them. Ask them which one feels warmer.

**Materials: (O)** Natural items (nuts, leaves, feathers, twigs, etc.) and dark construction paper. **(I)** a dark colored object and a light colored object

**Questions:** Ask the children what they think will happen.

**Book(s):** *Nothing Sticks Like a Shadow* by Ann Tompert, *What Makes a Shadow?* by Clyde Robert Bulla

**Snack:** Guacamole with pita chips.

Taken from Jennifer Ward's "Let's Go Outside" (pg 63-65)



May 3  
Snakes!

**Outside Activity:** Use a jump rope and tell the children to imagine it is a 'snake'. Tell them they need to try their best to jump over the snake without squishing it! Shake the jump rope back and forth on the ground, so it moves/slithers like a snake and let the fun begin. Feel free to turn it into an elimination game and have those children who land on the 'snake' step out.

**Inside Activity:** See above. Create paper snakes by assembling a paper chain and making one end the head by giving it a paper or pipe cleaner tongue and a couple of eyes (googly eyes or just colored on).

**Materials: (O)** Jump rope **(I)** Jump rope; colored paper, stapler or tape, pipe cleaner, markers, googly eyes

**Questions:** 1) How big is the 'snake'? 2) What color is the 'snake'? 3) How many times can you jump over the 'snake'?

**Book(s):** *Can I Play Too? (An Elephant and Piggie Book)* by Mo Willems, *Sid's Surprise* by Candace Carter, *A Pet Named Sneaker* by Joan Heilbroner, *Mouse Count* by Ellen Stoll Walsh

**Snack:** Curly Hotdog Snake. <http://www.cbc.ca/bestrecipes/recipes/curly-hotdog-snakes>

**Song(s):** 'I'm Being Eaten by a Boa Constrictor' by SJCPL Jr. at St. Joseph County Public Library. <https://www.youtube.com/watch?v=oR2DR-ghfSQ>



## May 4 Rain Catcher



**Outside Activity:** Place a few jars out in different spots for collecting rain, after it rains compare how much was collected in the jars.

**Inside Activity:** Assemble rain catchers using glass jars. Use a cloth tape measure to mark off half inch increments with a permanent marker. Allow children to decorate the jars (leaving the area around the markings open for reading).

**Materials: (I)** Glass jars, permanent marker, ruler/tape measure, decorating items (glue)

**Book(s):** *Rain!* By Linda Ashman, *Let it Rain* by Maryann Cocca-Leffler, *Come On, Rain!* By Karen Hesse

**Snack:** Dip veggies in low-fat cottage cheese.

Taken from Jennifer Ward's "Let's Go Outside" (pg 149-150)



## May 5 Bird Bathing

**Outside Activity:** Set up a bird bath outside, all you need is an upturned garbage can lid with some pebbles in the bottom and water, if you can place it on a raised surface, birds prefer to be up off the ground and it will make viewing the birds easier. Observe the birds. Then have children reenact the birds bathing. Try to clean replace the water once a week if you plan on keeping the bird bath around.

**Inside Activity:** Have the children each act out their own made up story of what a day in the life of a bird would be like.

**Materials: (O)** Trash can lid, pebbles, and water

**Book(s):** *Little Bird Takes a Bath* by Marisabina Russo, *Little Quack's Bath Book* by Lauren Thompson

**Snack:** Rice cakes topped with light vegetable cream cheese.

Taken from Susan Milford's "The Kids' Nature Book" (pg 56)



## May 6 Spring Mural



**Outside Activity:** Take a walk outside and look around. Have the children make observations. Discuss all of the changes that are happening with the coming of spring.

**Inside Activity:** Either as a group or each child individually create a spring mural. There are many changes happening in spring. Paint, color, sketch, paste and stick pictures of all sorts of pictures that show spring growth and change. Make a tree silhouette and paste down green paper leaves when the real leaves open. Pasted down pictures of baby animals that are born in spring. Label what is put on you're the mural, you could include dates too.

**Materials: (I)** Drawing/Coloring materials, old gardening magazines, colored construction paper, glue, scissors

**Questions:** When did the first Robin start poking around the grounds? Is there still snow on the ground? When did the first leaves appear on the trees? When did you see the first flower of spring?

**Book(s):** *Outside Your Window: A First Book of Nature* by Nicola Davies, *Spring Walk* by Virginia Snow, *Rabbit's Spring Adventure* by Anita Loughrey

**Snack:** Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>

Taken from Susan Milford's "The Kids' Nature Book" (pg 43)



## May 7 First Signs of Spring

**Outside Activity:** Take the children for a hike and see how many signs of spring you can find. Do you see any flowers blooming? Buds on trees? Insects flying around? Seedlings, etc. Practice being a blooming flower, have the children bloom slowly and quickly.

**Inside Activity:** Create flowers out of construction paper. Have petals and centers cut out for the children. Let them glue the pieces onto a blank sheet of paper and draw the stems and leaves.

**Materials: (I)** Construction paper, paper, glue and crayons

**Book(s):** *Rabbit's Spring Adventure* by Anita Loughrey, *Spring Walk* by Virginia Snow, *It's Spring* by Susan Swan, *It's Spring!* By Samantha Berger

**Snack:** Strawberries and Cream Sandwich.

<http://alidaskitchen.com/2012/06/16/strawberries-and-cream-sandwiches/>

## May 8

### State Symbol Scavenger Hunt



**Outside Activity:** After completing the inside activity, bring the children out for a State Symbol Scavenger Hunt. Take a walk around the area and see if you can find those symbols of the state including the state tree, bird, flower and maybe even the fish and mammal.

**Inside Activity:** Look up and learn about the State Symbols. What are they? What do they look like? Why were they chosen?

**Materials: (I)** Access to look up the information (<http://www.leg.state.mn.us/leg/symbols.aspx>, be sure to follow the [unofficial or proposed symbols](#) link found on the aforementioned webpage, for more symbols!)

**Questions:** Would you have chose something different? What would your personal bird, tree, flower, drink, and/or muffin be if you could choose?

**Book(s):** *Minnesota Facts and Symbols* by Bill McAuliffe, *V is for Viking: A Minnesota Alphabet* by Kathy-jo Wargin, *Minnesota* by Amy Van Zee, *Hello, Minnesota!* By Constance Van Hoven and David Walker

**Snack:** Blueberry Muffins and Milk (They are the State Muffin and State Drink!)

Taken from Susan Milford's "The Kids' Nature Book" (pg 45)

## May 10

### Organizing Animals



**Outside Activity:** Take the children outside on a hike. Have them look for animals. If it's nice, keep the children outside and talk about the animals they saw (if it isn't too nice, take this activity inside). Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Inside Activity:** Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Materials: (I/O)** Something to write the groups and characteristics on. This way you can revisit it with your class.

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe

**Snack:** Dip bread sticks in salsa.

Taken from Susan Milford's "The Kids' Nature Book" (pg 54)

## May 9

### Create Your Own Animal



**Outside Activity:** Have children do the inside activity first. After they are done inside, take them outside and have them to act like the animal they created. How does it run, walk, play, eat, etc....

**Inside Activity:** Have the children invent an animal. Have them draw it out and possibly try and construct it with play dough.

**Materials: (I)** Drawing materials and play dough

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *The Animals Winter Sleep* by Lynda Graham-Barber, *Put Me In the Zoo* by Robert Lopshire

**Snack:** Dip animal crackers in low-fat pudding.

## May 11

### Bird Feathers



**Outside Activity:** Take a hike and search for bird feathers.

**Inside Activity:** Learn about bird feathers! Birds are the only animals that have feathers. They serve as insulation and help in flying. There are 2 basic feather types, contour and down. Contour feathers are those found on the body, wings and tail, these are helpful when it comes to flying. Down feathers are fluffy and help to keep birds warm. Draw a feather.

**Materials: (I)** Drawing materials

**Questions:** How many feathers did you find? What color are the feathers you found?

**Book(s):** *Feathers: Not Just for Flying* by Melissa Stewart, *Birds of a Different Feather* by Kelley Wendel, *Fine Feathered Friends: All About Birds* by Tish Rabe

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

Taken from Susan Milford's "The Kids' Nature Book" (pg 56)

## May 12 Ladybugs



**Outside Activity:** Go on a Ladybug hunt. If you are feeling up to citizen science, take photos of the ladybugs and upload them to Cornell Universities [Ladybug Project](#). Have the children count the spots on the ladybugs back and compare the color and number of spots among the ladybugs spotted

**Inside Activity:** Search for ladybugs inside! Make ladybugs out of construction paper and glue.

**Materials: (I)** Red, black and white construction paper, glue and scissors

**Questions:** 1) How many ladybugs did you find? 2) How many spots did you count?

**Book(s):** *Ten Little Ladybugs* by Melanie Gerth, *The Grouchy Lady Bug* by Eric Carle, *Are You a Ladybug?* (*Backyard Books*) by Judy Allen

**Snack:** Tomato and olive ladybug.

<http://www.tasteofhome.com/recipes/ladybug-appetizers>

**Song(s):** "The Ladybug Song" by Maple Leaf Learning.

<https://www.youtube.com/watch?v=5PT8cltGUTU>

Taken from Jennifer Ward's "Let's Go Outside" (pg 136-138)

## May 13 Salamanders



**Outside Activity:** Go on a Salamander hike. Search in damp places, under logs and leaves.

**Inside Activity:** Talk about Salamanders. They are active at night. Most salamanders are mute. Some people mistake salamanders for lizards. Salamanders are amphibians and prefer cool, moist areas on land or wetlands such as ponds and streams, unlike lizards which are reptiles and generally live in drier habitats. Salamanders can often be spotted during wet weather.

**Book(s):** *The Salamander Room* by Anne Mazer, *Big Night for Salamanders* by Sarah Marwil Lamstein, *The Great Smoky Mountain Salamander Ball* by Lisa Horstman

**Snack:** Fruit Salamanders. <https://s-media-cache-ak0.pinimg.com/originals/f5/e2/15/f5e21585ac63750e01633c275126b190.jpg>

Taken from Susan Milford's "The Kids' Nature Book" (pg 51)



## May 14 Walk in the Rain



**Outside Activity:** Get your rain gear on and take a walk in the rain! This is great for the senses, take in the smell of the damp earth. Watch how nature deals with precipitation. Some leaves on trees and bushes are shaped in a way that funnels off water. Be sure to splash in a puddle or two. See how many raindrops each child can catch in their hands.

**Inside Activity:** Discuss what the children experienced, what they enjoyed, what they would like to do when they go out in the rain again. Talk about how animals and birds deal with the rain, oil on their fur and feathers, finding shelter, etc.

**Questions:** What does the rain feel like on your skin? Do the colors look rich when everything is wet?

**Book(s):** *Rain!* By Linda Ashman, *Rain* by Peter Spier, *A Walk in the Rain* by Ursel Scheffler, *A Walk in the Rain* by Sarah Vazquez

**Snack:** Zucchini Parmesan Crisps.

<http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 48)

## May 15 Baby Animals: Eggs or No Eggs?



**Outside Activity:** Hike around and ask children to point out any animal homes where baby animals might be born. Ask them what animals lay eggs and which don't. Talk about animals that lay eggs and ones that do not. Have them point out egg layers when they see them flying about or non-egg layers while they scurry around.

**Inside Activity:** Have students draw a picture of either an egg layer or non-egg layer and tell a story about the parents and babies to go with the picture.

**Materials: (I)** Drawing supplies

**Book(s):** *Animals (Baby Touch and Feel)* by DK Publishing, *Baby Animals (Little Golden Book)* by Garth Williams, *The Egg* by Dick Bruna

**Snack:** Hardboiled eggs.

## May 16

### Finding Fern Fiddleheads



**Outside Activity:** When you are out for your daily hike/walk, keep your eyes peeled for Fern fiddleheads. Harvest these fiddleheads for a delicious vegetable side dish or chilled atop a salad.

**Inside Activity:** Prepare some steamed fiddleheads with/for the children to try! Let the children know these fiddleheads can be found in the woods and they may also be able to find them at the grocery store in the produce section and possibly even at the farmers market.

**Book(s):** *Let's Find It!: My First Nature Guide* by Katya Arnold, *F is for Fiddlehead: A New Brunswick Alphabet* by Marilyn Lohnes

**Snack:** Steamed Fiddleheads with parmesan cheese.

Taken from Susan Milford's "The Kids' Nature Book" (pg 53)

## May 18

### Animals and People



**Outside Activity:** Go on an animal/critter hunt. Every time a new critter is found, ask the children ways they think people use or could use the animals. Example: Honeybees produce honey, squirrels are sometimes hunted for food, geese are hunted for food, but also we may use their feathers in pillows and blankets, butterflies are pollinators of plants that produce food for us, etc.

**Inside Activity:** Have the children draw a picture of an animal and the way a person could use that animal/critter.

**Materials: (I)** Drawing materials

**Book(s):** *Annie and the Wild Animals* by Jan Brett, *Working Animals of the World (All About Animals)* by Tammy Gagne

**Snack:** Dip baked tortilla chips in bean dip. Talk about how pollinators made this snack possible!

Taken from Susan Milford's "The Kids' Nature Book" (pg 62)

## May 17

### Tree Seedling Seeking



**Outside Activity:** Go outside and search for tree seedlings. Before the grass is mowed for the first time in spring, look for bright green shoots. Most trees drop their seeds in the autumn, but they lay dormant over the winter until the temperature warms. Sometimes you can tell what type of tree the seedling is because the leaves are miniature versions of the adult trees' leaves. Take time to imagine all those big trees in the area as tiny seedlings, they all started off that small!

**Inside Activity:** Look up different types of trees and what their leaves and seedlings look like. Have the children draw stages of growth of a seedling, starting as a seed, then a seedling, a young tree and an older big tree.

**Materials: (I)** Drawing/art materials, paper

**Book(s):** *Franklin Plants a Tree* by Paulette Bourgeois

**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

Taken from Susan Milford's "The Kids' Nature Book" (pg 52)

## May 19

### Lively Leaf Litter



**Outside Activity:** Go for a hike to a place where there is some leaf litter on the ground. Have the children poke through the leaf litter and see if they can find any insects or other critters. Before you leave this area, grab a couple handfuls of leaf litter to bring back (carry back in a bag), this will be used for the inside activity.

**Inside Activity:** Assemble a "Berlese funnel", by making a funnel shape out of cardstock paper, put some wire mesh in the funnel, set the funnel in a glass jar and then turn a lamp on and shine it directly down on the funnel. Place the leaves in the funnel, let the lamp shine directly down on the leaves for several hours, after that check to see how many crawly critters have made their way down to the jar.

**Materials: (O)** A bag to carry the couple handfuls of leaf litter back in **(I)** A berlese funnel or cardstock paper, wire mesh, glass jar and a lamp.

**Book(s):** *Bugs, Beetles, and Butterflies* by Harriet Ziefert

**Snack:** Chicken Fingers. <http://www.fitnessmagazine.com/recipes/lunch/lighten-up-healthy-chicken-fingers-recipe/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 67)

## May 20 Night Time



**Outside Activity:** Take the children outside, have them pretend it is night time. Ask them what would be different if it was night time. In an open area, play marco polo, having the 'it' person wearing a blindfold or at least closing their eyes. Talk about how this is how some nocturnal animals, like the bat, find their food at night. Teach them nocturnal (*done, occurring, or active at night*), diurnal (*of or during the day*), and crepuscular (*appearing or active in twilight, dawn and dusk*).

**Inside Activity:** "Star gaze" with your children. Stick some glow in the dark stars on the ceiling and turn the lights out in the room. You can place the glow in the dark stars in shapes and have the children say what they see. Or, you can cut black construction paper circles that fit over a flashlight head and poke holes in those discs that form shapes. Turn the lights out and flash the light through the different discs onto the ceiling. Have the children laying on their backs on the floor while stargazing.

**Materials:** (O) Blindfold (I) Glow in the dark stars or black construction cut into discs, something to poke holes in those discs and a flashlight

**Book(s):** *Out of Sight till Tonight!: All About Nocturnal Animals* by Tish Rabe, *Grandfather Twilight* by Barbara Helen Berger, *Night in the Country* by Cynthia Rylant

**Snack:** Pineapple cut into star and moon shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 82)

## May 21 Rock Rubbin'



**Outside Activity:** Go for another hike! This time have the children be on the look-out for rocks, preferably rocks with texture. Take paper and crayons out with you, just in case the rocks are too big to bring back inside! Have the children make rock rubbings, then have them each take a turn talking about their rock and show their rubbings with the group. After this activity, have the children find a small rock they really like, this will be used for the 'Inside Activity'.

**Inside Activity:** Make a rock pet. If the rocks are big enough, have them glue googly eyes on their rocks, and maybe some pom-poms for hair or a tail. Let them color and make their rock pet unique and all their own!

**Materials:** (O) Paper and Crayons (I) A rock, googly eyes, pom-poms, markers/ crayons, glue, other artsy items

**Book(s):** *Stones: EyeLike Nature* by PlayBac, *Stick and Stone* by Beth Ferry

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Susan Milford's "The Kids' Nature Book" (pg 89)

## May 22 Painting with Fruits and Veggies



**Outside Activity:** Visit a garden nearby (community or school gardens are relatively common), or have a couple of veggie plants available for the children to explore.

**Inside Activity:** Have cut fruits and veggies available for children to make paint prints with. Potatoes make great print makers, cut one in half and carve designs into the potato, let dry for about an hour before having the children make paint prints with them

**Materials:** (O) A garden or garden plants (I) Cut veggies, paint and paper

**Book(s):** *Veggie Wedgie, Fruity Tootie: A kid's guide to fruits and veggies!* By Allison Ria Duran, *The Fruit and Veggie ABC Book (An Ed the Dragon Book)* by Mary Lee

**Snack:** Fruits and Veggies.

Taken from Susan Milford's "The Kids' Nature Book" (pg 92)

## May 23 Designs in Nature



**Outside Activity:** "From the way the seeds are arranged on a sunflower, to the spiraling tendrils of a grape vine, nature has some ingenious and beautiful designs. Look around you, and you'll see all sorts of interesting shapes and patterns. Spirals are common in nature, from the spectacular nautilus shell to the fiddleheads of ferns. Circles are also wide-spread. Mushroom caps, flowers with petals that radiate from a central disk, and drops of water. Look for other shapes and patterns, too. Take tree bark and leaves, for instance. There are such variations!"

**Inside Activity:** Have the children use play dough to design their own leaf, berry or other natural item. Have them name it and then share it with the group.

**Materials:** (I) Play dough

**Book(s):** *Busy Bugs; A Book About Patterns* by Jayne Harvey, *Zebra Stripes Go Head to Toe* by Sheryl and Simon Shapiro, *Swirl by Swirl: Spirals in Nature* by Joyce Sidman

**Snack:** Cut cheese and fruit slices into shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 110)

## May 24 Rain Art



**Outside Activity:** Set artwork outside in the rain, to complete it! Run through the rain to place your pictures all over!

**Inside Activity:** Paint/color some shapes or blocks of color with water-soluble paints (like watercolors or poster paint) or markers. Place the artwork outside to be helped along by the rain (if not raining, sprinkle water on artwork outside)

**Materials: (I)** Paint and/or markers and paper

**Book(s):** *Rain* by Robert Kalan, *Art* by Patrick McDonnell

**Snack:** Strawberry Muffins. <http://growing-minds.org/strawberry-muffins/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 48)

## May 25 Mushroom Hunt



**Outside Activity:** Go outside and search for mushrooms! Have children look for mushrooms and be sure to have children take a look at each mushroom found. Have them compare those mushrooms found. Be sure to watch the children so they do not eat any of the mushrooms found, some are poisonous. Have each child bring a gilled mushroom (like the ones you get at the store) back inside for the "Inside Activity"

**Inside Activity:** "Remove the stem and place the mushroom flat side down on a sheet of dark construction paper. Cover the mushroom cap with a small bowl or cup to keep any drafts from blowing away the tiny spores. Carefully lift the cap after several hours. Do you see the pattern the spores have made?"

**Materials: (I)** Dark construction paper and bowls/cups

**Book(s):** *Mushroom in the Rain* by Mirra Ginsburg, *The Mushroom Hunt* by Simon Frazer, *In the Mushroom Meadow* by Alison Inches

**Snack:** Tuna salad cucumber bites. <http://www.healingandeating.com/2014/07/tuna-salad.html>

Taken from Susan Milford's "The Kids' Nature Book" (pg 92)

## May 26 Grow a Mystery Crop



**Outside Activity:** Take the children outside and have them each dig up a little bit of soil, put it into a small pot and water it. Talk about what they think will grow.

**Inside Activity:** Find a safe, sunny place to keep the pots and visit them regularly to see what if anything grows! Have the children draw a picture of what they think might grow!

**Materials: (O)** Garden spade and small pots **(I)** Counter space and drawing supplies

**Book(s):** *If You Plant a Seed* by Kadir Nelson, *The Little Gardener* by Jan Gerardi, *From Seed to Pine Tree* by Suzanne Slade

**Snack:** Fruit and cracker pizza.

<http://www.sunshineandhurricanes.com/easy-fruit-and-cracker-pizzas/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 107)

## May 27 Bird Eggs



**Outside Activity:** After completing the inside activity, take the children's eggs outside and hide them. Have an egg hunt, where the children have to find a certain number of eggs. You can talk about how some animals, like humans, eat bird eggs, and how they have to search for them. You could also talk about camouflage and how it is important for mom birds and eggs to blend into their surroundings.

**Inside Activity:** Let the children draw on the eggs with crayon, then dye the eggs. Or dye the eggs and let the children put stickers on them.

**Materials: (I)** Hardboiled eggs, crayons, and dye

**Book(s):** *Green Eggs and Ham* by Dr. Seuss, *Scrambled Eggs Super!* By Dr. Seuss

**Snack:** Hardboiled eggs and or grapes.

## May 28 Fishes



**Outside Activity:** Play Sharks and Minnows.

**Inside Activity:** Have the children paint a river, lake or ocean scene with plenty of fish and other creatures. You could also do a group mural where you have the water scene ready and each child paints their own fish onto the mural (or on a separate sheet of paper to be cut out and placed on the mural).

**Materials: (I)** Painting materials

**Book(s):** *Fabulous Fishes* by Susan Stockdale, *One Fish Two Fish Red Fish Blue Fish* by Dr. Seuss, *The Rainbow Fish* by Marcus Pfister

**Snack:** Goldfish Crackers and Orange Slices.

<http://www.creativefun4you.com/?p=705>

## May 29 Wild Flowers



**Outside Activity:** On your hike, have children keep their eyes peeled for wild flowers. Avoid picking the flowers so others can enjoy them (feel free to pick dandelions!). When a child finds a flower, ask them what color it is, have you ever seen a flower like this before, etc.

**Inside Activity:** Make tissue paper and pipe cleaner flowers. (You can find instructions online)

**Materials: (I)** Colored tissue paper, green pipe cleaners and scissors

**Book(s):** *Spring Walk* by Virginia Snow, *The Flower Alphabet Book* by Jerry Palotta, *Flowers Are Calling* by Rita Gray

**Snack:** Carrot stick, celery, low-fat ranch dressing flower.

<http://www.momtastic.com/food/400333-12-fun-healthy-snacks-for-kids/?slideshow=351#/slide/6>

**Song(s):** "The Flower Song" by Toddler World TV.

<https://www.youtube.com/watch?v=kBoHLbIicxY>

## May 30 Nest Building



**Outside Activity:** Have the children work together in pairs or small groups to collect pieces of grass, mud, sticks, leaves etc. Then have them build a bird nest as best as they can. You can talk about how birds do this but they really only use their beaks! You can also talk about how different birds use different materials to build their nests. For example robins use mud and grass, chickadees use moss and feathers, bald eagles use sticks and branches, and hummingbirds use tiny pieces of leaves and spiderwebs. Feel free to look up the many different nests to show the children.

**Inside Activity:** Have the children build a large nest out of blankets for the group. Then have them pretend to be baby birds in the nest and you the caretaker are the parent bird. Talk about how baby birds cannot do very much when they are born. Perhaps even feed them each a piece of a snack as a bird would. Also teach the children that baby birds grow up quickly and can be out flying on their own and feeding themselves in as little as 3 weeks.

**Materials: (I)** Blankets

**Book(s):** *The Best Nest* by P.D. Eastman, *A Nest Full of Eggs* by Priscilla Belz Jenkins, *In My Nest* by Sara Gillingham, *Mama Built a Little Nest* by Jennifer Ward

**Snack:** Pretzel and shredded carrot 'twigs' with raisins and or grapes for eggs

## May 31



# Revisit a Favorite Activity from this Month!

## June 1

### Listening to Nature



**Outside Activity:** Take the children outside and seat them slightly spread out and ask them to do their very best to sit quietly with their eyes closed and just listen. Ask them to listen for natural sounds. Then ask them all to pick out one of those sounds and listen carefully for a few minutes. Then ask the children to share what their sound was with each other.

**Inside Activity:** Have the children draw a picture of what they were listening to, so if it was a bird singing they would draw a bird, if it was the wind blowing through the trees, then they would draw a tree.

**Materials: (I)** Drawing supplies

**Questions:** Does silence have a sound? What do you hear? Do you hear birds busy in the trees? How do they sound? Happy? Argumentative? Joyful? Chatty? How many different bird sounds do you hear? Can you see any of the birds? What else do you hear? Can you hear wind? Insects? Water dripping?

**Book(s):** *The Listening Walk* by Paul Showers

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

Taken from Jennifer Ward's "i love dirt" (pg 9-10)

## June 3

### Worms



**Outside Activity:** Search for worms and watch them in action! Teach the children about worms. Worms are animals, they are invertebrates, which means they do not have a backbone like you or I do. Worms breathe through their skin. They do not have eyes, but they are sensitive to light and dark and vibrations. They burrow through the soil, eating and digesting dirt along with organic matter, such as old leaves. This helps keep the soil healthy and rich so that plants can grow. Encourage children to act like worms, have them stretch as long and thin as they can. Then ask them to shrink as short and stubby as they can and then have them wiggle like a worm!

**Inside Activity:** Make a Cheerio worm out of cheerios, a pipe cleaner and googly eyes. Make a loop at the end of the pipe cleaners, let children count the cheerios as they place them on the pipe cleaner. When they are finished, help loop off the end of the pipe cleaner. If you would like, hot glue googly eyes on one of the loops.

**Materials: (I)** Pipe cleaners, cheerios, googly eyes and a hot glue gun

**Questions:** How do the worms move? Where are the worms going? What is the worm doing?

**Book(s):** *Diary of a Worm* by Doreen Cronin, *Winnie Finn*, *Worm Farmer* by Carol Brendler

**Snack:** Cheese sticks and crackers.

Taken from Jennifer Ward's "i love dirt" (pg 12-14)

## June 2

### Bird Songs and Calls



(Consider checking out the Project GO Birding Kit from Rochester Public Library)

**Outside Activity:** Take a hike or just sit outside. Listen to the birds, can you see who is making what sound? Try and figure out what birds are making what sounds.

**Inside Activity:** Visit the Cornell Lab of Ornithology [All About Birds](http://www.allaboutbirds.org/guide/search) webpage ([www.allaboutbirds.org/guide/search](http://www.allaboutbirds.org/guide/search)). Click on a bird and then the sound button, to listen to different bird calls. Have the children try and repeat the songs and calls. Then have each student choose a bird and draw/color a picture of that bird.

**Materials: (I)** Drawing materials, ability to visit website and play bird noises

**Book(s):** *Birdsongs* by Betsy Franco, *Sing* by Tom Lichtenheld

**Snack:** Dip veggies in low-fat cottage cheese.

**Song(s):** "5 Little Birds" by Super Nursery Rhymes

<https://www.youtube.com/watch?v=p3xJwdtFenI>

"What is a Bird?" by Pancake Manor.

[https://www.youtube.com/watch?v=Cl4MvIZ5I\\_s](https://www.youtube.com/watch?v=Cl4MvIZ5I_s)

## June 4

### Leaf Types



**Outside Activity:** Take the children outside to search for leaves. Teach them about the two primary types of leaves: netted and parallel. Netted leaves have branched veins, such as the leaves found on an oak tree. Parallel leaves have veins that run in the same direction, such as those found on a corn plant or tulip. Have the children look for leaves that fall into both categories. Have each child collect one of each type of leaf. Talk about the leaves, what size, shape, color (light, dark, or somewhere in-between) and texture (smooth, waxy, fuzzy, or bumpy) do the leaves have?

**Inside Activity:** Press the leaves that the children collected, in between wax paper put into books with added weight. After a few days, have the students glue or tape their leaves into their nature journal. Help the children identify what plant leaves they have.

**Materials: (I)** Nature journals and glue/tape

**Questions:** Which type can you find the most of? Can you find evidence of animal life among the leaves? Do you notice nibbles? Droppings? Nests? How might an animal use a leaf?

**Book(s):** *Trees, Leaves & Bark* by Diane Burns, *Leaf* by Stephen Michael King

**Snack:** Salsa and chips.

## June 5 Puddle Pondering



**Outside Activity:** Visit a puddle. Talk about what made it and why it is there. Estimate the depth of the puddle by using a stick and marking what you think the depth will be on the stick, place the stick in and compare. Was your estimate close? Locate natural objects such as pebbles, stones, nuts, pinecones, leaves or flowers. Have the children sort them into piles of what they think will float and what will sink. Now test them!

**Inside Activity:** Have the children draw a puddle of their very own and what objects they would test to see if they float or sink.

**Materials: (I)** Drawing materials

**Questions:** How many items sunk? How many floated? Which ones made the biggest splash? Can you blow the floating items across the puddle?

**Book(s):** *Puddles* by Jonathan London, *Puddle Pug* by Kim Norman, *The Puddle* by David M. McPhail, *Things That Float and Things That Don't* by David A. Adler

**Snack:** Blueberry Cheesecake Bites.

<http://www.gimmesomeoven.com/easy-blueberry-cheesecake-bites-recipe/>

Taken from Jennifer Ward's "i love dirt" (pg 38-40)

## June 6 Digging Dirt



**Outside Activity:** Find a patch of dirt, and provide the children with small shovels, cups and old spoons, or you can have them use sticks and stones. Leaves, nuts, flower petals and bark are all good for dirt play too! Have them dig moats and add water. Have the children tell a story about one of the things they made out of dirt.

**Inside Activity:** Have the children draw a picture of their masterpiece in their nature journal.

**Materials: (O)** Shovels, cups or old spoons - optional, children can use natural items **(I)** Their nature journals and art supplies

**Questions:** What can you build up with dirt? Mountains? Volcanoes? Walls? Castles? Animal shapes?

**Book(s):** *Dirt: The Scoop on Soil* by Natalie M. Rosinsky, *Dirt on My Shirt: Selected Poems* by Jeff Foxworthy, *Dirt Boy* by Eric Jon Slingerup

**Snack:** Dirt Dessert... Healthy Style. <http://www.thechirpingmoms.com/2013/03/this-weeks-giveaway-happy-family-food.html>

**Song(s):** "Dirt Dirt Dirt" by Sesame Street.

<https://www.youtube.com/watch?v=TAumwxTgkhM>

Taken from Jennifer Ward's "i love dirt" (pg 43-44)

## June 7 Amphibians



**Outside Activity:** Go on an "Amazing Amphibian Adventure" and search for amphibians. Look for frogs, toads and salamanders. Play a game of leap frog. For a list of amphibians found in Minnesota visit [http://www.dnr.state.mn.us/reptiles\\_amphibians/index.html](http://www.dnr.state.mn.us/reptiles_amphibians/index.html).

**Inside Activity:** Make paper lunch bag frog puppets.

**Materials: (I)** Paper lunch bags, coloring utensils, paper (to make limbs and tongue that stick out from the bag), scissors and glue

**Book(s):** *About Amphibians: A Guide for Children* by Deborah J Short, Josefina Tinajero and Alfredo Schifini, *The Salamander Room* by Anne Mazer, *Big Night for Salamanders* by Sarah Marwil Lamstein, *The Great Smoky Mountain Salamander Ball* by Lisa Horstman

**Snack:** Mini bagel spread with low-fat cream cheese and jam.

## June 8 Read Outside!



**Outside Activity:** Take the children out on a nice day and read multiple stories. Have them act out any motions/verbs mentioned in the books, to engage them.

**Inside Activity:** None

**Book(s):** Read the children's favorite books!

**Snack:** Carrot Cake Oatmeal Cookie. [http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm\\_medium=viraltag-content-network&utm\\_source=viraltag-post&utm\\_campaign=Viraltag](http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm_medium=viraltag-content-network&utm_source=viraltag-post&utm_campaign=Viraltag)

## June 9 Feel the Rain



**Outside Activity:** As soon as it starts raining, as long as it isn't a thunder and lightning storm, make your way outside. Have the children stand under an overhang and just listen to the rain. Ask them how the sound makes them feel. Then have them stand in the rain letting it pool in their hands and roll off their faces. Also encourage them to observe what the rain is doing from under the overhang or an umbrella, or wrapped up in their rain jackets.

**Inside Activity:** Act out the song/rhymes of the "Itsy Bitsy Spider", "Rain Rain Go Away" and "It's Raining It's Pouring".

**Questions:** Does the rain absorb into your skin or roll off? Are puddles forming? Where and why? Where does the rain disappear or absorb into surfaces? Where does it gather and stream? Are there any animals or bugs out enjoying the rain? If so, which types can you find and observe? Can you hear animals or bugs calling through the sound of the rain?

**Book(s):** *Rain!* By Linda Ashman, *Let it Rain* by Maryann Cocca-Leffler, *Come On, Rain!* By Karen Hesse, *Rain* by Peter Spier, *A Walk in the Rain* by Ursel Scheffler, *A Walk in the Rain* by Sarah Vazquez

**Snack:** Baked Kale Chips. <http://growing-minds.org/baked-kale-chips/>

Taken from Jennifer Ward's "i love dirt" (pg 36-37)

## June 11 Spring Counting



**Outside Activity:** Take the children outside. Whatever the date is, have them collect that many of an item you assign to them. The items can be different or the same for each student. Pick items that may be unique to spring and talk about Spring with the children.

**Inside Activity:** Collect items from outside that are Spring related, bring them in and have the children count them. If the items can be glued to a paper have children use their own collected items from outside or the ones you provided and glue them to the sheet and write the number and spell it out on the sheet.

**Materials: (I)** Paper, glue and items

**Questions:** 1) What color are the ...?

**Book(s):** *Mouse Count* by Ellen Stoll Walsh, *Flowers and Showers: A Spring Counting Book* by Rebecca F. Davis, *Countdown to Spring! An Animal Counting Book* by Janet Schulman, *Spring is Here: A Barnyard Counting Book* by Pamela Jane

**Snack:** Guacamole with pita chips.

## June 10 Mud!



**Outside Activity:** Let the children play in and explore MUD! Mud's squishy texture can make it fun to explore. Have the children squish mud through their fingers and hands. Ask them the questions below. Have them make mud pies and put different 'ingredients' in them. Have them press objects such as leaves or twigs into mud. What types of impressions do they make? Have them paint/draw in the mud using their fingers and hands to create mud pictures.

**Inside Activity:** Give the children some play dough to work with. Ask them how the play dough feels compared to the mud. Ask them the same questions below, and then have them compare those answers to before by asking, were you able to form a bowl out of the mud? Etc.

**Materials: (I)** Play dough

**Questions:** Can you shape it? Can you form it into bowls or cups? Can you roll it into balls?

**Book(s):** *Mud* by Mary Lyn Ray, *One Duck Stuck: A Mucky Ducky Counting Book* by Phyllis Root, *Fun in the Mud* by Anna Prokos

**Snack:** Frozen Yogurt Mud Pies. <http://www.cindysrecipesandwritings.com/frozen-yogurt-mud-pies-sundaysupper/>

Taken from Jennifer Ward's "i love dirt" (pg 44-45)

## June 12 Camping



**Outside Activity:** Set up a tent outside. Take the children outside and let them take turns in the tent and pretend you are camping. Have the children collect sticks and twigs and help set up a 'campfire', no need to actually start a fire. Sit around the 'campfire' and tell stories. Take a picture of them individually in the tent, or with their friends.

**Inside Activity:** Make a picture frame out of thick popsicle sticks, glue and string and decorate it how they wish, print off their picture to put in the frame.

**Materials: (O)** Tent and camera **(I)** Popsicle sticks, twine, glue, and coloring materials

**Book(s):** *Duck Tents* by Lynne Berry, *Curious George Goes Camping* by Margret Rey and H.A. Rey, *S is for S'mores: A Camping Alphabet* by Helen Foster James, *A Camping Spree With Mr. Magee* by Chris Van Dusen, *When We Go Camping* by Margriet Ruurs

**Snack:** Strawberries and Cream Sandwich.

<http://alidaskitchen.com/2012/06/16/strawberries-and-cream-sandwiches/>

## June 13

### Bats



**Outside Activity:** Play a “Bat and Moth” game, marco polo with blind folds. Have a child be ‘it’, the bat. Blindfold that child, tell them to say, “Marco”, and the remainder of the children, who are moths, respond with, “Polo”. The Bat must follow the moths’ responses to tag them. To make it easier on the bat, have the moths stand in place.

**Inside Activity:** Have the children draw a bat body and head on a piece of paper. Next have them paint their hands black and place them on the bat for wings.

**Materials: (I)** Paper, drawing materials, black paint, googly eyes (optional)

**Book(s):** *Bats* by Gail Gibbons, *Bats at the Library* by Brian Lies, *Bat Loves the Night: Read and Wonder* by Nicola Davies, *Stellaluna* by Janell Cannon

**Snack:** Grape/Chip bats on cheese cube stands. <http://being808.com/2014/10/30/healthy-eats-have-your-party-guests-swarming-around-your-grape-bat-bites/>

## June 15

### Kite



**Outside Activity:** Try to fly your kites. Otherwise, have a single kite or a couple of kites and have the children take turns flying it/them.

**Inside Activity:** Find a simple kite pattern on line that you can make with the children, otherwise if the children are too young, construct the kites and let them decorate them.

**Materials: (I)** Kite building materials, art materials to decorate.

**Book(s):** *Kite Day (Bear and Mole Stories)* by Will Hillenbrand, *Kite Flying* by Grace Lin, *Curious George Flies a Kite* by H.A. Rey and Margaret Rey

**Snack:** Graham cracker kites.

<http://becauseisaidsaandothermommyisms.blogspot.com/2011/03/windy-day-snack.html>

## June 14

### Build a Raft



**Outside Activity:** Have the children search for natural items (sticks), to construct a raft with. Let them build their rafts, supply thread/rope if needed. Then find the nearest body of water, puddle, tub of water, etc. and test them out. Have the children place items on the rafts to see if they can handle the load.

**Inside Activity:** You can construct the rafts and test them inside if the weather is not cooperating.

**Materials: (O/I)** Rope/thread, tub of water

**Book(s):** *Rosie Raccoon’s Rock and Roll Raft (Animal Antics A to Z)* by Barbara deRubertis, *The Raft* by Jim LaMarche, *Milo and the Mysterious Island* by Marcus Pfister

**Snack:** Pretzel rods and peanut butter.

## June 16

### Pinecones



**Outside Activity:** Go on a pinecone hunt. If there are no pine trees in the area, bring in white pine or hemlock pine cones. Have the children gather the pinecones and observe them. Talk about how the seeds are located under each individual scale.

**Inside Activity:** How do pinecones react to wet weather? 1) Place one pinecone in a bowl of tap water for 10 minutes 2) Keep one pinecone dry. What happens to the wet pinecone in comparison to the dry one? 3) Let the pinecone dry out and inspect. **Explain:** After a few minutes the wet pinecone's scales start to close. Pinecones rely on wind to blow their seeds to a spot to grow. For the wind to blow the seeds they must be as light and dry as possible. During rainstorms, the pinecones close up to protect their seeds and when the pinecone dries it opens back up!

**Materials:(I)** Two pinecones from a white or hemlock pine, bowl of tap water, timer  
**Questions:** How do pinecones react to wet weather? What happens to the wet pinecone in comparison to the dry one?

**Book(s):** *Penguin and Pinecone* by Salina Yoon, *The Pinecone Walk* by Barbara Springfield, *From Pinecone to Pine Tree* by Ellen Weiss

**Snack:** Pinecone snack.

<http://www.handmadecharlotte.com/recipe-snowy-pinecone-snacks/>

Taken from Jean Potter’s “Nature in a Nutshell for Kids” (pg 7)

## June 17 Shape Hike



**Outside Activity:** Take children for a hike and either point out all the shapes or ask them to only look for objects that are a certain shape.

**Inside Activity::** Hike around the classroom and either point out all the shapes or ask the children to only look for objects that are a certain shape.

**Questions:** 1) What shapes do you see? 2) What is an object that is (a) ... (pick a shape)?

**Book(s):** *The Shape Of Me And Other Stuff* by Dr. Seuss, *Mouse Shapes* by Ellen Stoll Walsh

**Snack:** Cut cheese and fruit slices into shapes.

## June 18 Playtime and Naptime in the Great Outdoors



**Outside Activity:** Bring toys outside for children to play with as they would inside, except now they are doing so while getting fresh air! Playtime won't work for you? Why not try having nap time outside. Try taking other 'inside activities' outside, you might be surprised by how some of the children will be more attentive or take leadership roles outside that don't normally do so inside!

**Inside Activity:** Go outside!

**Book(s):** *Are You Ready to Play Outside? (An Elephant and Piggie Book)* by Mo Willems, *Animal Naps* by Catherine Ham

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

## June 19 Reptiles



**Outside Activity:** Go on a Rhyming Reptile Romp. Search for reptiles, but even if you do not find any, name a few of the reptiles found in Minnesota and have the children try to come up with a word that rhymes the reptile's name. If that is too advanced for the children, come up with a rhyme for them to repeat.

**Inside Activity:** Let them choose whether they would like to make a paper plate snake or a paper bowl turtle. Whichever they choose, let them paint or color the paper plate or paper bowl. For the snake, help cut the snake out in a spiral pattern, for the turtle, have the limbs and head pre-cut for them to tape or glue to the shell.

**Materials: (I)** Paper plates, paper bowls, paint/coloring materials, scissors, paper, glue/tape.

**Book(s):** *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *Yertle the Turtle and Other Stories* by Dr. Seuss, *A Color of His Own* by Leo Lionni

**Snack:** Kiwi and grape turtles. <https://www.pinterest.com/pin/361765782545917051/>

## June 20 Revisit the Spring Mural from May 6



**Outside Activity:** Take a walk outside and look around. Have the children make observations. Discuss all of the changes that have happened since May 6.

**Inside Activity:** Update your mural or create a new one.

**Materials: (I)** Drawing/Coloring materials, old gardening magazines, colored construction paper, glue, scissors

**Questions:** What is different from a few weeks ago?

**Book(s):** *Outside Your Window: A First Book of Nature* by Nicola Davies, *Mouse's Summer Muddle* by Anita Loughrey

**Snack:** Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>

Taken from Susan Milford's "The Kids' Nature Book" (pg 43)

## June 21 Feed the Birds



**Outside Activity:** Collect pine cones on a hike to make 'bird feeders'. After making the feeders inside, hang them in trees or equipment outside.

**Inside Activity:** Make bird feeders.

**Materials: (I)** Pine cones, peanut butter, bird seed and string

**Book(s):** *We're Going to Feed the Ducks* by Margrit Cruickshank, *How to Make a Bird Feeder* by RIGBY

**Snack:** Make granola bars. <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

**Song(s):** "5 Little Birds" by Super Nursery Rhymes  
<https://www.youtube.com/watch?v=p3xJwdtFenI>  
"What is a Bird?" by Pancake Manor.  
[https://www.youtube.com/watch?v=CI4MvIZ5I\\_s](https://www.youtube.com/watch?v=CI4MvIZ5I_s)

## June 22 Bird Watching



**Outside Activity:** Observe birds and act like them. Ask children. "If you were a bird, where would you fly to first, a special place, someone's house, etc...?"

**Inside Activity:** Watch birds from inside and draw/color/paint pictures of them. Identify birds with children.

**Materials: (I)** May need a bird guide to help identify birds.

**Questions:** 1) How many birds do you see? 2) What colors are the birds?

**Book(s):** *Birds* by Kevin Henkes, *Fine Feathered Friends: All About Birds* by Tish Rabe (Cat in the Hat Learning Library)

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

## June 23 Gathering



**Outside Activity:** Give each child something different to gather or have them gather objects they like or find interesting. Give each child a bucket or container to carry their objects in.

**Inside Activity:** Give each child something different to gather or have them gather objects they like or find interesting.

**Questions:** 1) Why did you collect those items? 2) How many items did you collect?

**Book(s):** *Frederick* by Leo Lionni, *Pancakes, Pancakes!* By Eric Carle

**Snack:** String cheese and mixed nuts.

## June 24 Take-A-Hike



**Outside Activity:** Go for a hike.

**Inside Activity:** Hike around the room in a line and imagine you are hiking outside.

**Questions:** 1) What do you see? 2) If 'hiking' indoors set the scene for the children, we are hiking in a snowy wood, what might we see while we are here?

**Book(s):** *Tom and Pippo Go for a Walk* by Helen Oxenbury, *Mommy and Mikel Go for a Walk* by Ann Morris

**Snack:** Rice cakes topped with light vegetable cream cheese.

## June 25

### Color Hike



**Outside Activity:** Take children for a hike and either point out all the colors or ask them to only look for objects of a certain color.

**Inside Activity:** Hike around the classroom and either point out all the colors or ask the children to only look for objects of a certain color.

**Questions:** 1) What colors do you see? 2) What is an object that is ... (pick a color)?

**Book(s):** *Mouse Paint* by Ellen Stoll Walsh, *Brown Bear, Brown Bear, What Do You See* by Bill Martin Jr. and Eric Carle

**Snack:** Teddy Bear Toast. <http://www.craftymorning.com/teddy-bear-toast-healthy-kids-breakfast/>

## June 26

### Wind Racing



**Outside Activity:** Have children pick a natural item that they will race to cross a determined finish line. To race, the children will blow the item across the ground to the finish line. Have them test out different items. Discuss why some items are better for racing than others.

**Inside Activity:** If inclement weather, the outside activity can be done inside.

**Book(s):** *Feel the Wind* by Arthur Dorros, *The Wind Blew* by Pat Hutchins, *Gusts and Gales* by Josepha Sherman

**Snack:** Peaches and yogurt.

Taken from Jennifer Ward's "i love dirt" (pg 105-106)

## June 27

### I spy something that begins with an A... (do one for every letter in the alphabet)



**Outside Activity:** Go outside and either take a hike or just look around the immediate area for objects that start with the letter of the day.

**Inside Activity:** Stay inside and look around the room for objects that start with the letter of the day.

**Questions:** 1) What do you see that starts with the letter... (letter of the day)? 2) How many objects do you see that start with the letter... (letter of the day)?

**Book(s):** *Alphabet Under Construction* by Denise Fleming

*Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault

**Snack:** Provide a variety of snacks and label them with the letter they begin with. Example—a bag of carrots labeled with a C, slices of apples labeled with an A, etc.

## June 28

### Hop Scotch



**Outside Activity:** Draw a hopscotch course or multiple courses with chalk outside and have children hop through it or them.

**Inside Activity:** Create a hopscotch course inside using paper plates taped to the floor or carpet squares stuck to the floor and have children hop through it.

**Materials:** (O) Chalk (I) Paper plates and tape

**Questions:** 1) How many times did you have to hop?

**Book(s):** *Hop on Pop* by Dr. Seuss

**Snack:** Dip mini-toaster waffles in cinnamon applesauce.

## June 29

### Big and Small



**Outside Activity:** Take the children outside and have each of them find something big and something small. Encourage them to find different things than other children. Practice taking big steps and little steps.

**Inside Activity:** Have the children look around the room for big and small things, and draw pictures of those things next to each other. Practice taking big steps and little steps.

**Materials: (I)** Paper and crayons

**Book(s):** *Big and Small* by Elizabeth Bennett, *Big and Small* by Britta Teckentrup, *Little Friends: Big and Small* by Roger Priddy

**Snack:** Fruit kabob with different sized fruit pieces, large and small.

## June 30



# Revisit a Favorite Activity from this Month!

## July 1

### Trees: Deciduous and Coniferous



**Outside Activity:** Take a hike and look at all the different trees. Talk about the differences between the coniferous (cone bearing, usually evergreen) and deciduous (sheds leaves annually, broad leaf) trees. After you've talked a little bit about the trees, start asking the children what type of tree is for the rest of the trees you see on your walk.

**Inside Activity:** Have children draw a coniferous and deciduous tree. Have them circle their favorite and then share with everybody why they like that type of tree best.

**Materials: (I)** Drawing materials

**Book(s):** *The Giving Tree* by Shel Silverstein, *A Tree is Nice* by Janice May Udry, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Stuff a whole-grain pita pocket with ricotta cheese or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.



## July 2

### Follow the Leader: Animal Noises

**Outside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Inside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Questions:** 1) What was your favorite animal noise?

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Toast a whole grain waffle and top with low-fat yogurt and sliced fruit.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULjCsaM>

## July 3 Obstacle Course



**Outside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Inside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Materials:** Any items that would help to build an obstacle course.

**Questions:** 1) What was your favorite part of the obstacle course? 2) Did you like hopping or crawling better?

**Book(s):** *Jump!* By Scott M. Fischer

**Snack:** Zucchini Parmesan Crisps.

<http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>

## July 5 Animal Acting



**Outside Activity:** Take the children outside. Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Inside Activity:** Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Questions:** 1) What is special about... (the animal)?

**Book(s):** *My Big Animal Book* by Roger Priddy, *Animal Actions* by Julia Donaldson, *The View at the Zoo* by Kathleen Long Bostrom

**Snack:** Spread a scoop of frozen yogurt on two graham crackers and add sliced banana, put together like a sandwich.

**Song(s):** "Let's Go to the Zoo: Animal Song for Kids" by Super Simple Songs.

<https://www.youtube.com/watch?v=OwRmivbNgQk>

## July 4 Underwater Viewer



**Outside Activity:** After you have assembled your underwater viewers, take the children outside to the nearest water source to use them. If you don't have a water source nearby, fill a kiddy pool with water and stick items that sink in the pool to view.

**Inside Activity:** Assemble underwater viewers by taking a cross section of an orange juice or milk carton and rubber banding a piece of stretched plastic wrap over one end of the carton cross section. The plastic wrap end is the one that goes in the water.

**Materials:** (O) If you don't have a nearby water source, you will need a kiddy pool, water, and items that will sink (I) Orange Juice or Milk Carton, Scissors, Plastic Wrap and Rubber bands

**Book(s):** *Rivers (Water Habitats)* by JoAnn Early Macken, *River Story* by Meredith Hooper, *By Pond and River* by Arabella Buckley

**Snack:** Cubed cantaloupe, honeydew and watermelon.

Taken from Susan Milford's "The Kids' Nature Book" (pg 64)

## July 6 Summer Story Reenactment



**Outside Activity:** After reading a summer related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a summer related story, have the children reenact the story or a scene from the story.

**Book(s):** *Let it Shine* by Maryann Cocca-Leffler, *Mouse's Summer Muddle (Animal Seasons)* by Anita Loughrey

**Snack:** Fruit and cracker pizza.

<http://www.sunshineandhurricanes.com/easy-fruit-and-cracker-pizzas/>

## July 7

### Simon Says: Nature Style



**Outside Activity:** Take children outside to play a game of Simon Says. Explain the rules and let the children know it is nature themed! Lead the children by acting as Simon, saying things like, "Simon Says act like a tree... hop 3 times like a rabbit... fall like a leaf... fly like a bird, etc. If the objects you are asking the children to act like are near you, go for a walk before and/or after the game to get a closer look!

**Inside Activity:** Same as above. You could have pictures of the natural things you are asking them to act like available to show them.

**Materials: (I)** Pictures if desired

**Questions:** 1) What was your favorite action to do? 2) What color was the ... we looked at?

**Book(s):** *Move!* by Robin Page, *Wonders of Nature (Little Golden Book)* by Jane Werner Watson, *Maisy's Nature Walk (A Maisy First Science Book)* by Lucy Cousins

**Snack:** Fill cherry tomatoes with low-fat cottage cheese and sprinkle with dried dill.

## July 8

### Summer Counting



**Outside Activity:** Take the children outside. What ever the date is, have them collect that many of an item you assign to them. The items can be different or the same for each student. Pick items that may be unique to summer and talk about summer with the children.

**Inside Activity:** Collect items from outside that are Summer related, bring them in and have the children count them. If the items can be glued to a paper, have children use their own collected items from outside (or items you provided) and glue them to the sheet, write the number, and spell it out on the sheet.

**Materials: (I)** Paper, glue and items

**Questions:** 1) What color are the ...?

**Book(s):** *Let's Count Summer: A Fun Kids Counting Book for Children Age 2 to 5* by Alina Niemi, *Cheers for a Dozen Ears: A Summer Crop of Counting* by Felicia Sanzari Chernesky, *Beaches and Bicycles: A Summer Counting Book* by Rebecca F. Davis

**Snack:** Dip baked tortilla chips in bean dip.

## July 9

### Rainbows



**Outside Activity:** Go on a 'Rainbow Hike'. Go for a walk and have children name colors as you are walking and find or touch an item that is that color.

**Inside Activity:** Take glass cup full of water or an ice cube and use either the sun or a flashlight as you light source to shine through the glass or ice cube. A rainbow should be refracting for the children to see. You may want to have a white piece of paper to display the 'rainbow' on for easier viewing! Have children draw a picture of a rainbow or a picture that uses all the colors of the rainbow.

**Materials: (I)** Glass cup or ice cube (flashlight if not using the sun). Paper and crayons/art supplies

**Questions:** 1) How many colors are in the rainbow? 2) What is your favorite color?

**Book(s):** *Planting a Rainbow* by Lois Ehlert, *A Rainbow of My Own* by Don Freeman, *Rainbow Fish Colors* by Marcus Pfister, *I Can Eat a Rainbow* by Annabel Karmel

**Snack:** Rainbow fruit kabobs. <http://cf.iheartnaptime.net/wp-content/uploads/2013/07/50-BEST-Kids-Lunch-and-Snack-Ideas-8.jpg>

**Song(s):** "The Rainbow Song" by Nursery Day TV.  
[https://www.youtube.com/watch?v=zjik9U\\_Qo\\_8](https://www.youtube.com/watch?v=zjik9U_Qo_8)

## July 10

### River Races



**Outside Activity:** Set up a water chute outside, using a hose and a plastic sheet (on a slide or making a sloped surface). Have children find sticks and mark them to know which one is theirs, then let the races begin.

**Inside Activity:** Have children decorate sticks inside and float them in a bucket of water. Talk about if they put their sticks in a river or stream, the sticks could race each other.

**Materials:** Plastic sheet (if desired), water, sticks, and paint/markers for decorating sticks

**Book(s):** *Stick Man* by Julia Donaldson, *Hooey Higgins and the Big Boat Race* by Steve Voake, *Busytown Boat Race* by Richard Scarry

**Snack:** Fish in the River. Celery stalks with low fat cream cheese and goldfish crackers. <http://www.food.com/recipe/fish-in-the-river-156929>

## July 11 Bug Races



**Outside Activity:** Have children search for a bug. Have a 2 chalk circles drawn, one about 6 feet in diameter and the other in the center of the first about 1 foot in diameter. Have children place their bugs in the center circle and let the race begin. Which ever bug crosses the outside circle first wins!

**Inside Activity:** Same as above, use masking tape to mark off circles.

**Materials:** Chalk or masking tape

**Book(s):** *Bugs Galore* by Peter Stein, *Hello, Bugs!* By Smriti Prasad, *Big Bug, Little Bug* by Paul Stickland, *Bugs! Bugs! Bugs!* by Bob Barner

**Snack:** Vegetable bug on cheese and cracker. <http://www.a1exterminators.com/kids/healthy-snacks-for-kids-who-love-bugs/>

## July 12 Home Building



**Outside Activity:** Have children pretend to be an animal of their choosing and then ask them to find a place that would make a good home. Encourage them to describe places that would make a good home and to add natural things to their new found homes that would make them more comfortable.

**Inside Activity:** Same as above, but let them use inside materials to create their homes. Have the children choose an animal and then have them draw the animal and its home.

**Materials:** Drawing supplies

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *My Very First Book of Animal Homes* by Eric Carle

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

## July 13 Butterflies



**Outside Activity:** Go on a butterfly hunt

**Inside Activity:** Have children draw butterflies or cut butterfly shapes out and let children decorate them with stickers, tissue paper, glitter, etc.

**Materials:** Art supplies

**Book(s):** *Are You a Butterfly?* By Judy Allen, *Butterfly Colors and Counting* by Jerry Pallotta, *My, Oh My -- A Butterfly!*: *All About Butterflies* by Tish Rabe, *Percival the Beautiful Butterfly* by Jill Turner

**Snack:** Butterfly Snacks. A snack baggie, separated into 2 sections by a clothespin in the middle (butterfly's body). <http://www.jugglingwithkids.com/2012/01/butterfly-snacks.html>

## July 14 Clouds



**Outside Activity:** Watch the clouds. Have the children move like clouds. Have children choose a cloud and then watch the clouds race each other.

**Inside Activity:** Make clouds out of expanded cotton balls. Glue torn up cotton ball pieces onto blue construction paper.

**Materials:** Blue construction paper, cotton balls and glue

**Book(s):** *Little Cloud* by Eric Carle, *The Cloud Book* by Tomie de POala

**Snack:** Cauliflower and low-fat cottage cheese.

**Song(s):** [Fluffy Cloud Counting](https://youtu.be/mw11RC89G6g) (to 30) - <https://youtu.be/mw11RC89G6g>

## July 15 River Acting



**Outside Activity:** Ask children about river movements, and ask them to act how they think a river acts. Talk about how a river moves when it hits the shore, or a rock, or how it moves normally.

**Inside Activity:** Same as above

**Book(s):** *Rivers (Natural Wonders)* by Alyse Sweeney, *Over in a River: Flowing Out to the Sea* by Marianne Berkes, *Rain Rain Rivers* by Uri Shulevitz

**Snack:** Strawberry cream cheese sandwich.

[http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_kids\\_snacks\\_recipes?slide=3#leaderboardad](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_kids_snacks_recipes?slide=3#leaderboardad)

## July 16 Animal Calls



**Outside Activity:** Have children each choose an animal call. Have them do the call, then have the other children repeat them and then guess what they are. Give everybody a chance.

**Inside Activity:** Same as above

**Materials:** Perhaps get an animal call to show children

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULjCsaM>

## July 17 Forts



**Outside Activity:** Build a fort! No matter the season you can assemble a fort. You can use snow, wet sand, leaves, sticks or rocks. Forts can just be the perimeter, they do not need to be completely enclosed.

**Inside Activity:** Build a fort out of blankets, pillows, chairs etc.

**Materials: (I)** Fort building materials

**Questions:** Put your imagination and the children's to work. Have them tell a story about their fort, or imagine you are a town and everybody has a special job to do, have them describe what their job is (example: snow cone maker, a vet, a doctor, a janitor, a teacher, etc.)

**Book(s):** *The Fort that Jack Built* by Boni Ashburn, *Olivia and the Snow Day* by Farrah McDoogie

**Snack:** Graham crackers and Nutella, see if children can build a fort/house.

Taken from Jennifer Ward's "Let's Go Outside" (pg 28-31)

## July 18 Scavenger Hunt



**Outside Activity:** Bring the children outside to go on a nature scavenger hunt. List Ideas: an item a bird would use in a nest, an item a squirrel would eat for lunch, a rough rock, a smooth rock, something yellow, a leaf that isn't green, a spider's web (note where you found it), a seed, etc. Have children share findings with each other, then challenge them to put the items back where they found them!

**Inside Activity:** Have the children go on a scavenger hunt for items inside, or bring natural items inside and hide them for children to find.

**Book(s):** *Peppa Pig and the Treasure Hunt* by Candlewick Press, *Rhoda's Rock Hunt* by Molly Beth Griffin

**Snack:** Sprinkle grated parmesan cheese on hot popcorn.

Taken from Jennifer Ward's "Let's Go Outside" (pg 22-24)



## July 19 Shadow Prints



**Outside Activity:** Go on a hike and have each child gather a handful of different natural items. Give each child a piece of dark colored construction paper. Place the paper in a spot that will get plenty of sun throughout the day, have the children place their natural items on the paper. Leave this outside all day, the sun will fade the exposed/uncovered paper, leaving darker prints where the items sat all day.

**Inside Activity:** Place a dark object and light object in the window, leave them sit for several minutes then have the children feel them. Ask them which one feels warmer.

**Materials:** (O) Natural items (nuts, leaves, feathers, twigs, etc.) and dark construction paper. (I) a dark colored object and a light colored object

**Questions:** Ask the children what they think will happen.

**Book(s):** *Nothing Sticks Like a Shadow* by Ann Tompert, *What Makes a Shadow?* by Clyde Robert Bulla

**Snack:** Guacamole with pita chips.

Taken from Jennifer Ward's "Let's Go Outside" (pg 63-65)



## July 20 Treasure Hunt

**Outside Activity:** Bury an item outside and draw a map for the children to follow. If children are able, help them bury an item and then have them draw a map for other children to follow!

**Inside Activity:** Hide an item inside and give the children a map or verbal directions to find it. You could also use the hot and cold game, where you let them know if they are getting warmer or colder as they get closer or farther away to/from the item.

**Materials:** (I/O) An item to hide and coloring materials for maps

**Book(s):** *Pirate Treasure! (Zoe and Beans)* by Chloe and Mick Inkpen, *The Treasure Hunt (Tales from Percy's Pak) (Percy the Park Keeper)* by Nick Butterworth, *Treasure Island (The Illustrated Children's Library)* by Robert Louis Stevenson

**Snack:** Pineapple cut into round coin like chunks.

Taken from Jennifer Ward's "Let's Go Outside" (pg 39-41)

## July 21 Bubbles!



**Outside Activity:** Make large bubbles with the children. Mix a soap solution in a bucket using 2-4 tablespoons of glycerin (drugstore), 4-8 tablespoons of liquid dish soap, and add water to make mixture with a soapy consistency that is not too thick or thin. You can use a bent wire hanger, your thumbs and forefingers, or two wooden dowels with a cotton string roped around the dowel ends to form a circle (dowels are handles). Have fun!

**Inside Activity:** Blow bubbles using the small containers. Add food coloring to the bubble mixture and have the children blow the colored bubbles at white paper, when the bubbles pop they will leave colored rings on the paper.

**Materials:** (O) Glycerin, liquid dish soap, water, wire hanger, dowels and string (I) food coloring, bubbles, white paper

**Book(s):** *Bubble Trouble* by Margaret Mahy, *Bubble Bubble* by Mercer Mayer, *The Bubble Factory* by Tomie dePaola

**Snack:** Sprinkle Shredded Cheese on a tortilla shell; fold in half and microwave for 20 seconds, top with salsa.

Taken from Jennifer Ward's "Let's Go Outside" (pg 81-83)



## July 22 Rockin' Nature

**Outside Activity:** The children can form a nature band. Have them collect different items in nature and then figure out how to make music using their items. Pebbles can be collected and shaken in closed palms for a maraca, sticks can be hit against a tree for a drum beat, branches with leaves can creating a swishing noise, etc.

**Inside Activity:** Have children make a kazoo! They will need a toilet paper roll, a square of wax paper and a rubber band. Have the children paint/color/decorate their toilet paper tubes. Attached the wax paper square to one end of the toilet paper roll with the rubber band. The children can then hum into their kazoos to make music.

**Materials:** (I) Toilet paper rolls, paint/markers/decorative pieces, wax paper, rubber bands

**Questions:** 1) What did you make your instrument out of?

**Book(s):** *Marsh Music* by Marianne Berkes, *Disney's Little Einsteins: Music of the Meadow* by Susan Ring, *Music is for Everyone* by Jill Barber

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Jennifer Ward's "Let's Go Outside" (pg 84-86)



## July 23 Tree Scrapbook



**Outside Activity:** Visit your adopted tree regularly. Collect leaves, bark rubbings, observations, etc of your tree and place these in a scrapbook of your tree!

**Inside Activity:** Act like a tree during different weather conditions. Talk about what they might like to do with/in a tree (fort building, climbing, resting, reading, etc.)

**Materials:** Your tree scrapbook

**Questions:** 1) Has your tree changed at all? 2) How has your tree changed?

**Book(s):** *The Giving Tree* by Shel Silverstein, *The Tree* by Dana Lyons, *Our Tree Named Steve* by Alan Zweibel, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

**Song(s):** "Head Sholders Knees and Toes for Trees!" by Mr. R.'s Songs for Teaching. <https://www.youtube.com/watch?v=FJqy967xs1c>

Taken from Susan Milford's "The Kids' nature Book" (pg 41)



## July 24 Trash To Treasure

**Outside Activity:** Collect twigs and dried grass and place in a flower pot. Add 3-4 inch pieces of thread and narrow strips of cloth. See what birds come to use these materials to help build their nest.

**Inside Activity:** Turn a plastic gallon milk jug into a bird feeder by cutting 2 circular openings in the body of the container, approximately 1-2 inches from the bottom on opposite sides. Fill the bottom of the jug with birdseed. Attach twine to the handle and hang it from a tree branch.

**Materials:** (O) Flower pot/container, scrap cloth/yarn/string (I) Plastic gallon milk jug, scissors, twine, birdseed

**Book(s):** *Mama Built a Little Nest* by Jennifer Ward, *The Perfect Nest* by Catherine Friend, *Whose Nest?* By Lynette Evans

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

Taken from Jennifer Ward's "Let's Go Outside" (pg 146-148)

## July 25 Field Guide



**Outside Activity:** Have the children observe the nature near your facility. Have them draw pictures of the different birds, animals, plants, insects, etc. Help them to identify those things they drew. Also note what season it is on the pages. Assemble into a book, for them to have their very own field guide.

**Inside Activity:** Assemble the above field guides. Observe nature outside the windows or any plants or animals that are in the room. Look through nature guide identification books.

**Materials:** (O) Paper and coloring utensils (I) hole punch, stick and rubber bands to bind the field guides, nature guide books

**Book(s):** *Birds* by Kevin Henkes, *About Birds: A Guide for Children, 2nd Edition* by Cathryn Sill, *About Mammals: A Guide for Children* by Cathryn P. Sill, *About Insects: A Guide for Children* by Cathryn P. Sill

**Snack:** Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

Taken from Jennifer Ward's "Let's Go Outside" (pg 139-140)



## July 26 Milkweed Discovery

**Outside Activity:** Go for your daily hike only this time keep your eyes peeled for milkweed plants. "Milkweeds are among the easiest plants to identify. Break a leaf or stalk in two and out oozes a milky white sap. This sticky stuff gives the plant its name. Monarch butterflies have a very special relationship with milkweeds. They lay their eggs on milkweed plants and the larvae eat only the milkweed plants. The milkweed monarchs eat make them taste bitter and birds avoid eating these bad tasting butterflies." Have every child take one leaf from a milkweed plant, to use in the inside activity.

**Inside Activity:** Have the children do multiple leaf rubbings of their leaf on a page and then connect the leaves and draw the milkweed flower. Have them add a monarch butterfly to their drawing too!

**Materials:** (I) Drawing supplies and a Milkweed plant leaf

**Book(s):** *The Very Hungry Caterpillar* by Eric Carle, *My, Oh My -- A Butterfly!*: All About Butterflies by Tish Rabe, *Percival the Beautiful Butterfly* by Jill Turner

**Snack:** Make a very hungry caterpillar using sliced apples, Babybel cheese and fruit leather. <http://www.cutefoodforkids.com/2011/10/22-very-hungry-caterpillar-inspired.html>

Taken from Susan Milford's "The Kids' Nature Book" (pg 69)

## July 27 Catch



**Outside Activity:** Pair children up outside and give them an item to toss and catch between the two of them.

**Inside Activity:** Pair children up and give them an item to toss and catch between the two of them.

**Materials:** An item for playing catch with

**Questions:** 1) How many times did you catch the ... (item)?

**Book(s):** *Catch the Ball* by Eric Carle, *Can I Play Too?* (An Elephant and Piggie Book) by Mo Willems, *Curious George at the Baseball Game*, by H. A. Rey and Margret Rey, *Curious George Home Run* by H. A. Rey

**Snack:** Spread peanut butter on apple slices.

## July 28 Sun Time



**Outside Activity:** On a sunny day, put some grapes out to dry (put in screening, to keep animals from running away with it!), while you are still outside, talk about the importance of sun and nature. Ask the children what they think the sun helps with in nature. Talk about how it supplies energy to plants to help them grow, this includes the plants we eat like corn, lettuce, tomatoes etc. Ask them what they think will happen to the grapes after they have been in the sun long enough.

**Inside Activity:** Demonstrate the earth revolving around the sun by using a flashlight or lamp as the sun and a beach ball or other ball as the earth. Have the children take turns being the earth and revolving around the light source. Talk about day and night.

**Materials:** (O) Grapes and a screen (or something to protect the grapes from wildlife while they are drying) (I) Light source (representing the sun) and a ball (representing the earth)

**Book(s):** *The Sun Is My Favorite Star* by Frank Asch, *The Sun: Our Nearest Star* by Franklyn M. Branley

**Snack:** Grapes and Raisins

Taken from Susan Milford's "The Kids' Nature Book" (pg 80)

## July 29 Nut Hunting



**Outside Activity:** Take the children outside for a nut hunt! Have them collect whatever nuts they can find. Talk about the different nuts they found, what humans might use them for and what animals find them tasty. Leave them in a pile near your window so the children can witness any squirrels or birds feasting on their collection! Have each child collect a handful of acorn caps, for the Inside Activity.

**Inside Activity:** Check on the pile of nuts outside the window to see if anything is happening out there. Make Acorn Cap Jewels with the acorn caps collected outside. Color the inside of the caps with markers. Stick the colored caps in the play dough, cup side up, fill with white liquid glue. Let dry for a couple of days. After they are dried, the children will have shiny acorn cap jewels to treasure! (Or you could make the adorable acorn squirrel. Use two acorns, a brown pipe-cleaner and a marker

<http://3.bp.blogspot.com/-YJFhXvchVA/UJGfGrSf25I/AAAAAAAAAB2Q/6q-1BPll6YQ/s1600/04nusscho%CC%88rnchen.jpg>

**Materials:** (I) Acorn caps, white liquid glue, markers, play dough (to hold the caps in place while they dry.

**Book(s):** *Nuts* by Paula Gerritsen, *Let's Go Nuts!: Seeds We Eat* by April Pulley Sayre, *Nuts to You!* By Lois Ehlert, *Aw, Nuts!* By Rob McClurkan

**Snack:** Mixed nut snack.

Taken from Susan Milford's "The Kids' Nature Book" (pg 97)

## July 30 Leaf Prints



**Outside Activity:** Have the children collect a handful of leaves. Talk about what kind of tree the leaves came from (oak, maple, ginkgo, etc.). Make leaf rubbings using crayons and paper, then take these leaves inside to use for another activity.

**Inside Activity:** Make leaf prints with paint and the leaves collected. Have pieces of paper folded into cards and have the children paint the leaves and press them onto the front of the card, then carefully remove the leaves and let the card dry. Have them write a note to someone special in their lives.

**Materials:** (O) Paper, leaves, and crayons (I) Paint, leaves, paper and paint brushes

**Book(s):** *Fall Leaves* by Loretta Holland, *We're Going on a Leaf Hunt* by Steve Metzger, *Leaf Man* by Lois Ehlert

**Snack:** String cheese and mixed nuts.

Taken from Susan Milford's "The Kids' Nature Book" (pg 100-101)

July 31



## Revisit a Favorite Activity from this Month!

August 2  
Snakes!



**Outside Activity:** Use a jump rope and tell the children to imagine it is a 'snake'. Tell them they need to try their best to jump over the snake without squishing it! Shake the jump rope back and forth on the ground, so it moves/slithers like a snake and let the fun begin. Feel free to turn it into an elimination game and have those children who land on the 'snake' step out.

**Inside Activity:** See above. Create paper snakes by assembling a paper chain and making one end the head by giving it a paper or pipe cleaner tongue and a couple of eyes (googly eyes or just colored on).

**Materials:** (O) Jump rope (I) Jump rope; colored paper, stapler or tape, pipe cleaner, markers, googly eyes

**Questions:** 1) How big is the 'snake'? 2) What color is the 'snake'? 3) How many times can you jump over the 'snake'?

**Book(s):** *Can I Play Too? (An Elephant and Piggie Book)* by Mo Willems, *Sid's Surprise* by Candace Carter, *A Pet Named Sneaker* by Joan Heilbroner, *Mouse Count* by Ellen Stoll Walsh

August 1  
Caving



**Outside Activity:** After making your 'headlamp', take it outside for an imaginary cave exploration! Have the children line up and take them on a 'cave tour', ask them things like, "did you see those bats fly over head?" or "The passage is too short to walk upright, looks like we are going to have to crawl through this next part" or "look at that beautiful underground lake!". Then let the children point out things they may be seeing on the cave tour.

**Inside Activity:** Construct paper head lamps. Use yellow construction paper to cut out approximately 2 inch diameter circles for the light of the headlamp. Let the children choose what color construction paper they would like. With the colored construction paper cut 3—2 inch strips. 2 of them will circle the child's head and the third strip will serve as the 'strap' across the top of their head. See picture. Consider watching a short video on caves before you head outside, so children can get an idea of things they might see on your 'cave tour'!

**Materials:** (I) Construction Paper, scissors, glue/stapler/tape (O) Your imagination

**Book(s):** *Caves (Landforms)* by Cassie Mayer, *Home in the Cave* by Janet Halfmann

**Snack:** Grape/Chip bats on cheese cube stands. <http://being808.com/2014/10/30/healthy-eats-have-your-party-guests-swarming-around-your-grape-bat-bites/>

August 3  
Toad's Castle



**Outside Activity:** Go on a toad hunt. Then look around the yard to see if there might be a good place to set up a toad castle. Ask the children where a good place for a toad might be. Play a game of leap toad (leap frog)!

**Inside Activity:** Create a toad home by taking a clay flowerpot (8 inches or more in diameter). With a hammer, remove two sections of the rim opposite from each other, these will be the doors of the toad's home. Place the 'castle' in a shady place, with the rim slightly buried in the ground. Be sure to place a dish of water outside the toad castle! Color a picture of a toad, talk about the differences between frogs and toads. (Toads have bumpy skin, can tolerate drier habitats, tend to crawl more than hop and they can puff themselves up to look bigger if they feel threatened).

**Materials:** (I) Clay flowerpot, hammer, water dish, coloring tools

**Book(s):** *Frog and Toad* books by Arnold Lobel, *Toads* by Eileen Ziesler, *The Frog House* by Mark Taylor

**Snack:** Mini bagel spread with low-fat cream cheese and jam.

Taken from Jennifer Ward's "Let's Go Outside" (pg 133-135)



## August 4 Rain Catcher



**Outside Activity:** Place a few jars out in different spots for collecting rain, after it rains compare how much was collected in the jars.

**Inside Activity:** Assemble rain catchers using glass jars. Use a cloth tape measure to mark off half inch increments with a permanent marker. Allow children to decorate the jars (leaving the area around the markings open for reading).

**Materials: (I)** Glass jars, permanent marker, ruler/tape measure, decorating items (glue)

**Book(s):** *Rain!* By Linda Ashman, *Let it Rain* by Maryann Cocca-Leffler, *Come On, Rain!* By Karen Hesse

**Snack:** Dip veggies in low-fat cottage cheese.

Taken from Jennifer Ward's "Let's Go Outside" (pg 149-150)



## August 5 Bird Bathing

**Outside Activity:** Set up a bird bath outside, all you need is an upturned garbage can lid with some pebbles in the bottom and water, if you can place it on a raised surface, birds prefer to be up off the ground and it will make viewing the birds easier. Observe the birds. Then have children reenact the birds bathing. Try to clean replace the water once a week if you plan on keeping the bird bath around.

**Inside Activity:** Have the children each act out their own made up story of what a day in the life of a bird would be like.

**Materials: (O)** Trash can lid, pebbles, and water

**Book(s):** *Little Bird Takes a Bath* by Marisabina Russo, *Little Quack's Bath Book* by Lauren Thompson

**Snack:** Rice cakes topped with light vegetable cream cheese.

Taken from Susan Milford's "The Kids' Nature Book" (pg 56)



## August 6 Rain Art



**Outside Activity:** Set artwork outside in the rain, to complete it! Run through the rain to place your pictures all over!

**Inside Activity:** Paint/color some shapes or blocks of color with water-soluble paints (like watercolors or poster paint) or markers. Place the artwork outside to be helped along by the rain (if not raining, sprinkle water on artwork outside)

**Materials: (I)** Paint and/or markers and paper

**Book(s):** *Rain* by Robert Kalan, *Art* by Patrick McDonnell

**Snack:** Strawberry Muffins. <http://growing-minds.org/strawberry-muffins/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 48)



## August 7 Organizing Animals

**Outside Activity:** Take the children outside on a hike. Have them look for animals. If it's nice, keep the children outside and talk about the animals they saw (if it isn't too nice, take this activity inside). Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Inside Activity:** Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Materials: (I/O)** Something to write the groups and characteristics on. This way you can revisit it with your class.

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe

**Snack:** Dip bread sticks in salsa.

Taken from Susan Milford's "The Kids' Nature Book" (pg 54)

## August 8 Bird Feathers



**Outside Activity:** Take a hike and search for bird feathers.

**Inside Activity:** Learn about bird feathers! Birds are the only animals that have feathers. They serve as insulation and help in flying. There are 2 basic feather types, contour and down. Contour feathers are those found on the body, wings and tail, these are helpful when it comes to flying. Down feathers are fluffy and help to keep birds warm. Draw a feather.

**Materials: (I)** Drawing materials

**Questions:** How many feathers did you find? What color are the feathers you found?

**Book(s):** *Feathers: Not Just for Flying* by Melissa Stewart, *Birds of a Different Feather* by Kelley Wendel, *Fine Feathered Friends: All About Birds* by Tish Rabe

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

Taken from Susan Milford's "The Kids' Nature Book" (pg 56)

## August 9 Ladybugs



**Outside Activity:** Go on a Ladybug hunt. If you are feeling up to citizen science, take photos of the ladybugs and upload them to Cornell Universities [Ladybug Project](#). Have the children count the spots on the ladybugs back and compare the color and number of spots among the ladybugs spotted.

**Inside Activity:** Search for ladybugs inside! Make ladybugs out of construction paper and glue.

**Materials: (I)** Red, black and white construction paper, glue and scissors

**Questions:** 1) How many ladybugs did you find? 2) How many spots did you count?

**Book(s):** *Ten Little Ladybugs* by Melanie Gerth, *The Grouchy Lady Bug* by Eric Carle, *Are You a Ladybug?* (*Backyard Books*) by Judy Allen

**Snack:** Tomato and olive ladybug.

<http://www.tasteofhome.com/recipes/ladybug-appetizers>

**Song(s):** "The Ladybug Song" by Maple Leaf Learning.

<https://www.youtube.com/watch?v=5PT8cltGUTU>

Taken from Jennifer Ward's "Let's Go Outside" (pg 136-138)

## August 10 Salamanders



**Outside Activity:** Go on a Salamander hike. Search in damp places, under logs and leaves.

**Inside Activity:** Talk about Salamanders. They are active at night. Most salamanders are mute. Some people mistake salamanders for lizards. Salamanders are amphibians and prefer cool, moist areas on land or wetlands such as ponds and streams, unlike lizards which are reptiles and generally live in drier habitats. Salamanders can often be spotted during wet weather.

**Book(s):** *The Salamander Room* by Anne Mazer, *Big Night for Salamanders* by Sarah Marwil Lamstein, *The Great Smoky Mountain Salamander Ball* by Lisa Horstman

**Snack:** Fruit Salamanders. <https://s-media-cache-ak0.pinimg.com/originals/f5/e2/15/f5e21585ac63750e01633c275126b190.jpg>

Taken from Susan Milford's "The Kids' Nature Book" (pg 51)

## August 11 Walk in the Rain



**Outside Activity:** Get your rain gear on and take a walk in the rain! This is great for the senses, take in the smell of the damp earth. Watch how nature deals with precipitation. Some leaves on trees and bushes are shaped in a way that funnels off water. Be sure to splash in a puddle or two. See how many raindrops each child can catch in their hands.

**Inside Activity:** Discuss what the children experienced, what they enjoyed, what they would like to do when they go out in the rain again. Talk about how animals and birds deal with the rain, oil on their fur and feathers, finding shelter, etc.

**Questions:** What does the rain feel like on your skin? Do the colors look rich when everything is wet?

**Book(s):** *Rain!* By Linda Ashman, *Rain* by Peter Spier, *A Walk in the Rain* by Ursel Scheffler, *A Walk in the Rain* by Sarah Vazquez

**Snack:** Zucchini Parmesan Crisps.

<http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 48)

## August 12

### Baby Animals: Eggs or No Eggs?



**Outside Activity:** Hike around and ask children to point out any animal homes where baby animals might be born. Ask them what animals lay eggs and which don't. Talk about animals that lay eggs and ones that do not. Have them point out egg layers when they see them flying about or non-egg layers while they scurry around.

**Inside Activity:** Have students draw a picture of either an egg layer or non-egg layer and tell a story about the parents and babies to go with the picture.

**Materials: (I)** Drawing supplies

**Book(s):** *Animals (Baby Touch and Feel)* by DK Publishing, *Baby Animals (Little Golden Book)* by Garth Williams, *The Egg* by Dick Bruna

**Snack:** Hardboiled eggs.

## August 14

### Rock Rubbin'



**Outside Activity:** Go for another hike! This time have the children be on the look-out for rocks, preferably rocks with texture. Take paper and crayons out with you, just in case the rocks are too big to bring back inside! Have the children make rock rubbings, then have them each take a turn talking about their rock and show their rubbings with the group. After this activity, have the children find a small rock they really like, this will be used for the 'Inside Activity'.

**Inside Activity:** Make a rock pet. If the rocks are big enough, have them glue googly eyes on their rocks, and maybe some pom-poms for hair or a tail. Let them color and make their rock pet unique and all their own!

**Materials: (O)** Paper and Crayons **(I)** A rock, googly eyes, pom-poms, markers/crayons, glue, other artsy items

**Book(s):** *Stones: EyeLike Nature* by PlayBac, *Stick and Stone* by Beth Ferry

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Susan Milford's "The Kids' Nature Book" (pg 89)

## August 13

### Night Time



**Outside Activity:** Take the children outside, have them pretend it is night time. Ask them what would be different if it was night time. In an open area, play marco polo, having the 'it' person wearing a blindfold or at least closing their eyes. Talk about how this is how some nocturnal animals, like the bat, find their food at night. Teach them nocturnal (*done, occurring, or active at night*), diurnal (*of or during the day*), and crepuscular (*appearing or active in twilight, dawn and dusk*).

**Inside Activity:** "Star gaze" with your children. Stick some glow in the dark stars on the ceiling and turn the lights out in the room. You can place the glow in the dark stars in shapes and have the children say what they see. Or, you can cut black construction paper circles that fit over a flashlight head and poke holes in those discs that form shapes. Turn the lights out and flash the light through the different discs onto the ceiling. Have the children laying on their backs on the floor while stargazing.

**Materials: (O)** Blindfold **(I)** Glow in the dark stars or black construction cut into discs, something to poke holes in those discs and a flashlight

**Book(s):** *Out of Sight till Tonight!: All About Nocturnal Animals* by Tish Rabe, *Grandfather Twilight* by Barbara Helen Berger, *Night in the Country* by Cynthia Rylant

**Snack:** Pineapple cut into star and moon shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 82)

## August 15

### Painting with Fruits and Veggies



**Outside Activity:** Visit a garden nearby (community or school gardens are relatively common), or have a couple of veggie plants available for the children to explore.

**Inside Activity:** Have cut fruits and veggies available for children to make paint prints with. Potatoes make great print makers, cut one in half and carve designs into the potato, let dry for about an hour before having the children make paint prints with them

**Materials: (O)** A garden or garden plants **(I)** Cut veggies, paint and paper

**Book(s):** *Veggie Wedgie, Fruity Tootie: A kid's guide to fruits and veggies!* By Allison Ria Duran, *The Fruit and Veggie ABC Book (An Ed the Dragon Book)* by Mary Lee

**Snack:** Fruits and Veggies.

Taken from Susan Milford's "The Kids' Nature Book" (pg 92)

## August 16 Create Your Own Animal



**Outside Activity:** Have children do the inside activity first. After they are done inside, take them outside and have them to act like the animal they created. How does it run, walk, play, eat, etc....

**Inside Activity:** Have the children invent an animal. Have them draw it out and possibly try and construct it with play dough.

**Materials: (I)** Drawing materials and play dough

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *The Animals Winter Sleep* by Lynda Graham-Barber, *Put Me In the Zoo* by Robert Lopshire

**Snack:** Dip animal crackers in low-fat pudding.

## August 17 Designs in Nature



**Outside Activity:** “From the way the seeds are arranged on a sunflower, to the spiraling tendrils of a grape vine, nature has some ingenious and beautiful designs. Look around you, and you’ll see all sorts of interesting shapes and patterns. Spirals are common in nature, from the spectacular nautilus shell to the fiddle-heads of ferns. Circles are also wide-spread. Mushroom caps, flowers with petals that radiate from a central disk, and drops of water. Look for other shapes and patterns, too. Take tree bark and leaves, for instance. There are such variations!”

**Inside Activity:** Have the children use play dough to design their own leaf, berry or other natural item. Have them name it and then share it with the group.

**Materials: (I)** Play dough

**Book(s):** *Busy Bugs; A Book About Patterns* by Jayne Harvey, *Zebra Stripes Go Head to Toe* by Sheryl and Simon Shapiro, *Swirl by Swirl: Spirals in Nature* by Joyce Sidman

**Snack:** Cut cheese and fruit slices into shapes.

Taken from Susan Milford’s “The Kids’ Nature Book” (pg 110)

## August 18 Trash Pick Up



**Outside Activity:** Take the children out for walk. Have a garbage bag and make sure the kids are wearing gloves. Pick up trash as you find it. Talk about how it got there and what it could do to animals and plants in the area if it was left there.

**Inside Activity:** Create a masterpiece from the trash you gathered (the less disgusting pieces). Glue the trash to a piece of cardboard, or large piece of paper.

**Materials: (O)** Garbage bag and gloves **(I)** The garbage you collected, cardboard/ paper, and glue (hot glue might work best depending on your trash)/ or tape

**Book(s):** *Cleaning up Litter (Help the Environment)* by Charlotte Guillain, *I Can Save the Earth!* By Alison Inches

**Snack:** Wheat bread with whipped cream cheese spread, sprinkled with chopped broccoli and shredded carrots.

**Song(s):** “Barney: The Clean Up Song” by Barney and Friends.

<https://www.youtube.com/watch?v=WJ9uhDzN-rA>

## August 19 Fishes



**Outside Activity:** Play Sharks and Minnows.

**Inside Activity:** Have the children paint a river, lake or ocean scene with plenty of fish and other creatures. You could also do a group mural where you have the water scene ready and each child paints their own fish onto the mural (or on a separate sheet of paper to be cut out and placed on the mural).

**Materials: (I)** Painting materials

**Book(s):** *Fabulous Fishes* by Susan Stockdale, *One Fish Two Fish Red Fish Blue Fish* by Dr. Seuss, *The Rainbow Fish* by Marcus Pfister

**Snack:** Goldfish Crackers and Orange Slices.

<http://www.creativefun4you.com/?p=705>

## August 20 Wild Flowers



**Outside Activity:** On your hike, have children keep their eyes peeled for wild flowers. Avoid picking the flowers so others can enjoy them (feel free to pick dandelions!). When a child finds a flower, ask them what color it is, have you ever seen a flower like this before, etc.

**Inside Activity:** Make tissue paper and pipe cleaner flowers. (You can find instructions online)

**Materials: (I)** Colored tissue paper, green pipe cleaners and scissors

**Book(s):** *Spring Walk* by Virginia Snow, *The Flower Alphabet Book* by Jerry Pallotta, *Flowers Are Calling* by Rita Gray

**Snack:** Carrot stick, celery, low-fat ranch dressing flower.

<http://www.momtastic.com/food/400333-12-fun-healthy-snacks-for-kids/?slideshow=351#/slide/6>

**Song(s):** "The Flower Song" by Toddler World TV. <https://www.youtube.com/watch?v=kBoHLblicxY>

## August 21 Trees and People



**Outside Activity:** Go on a tree hunt. Every time a different tree or size of tree is found, ask the children ways they think people use or could use the trees. Example: Paper, books, wood planks/boards for building houses, furniture, etc. pencils, rulers, sap for syrup, berries, nuts, etc. During winter take some maple syrup and squeeze strips of syrup on the snow, let stand to freeze into hard candies, then enjoy!

**Inside Activity:** Have the children draw a picture of a tree and a few ways a person could use that tree. Ask children, "What would life be like if your feet were rooted like a tree?"

**Materials: (O)** Maple syrup **(I)** Drawing materials

**Questions:** 1) What would life be like if your feet were rooted like a tree?

**Book(s):** *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Blueberry Cheesecake Bites.

<http://www.gimmesomeoven.com/easy-blueberry-cheesecake-bites-recipe/>

## August 22 Ants



**Outside Activity:** Take the children outside and locate an ant hill. Spend time watching the ants. Follow the ant trail and see where it leads you. Ants follow a trail because they are searching for food. When one ant finds food, it leaves a scent trail for the other ants in its colony to follow, telling them where they can find the food. Set up an experiment by collecting several small twigs and setting up a 'fenced in' area, avoid creating a high enclosure. Place some sugar or cracker crumbs in your enclosure. Wait for the ants to discover the food. As they take away the food, they will leave a scent trail so they can return for more. Once you have a trail of ants in pursuit of the food, carefully remove the sticks. Observe what happens: the ants become confused because their scent trail has disappeared.

**Inside Activity:** In their nature journals, have the children draw an ant hill and what they think it looks like on the inside. Show them a video clip or picture of the inside of an anthill (ie A Bug's Life)

**Materials: (O)** Sugar or food crumbs **(I)** Nature Journal and drawing supplies

**Book(s):** *Are You an Ant? (Backyard Books)* by Judy Allen, *Hey, Little Ant* by Phillip M. Hoose, *The Ants Go Marching (Classic Books With Holes)* by Dan Crisp

**Snack:** Ants on a Log. <http://catchmyparty.com/photos/667998>

**Song(s):** "The Ants Go Marching One by One song" by Turtle Interactive. <https://www.youtube.com/watch?v=Pjw2A3QU8Qg>

Taken from Jennifer Ward's "i love dirt" (pg 46-48)

## August 23 Zoomed in on Nature



**Outside Activity:** Have the children place their cutout hand or foot on the ground, on a tree and then look underneath the cutouts in order to see what things may be living in a small space such as these. Have them repeat this activity several times to see if they can find different things. Discuss what is found with the children.

**Inside Activity:** Have children trace their hand or foot on a piece of paper. Cut these out and then take them outside.

**Materials: (O)** Magnifying glass (not required) **(I)** Paper, drawing utensil and scissors

**Book(s):** *Nature Close-Up - Ants* by Elaine Pascoe, *Nature Close-Up - Seeds and Seedlings* by Elaine Pascoe, *Nature Close-Up - Earthworms* by Elaine Pascoe

**Snack:** Tuna salad cucumber bites. <http://www.healingandeating.com/2014/07/tuna-salad.html>

## August 24 Textures in Nature



**Outside Activity:** Give each child a crayon and piece of paper, ask them to make nature rubbings of multiple surfaces like tree bark, a leaf, a rock, the gravel sidewalk, etc. Bring the children together and ask them to compare the textures, are they rough, soft, bumpy, etc.

**Inside Activity:** Have them add their rubbings to their nature journals and note what the rubbings are, rock, tree bark, leaf, etc.

**Materials:** (O) Paper and a crayon (I) Nature journal, glue/tape

**Book(s):** *Bright Baby Touch and Feel Winter* by Roger Priddy, *I Love Fall!: A Touch-and-Feel Board Book* by Alison Inches, *Smooth and Rough (My World of Science)* by Angela Royston

**Snack:** Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>

## August 26 Mystery Objects



**Outside Activity:** Take the children outside to collect different natural objects outside. Have the children feel each object before moving on to the next activity. You can do the inside activity outside instead.

**Inside Activity:** Place the items each in their own box with a hole cut out of it. Give the children a chance to feel what is inside each box. Have them all feel the item in one box and then ask what they think is inside and then reveal it and then move to the next boxes.

**Materials:** (O/I) Boxes with holes cut out (holes big enough for the children to stick their hands in)

**Book(s):** *The Pinecone Walk* by Barbara Springfield

**Snack:** Spread mustard on a tortilla shell. Top with a slice of lunch meat, low-fat cheese and lettuce. Then roll it up.

## August 25 Camping



**Outside Activity:** Set up a tent outside. Take the children outside and let them take turns in the tent and pretend you are camping. Have the children collect sticks and twigs and help set up a 'campfire', no need to actually start a fire. Sit around the 'campfire' and tell stories. Take a picture of them individually in the tent, or with their friends.

**Inside Activity:** Make a picture frame out of thick popsicle sticks, glue and string and decorate it how they wish, print off their picture to put in the frame.

**Materials:** (O) Tent and camera (I) Popsicle sticks, twine, glue, and coloring materials

**Book(s):** *Duck Tents* by Lynne Berry, *Curious George Goes Camping* by Margret Rey and H.A. Rey, *S is for S'mores: A Camping Alphabet* by Helen Foster James, *A Camping Spree With Mr. Magee* by Chris Van Dusen, *When We Go Camping* by Margriet Ruurs

**Snack:** Strawberries and Cream Sandwich.

<http://alidaskitchen.com/2012/06/16/strawberries-and-cream-sandwiches/>

## August 27 Animal Pairs - Calls



**Outside Activity:** After you helped each child learn their call inside, take them outside. Then let them all make their calls over and over again. While doing this they should try to listen for the other child making their sound/call. Hopefully they all find their partner!

**Inside Activity:** Give the children several options of animals they can be (ex, cow, dog, cat, tweet bird, duck, etc). After 2 children pick an animal, remove that animal from the options. Consider writing down the child's name and their choice, just to keep track. Be sure that each child know what their animal sound is. Take them outside and complete the activity. They can pair up inside as well.

**Book(s):** *Just Like Daddy* by Cecilia Johansson, *Just Like Mommy* by Cecilia Johansson, *Are You My Mother?* By P.D. Eastman

**Snack:** Dip pita chips in hummus.

## August 28 Sun Fun



**Outside Activity:** Take the children outside and find a good spot to observe nature from. Ask them the questions found below. Revisit reptiles, which include snakes, lizards, turtles, tortoises, alligators, and crocodiles. They are cold-blooded meaning they often seek out the sun to keep warm.

**Inside Activity:** Ask the children reasons why they like and maybe don't like the sun. Perhaps talk about why the sun is important and how to be safe outside in the sun (sun block, hats, sunglasses, etc.)

**Questions:** What animals are active during the day? Are there bugs out and about? Birds? Bees? Bunnies? Which animals like the sunshine? Can you see a reptile?

**Book(s):** *The Sun Is My Favorite Star* by Frank Asch, *The Sun: Our Nearest Star* by Franklyn M. Branley

**Snack:** Orange and carrot or strawberry sun.

<http://www.parenting.com/food-recipes/snacks/10-creative-healthy-snacks-kids?ssdmh=dm17.740865&esrc=nwptgwu060314a?page=8>

Taken from Jennifer Ward's "i love dirt" (pg 49-50)

## August 29 Rock 'n' Roll



**Outside Activity:** Take the children out for a 'rockin' adventure. Search for the following types of rocks: sharp, flat, bumpy, crumbly, rough, smooth, shiny, dull, speckled, striped, multicolored and single colored rock. Have the children compare their rocks. Then ask the children to work together to build/outline a picture with the rocks they collected (ie, a smiley face!)

**Inside Activity:** If you have an interesting or 'special' rock, bring it in to share with the children, tell the story of how you found it and what makes it so special. Then tell them that they may find their very own special rock on the rock hunt. If you don't have a special rock, find a rock outside and create a story to go with it!

**Book(s):** *Stones: EyeLike Nature* by PlayBac, *Let's Go Rock Collecting* by Roma Gans

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Jennifer Ward's "i love dirt" (pg 66-68)

## August 30 Picnic Time!



**Outside Activity:** Take your lunch and/or snack outside for a picnic. If you don't have tables outside, try and find multiple blankets or have the children bring a towel to lay out to sit and eat on. Play games like tag, simon says, hide and seek, etc.

**Inside Activity:** Have the children draw a picture of their picnic time in their journals.

**Materials: (O)** Picnic tables or blankets/towels **(I)** Journal and drawing materials

**Book(s):** *Picnic* by Emily Arnold McCully, *Picnic!: A Day in the Park (Ant Hill)* by Joan Holub, *We're Going on a Picnic!* by Pat Hutchins

**Snack:** Make Snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.

## August 31



Revisit a Favorite  
Activity from this  
Month!

## September 1 Reptiles



**Outside Activity:** Go on a Rhyming Reptile Romp. Search for reptiles, but even if you do not find any, name a few of the reptiles found in Minnesota and have the children try to come up with a word that rhymes the reptile's name. If that is too advanced for the children, come up with a rhyme for them to repeat.

**Inside Activity:** Let them choose whether they would like to make a paper plate snake or a paper bowl turtle. Whichever they choose, let them paint or color the paper plate or paper bowl. For the snake, help cut the snake out in a spiral pattern, for the turtle, have the limbs and head precut for them to tape or glue to the shell.

**Materials: (I)** Paper plates, paper bowls, paint/coloring materials, scissors, paper, glue/tape.

**Book(s):** *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *Yertle the Turtle and Other Stories* by Dr. Seuss, *A Color of His Own* by Leo Lionni

**Snack:** Kiwi and grapes turtle. <https://www.pinterest.com/pin/361765782545917051/>

## September 2 Welcome Bugs!



**Outside Activity:** If you did not place a piece of plywood or other medium item with a flat surface down for this activity, go outside and search for an item that may have bugs under it. Flip over rocks, logs, pots, etc and see if there are any critters to observe. If you do not find any places, go ahead and set one up by placing a piece of plywood out on the lawn, wait a week or two and go back and check under the board!

**Inside Activity:** Draw a class picture of what you found under the board, rock or other item. Try to identify specific bugs and insects!

**Materials: (O)** Plywood **(I)** Large piece of paper, drawing materials and perhaps an insect guide

**Book(s):** *The Very Lonely Firefly*, *The Very Quiet Cricket*, *The Grouchy Ladybug*, and *The Hungry Caterpillar* by Eric Carle

**Snack:** Vegetable bug on cheese and cracker. <http://www.a1exterminators.com/kids/healthy-snacks-for-kids-who-love-bugs/>

## September 3 Listening to Nature



**Outside Activity:** Take the children outside and seat them slightly spread out and ask them to do their very best to sit quietly with their eyes closed and just listen. Ask them to listen for natural sounds. Then ask them all to pick out one of those sounds and listen carefully for a few minutes. Then ask the children to share what their sound was with each other.

**Inside Activity:** Have the children draw a picture of what they were listening to, so if it was a bird singing they would draw a bird, if it was the wind blowing through the trees, then they would draw a tree.

**Materials: (I)** Drawing supplies

**Questions:** Does silence have a sound? What do you hear? Do you hear birds busy in the trees? How do they sound? Happy? Argumentative? Joyful? Chatty? How many different bird sounds do you hear? Can you see any of the birds? What else do you hear? Can you hear wind? Insects? Water dripping?

**Book(s):** *The Listening Walk* by Paul Showers

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

Taken from Jennifer Ward's "i love dirt" (pg 9-10)

## September 4 Leaf Types



**Outside Activity:** Take the children outside to search for leaves. Teach them about the two primary types of leaves: netted and parallel. Netted leaves have branched veins, such as the leaves found on an oak tree. Parallel leaves have veins that run in the same direction, such as those found on a corn plant or tulip. Have the children look for leaves that fall into both categories. Have each child collect one of each type of leaf. Talk about the leaves, what size, shape, color (light, dark, or somewhere in between) and texture (smooth, waxy, fuzzy, or bumpy) do the leaves have?

**Inside Activity:** Press the leaves that the children collected, in between wax paper put into books with added weight. After a few days, have the students glue or tape their leaves into their nature journal. Help the children identify what plant leaves they have.

**Materials: (I)** Nature journals and glue/tape

**Questions:** Which type can you find the most of? Can you find evidence of animal life among the leaves? Do you notice nibbles? Droppings? Nests? How might an animal use a leaf?

**Book(s):** *Trees, Leaves & Bark* by Diane Burns, *Leaf* by Stephen Michael King

**Snack:** Salsa and chips.

Taken from Jennifer Ward's "i love dirt" (pg 18-20)



## September 5

### Digging Dirt

Revisit your board from September 2nd



**Outside Activity:** Find a patch of dirt, and provide the children with small shovels, cups and old spoons, or you can have them use sticks and stones. Leaves, nuts, flower petals and bark are all good for dirt play too! Have them dig moats and add water. Have the children tell a story about one of the things they made out of dirt.  
**Inside Activity:** Have the children draw a picture of their masterpiece in their nature journal.

**Materials: (O)** Shovels, cups or old spoons - optional, children can use natural items **(I)** Their nature journals and art supplies

**Questions:** What can you build up with dirt? Mountains? Volcanoes? Walls? Castles? Animal shapes?

**Book(s):** *Dirt: The Scoop on Soil* by Natalie M. Rosinsky, *Dirt on My Shirt: Selected Poems* by Jeff Foxworthy, *Dirt Boy* by Eric Jon Slingerup

**Snack:** Dirt Dessert... Healthy Style. <http://www.thechirpingmoms.com/2013/03/this-weeks-giveaway-happy-family-food.html>

**Song(s):** "Dirt Dirt Dirt" by Sesame Street.

<https://www.youtube.com/watch?v=TAumwxTgkhM>

Taken from Jennifer Ward's "i love dirt" (pg 43-44)



## September 6

### Feel the Rain



**Outside Activity:** As soon as it starts raining, as long as it isn't a thunder and lightning storm, make your way outside. Have the children stand under an overhang and just listen to the rain. Ask them how the sound makes them feel. Then have them stand in the rain letting it pool in their hands and roll off their faces. Also encourage them to observe what the rain is doing from under the overhang or an umbrella, or wrapped up in their rain jackets.

**Inside Activity:** Act out the song/rhymes of the "Itsy Bitsy Spider", "Rain Rain Go Away" and "It's Raining It's Pouring".

**Questions:** Does the rain absorb into your skin or roll off? Are puddles forming? Where and why? Where does the rain disappear or absorb into surfaces? Where does it gather and stream? Are there any animals or bugs out enjoying the rain? If so, which types can you find and observe? Can you hear animals or bugs calling through the sound of the rain?

**Book(s):** *Rain!* By Linda Ashman, *Let it Rain* by Maryann Cocca-Leffler, *Come On, Rain!* By Karen Hesse, *Rain* by Peter Spier, *A Walk in the Rain* by Ursel Scheffler, *A Walk in the Rain* by Sarah Vazquez

**Snack:** Baked Kale Chips. <http://growing-minds.org/baked-kale-chips/>

Taken from Jennifer Ward's "i love dirt" (pg 36-37)



## September 7

### Amphibians

**Outside Activity:** Go on an "Amazing Amphibian Adventure" and search for amphibians. Look for frogs, toads and salamanders. Play a game of leap frog. For a list of amphibians found in Minnesota visit [http://www.dnr.state.mn.us/reptiles\\_amphibians/index.html](http://www.dnr.state.mn.us/reptiles_amphibians/index.html).

**Inside Activity:** Make paper lunch bag frog puppets.

**Materials: (I)** Paper lunch bags, coloring utensils, paper (to make limbs and tongue that stick out from the bag), scissors and glue

**Book(s):** *About Amphibians: A Guide for Children* by Deborah J Short, Josefina Tinajero and Alfredo Schifini, *The Salamander Room* by Anne Mazer, *Big Night for Salamanders* by Sarah Marwil Lamstein, *The Great Smoky Mountain Salamander Ball* by Lisa Horstman

**Snack:** Mini bagel spread with low-fat cream cheese and jam.



## September 8

### Mud!

**Outside Activity:** Let the children play in and explore MUD! Mud's squishy texture can make it fun to explore. Have the children squish mud through their fingers and hands. Ask them the questions below. Have them make mud pies and put different 'ingredients' in them. Have them press objects such as leaves or twigs into mud. What types of impressions do they make? Have them paint/draw in the mud using their fingers and hands to create mud pictures.

**Inside Activity:** Give the children some play dough to work with. Ask them how the play dough feels compared to the mud. Ask them the same questions below, and then have them compare those answers to before by asking, were you able to form a bowl out of the mud? Etc.

**Materials: (I)** Play dough

**Questions:** Can you shape it? Can you form it into bowls or cups? Can you roll it into balls?

**Book(s):** *Mud* by Mary Lyn Ray, *One Duck Stuck: A Mucky Ducky Counting Book* by Phyllis Root, *Fun in the Mud* by Anna Prokos

**Snack:** Frozen Yogurt Mud Pies. <http://www.cindysrecipesandwritings.com/frozen-yogurt-mud-pies-sundaysupper/>

Taken from Jennifer Ward's "i love dirt" (pg 44-45)

## September 9 Read Outside!



**Outside Activity:** Take the children out on a nice day and read multiple stories. Have them act out any motions/verbs mentioned in the books, to engage them.

**Inside Activity:** None

**Book(s):** Read the children's favorite books!

**Snack:** Carrot Cake Oatmeal Cookie. [http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm\\_medium=viraltag-content-network&utm\\_source=viraltag-post&utm\\_campaign=Viraltag](http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm_medium=viraltag-content-network&utm_source=viraltag-post&utm_campaign=Viraltag)

## September 10 Nature Collages



**Outside Activity:** Take the children outside to collect different natural items that can be put on paper/cardboard to create a nature collage.

**Inside Activity:** Have the children create nature collages out of their natural items and construction paper/cardboard

**Materials: (I)** Paper/cardboard, glue (hot glue)

**Book(s):** *Leaf Man* by Lois Ehlert, *Outside Your Window: A First Book of Nature* by Nicola Davies

**Snack:** Spread peanut butter on apple slices.

## September 11 Wind



**Outside Activity:** Have the children listen to see if they can hear the wind. Have them race the wind, do this by blowing bubbles and have them race the bubbles. Talk about the wind and what it can do, spread plant seeds, rustle tree leaves, wear down/erode the earth, take trees down, move clouds, etc.

**Inside Activity:** Make a pinwheel, see directions at <http://kidsactivitiesblog.com/53474/gian-paper-pinwheels>

**Materials: (I)** Paper, wooden skewers, erasers, cut up, pins

**Questions:** Can you see wind? Can you feel it? What direction is the wind blowing?

**Book(s):** *Feel the Wind* by Arthur Dorros, *The Wind Blew* by Pat Hutchins, *Gusts and Gales* by Josepha Sherman

**Snack:** Chicken Fingers. <http://www.fitnessmagazine.com/recipes/lunch/lighten-up-healthy-chicken-fingers-recipe/>

## September 12 Playtime and Naptime in the Great Outdoors



**Outside Activity:** Bring toys outside for children to play with as they would inside, except now they are doing so while getting fresh air! Playtime won't work for you? Why not try having nap time outside. Try taking other 'inside activities' outside, you might be surprised by how some of the children will be more attentive or take leadership roles outside that don't normally do so inside!

**Inside Activity:** Go outside!

**Book(s):** *Are You Ready to Play Outside? (An Elephant and Piggie Book)* by Mo Willems, *Animal Naps* by Catherine Ham

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

## September 13 Summer Story Reenactment



**Outside Activity:** After reading a summer related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a summer related story, have the children reenact the story or a scene from the story.

**Book(s):** *Let it Shine* by Maryann Cocca-Leffler, *Mouse's Summer Muddle (Animal Seasons)* by Anita Loughrey

**Snack:** Fruit and cracker pizza.

<http://www.sunshineandhurricanes.com/easy-fruit-and-cracker-pizzas/>

## September 14 Summer Counting



**Outside Activity:** Take the children outside. What ever the date is, have them collect that many of an item you assign to them. The items can be different or the same for each student. Pick items that may be unique to summer and talk about summer with the children.

**Inside Activity:** Collect items from outside that are Summer related, bring them in and have the children count them. If the items can be glued to a paper have children use their own collected items from outside or the ones you provided and glue them to the sheet and write the number and spell it out on the sheet.

**Materials:** (I) Paper, glue and items

**Questions:** 1) What color are the ...?

**Book(s):** *Let's Count Summer: A Fun Kids Counting Book for Children Age 2 to 5* by Alina Niemi, *Cheers for a Dozen Ears: A Summer Crop of Counting* by Felicia Sanzari Chernesky, *Beaches and Bicycles: A Summer Counting Book* by Rebecca F. Davis

**Snack:** Dip baked tortilla chips in bean dip.

## September 15 River Races



**Outside Activity:** Set up a water chute outside, using a hose and a plastic sheet (on a slide or making a sloped surface). Have children find sticks and mark them to know which one is theirs, then let the races begin.

**Inside Activity:** Have children decorate sticks inside and float them in a bucket of water. Talk about if they put their sticks in a river or stream, the sticks could race each other.

**Materials:** Plastic sheet (if desired), water, sticks, and paint/markers for decorating sticks

**Book(s):** *Stick Man* by Julia Donaldson, *Hooey Higgins and the Big Boat Race* by Steve Voake, *Busytown Boat Race* by Richard Scarry

**Snack:** Fish in the River. Celery stalks with low fat cream cheese and goldfish crackers. <http://www.food.com/recipe/fish-in-the-river-156929>

## September 16 Bug Races



**Outside Activity:** Have children search for a bug. Have a 2 chalk circles drawn, one about 6 feet in diameter and the other in the center of the first about 1 foot in diameter. Have children place their bugs in the center circle and let the race begin. Which ever bug crosses the outside circle first wins!

**Inside Activity:** Same as above, use masking tape to mark off circles.

**Materials:** Chalk or masking tape

**Book(s):** *Bugs Galore* by Peter Stein, *Hello, Bugs!* By Smriti Prasadam, *Big Bug, Little Bug* by Paul Stickland, *Bugs! Bugs! Bugs!* by Bob Barner

**Snack:** Vegetable bug on cheese and cracker. <http://www.a1exterminators.com/kids/healthy-snacks-for-kids-who-love-bugs/>

## September 17 Shape Hike



**Outside Activity:** Take children for a hike and either point out all the shapes or ask them to only look for objects that are a certain shape.

**Inside Activity:** Hike around the classroom and either point out all the shapes or ask the children to only look for objects that are a certain shape.

**Questions:** 1) What shapes do you see? 2) What is an object that is (a) ... (pick a shape)?

**Book(s):** *The Shape Of Me And Other Stuff* by Dr. Seuss, *Mouse Shapes* by Ellen Stoll Walsh

**Snack:** Cut cheese and fruit slices into shapes.

## September 19 Ladybugs



**Outside Activity:** Go on a Ladybug hunt. If you are feeling up to citizen science, take photos of the ladybugs and upload them to Cornell Universities [Ladybug Project](#). Have the children count the spots on the ladybugs back and compare the color and number of spots among the ladybugs spotted

**Inside Activity:** Search for ladybugs inside! Make ladybugs out of construction paper and glue.

**Materials: (I)** Red, black and white construction paper, glue and scissors

**Questions:** 1) How many ladybugs did you find? 2) How many spots did you count?

**Book(s):** *Ten Little Ladybugs* by Melanie Gerth, *The Grouchy Lady Bug* by Eric Carle, *Are You a Ladybug?* (*Backyard Books*) by Judy Allen

**Snack:** Tomato and olive ladybug.

<http://www.tasteofhome.com/recipes/ladybug-appetizers>

**Song(s):** "The Ladybug Song" by Maple Leaf Learning.

<https://www.youtube.com/watch?v=5PT8cltGUTU>

Taken from Jennifer Ward's "Let's Go Outside" (pg 136-138)

## September 18 Tree Scrapbook



**Outside Activity:** Visit your adopted tree regularly. Collect leaves, bark rubbings, observations, etc of your tree and place these in a scrapbook of your tree!

**Inside Activity:** Act like a tree during different weather conditions. Talk about what they might like to do with/in a tree (fort building, climbing, resting, reading, etc.)

**Materials:** Your tree scrapbook

**Questions:** 1) Has your tree changed at all? 2) How has your tree changed?

**Book(s):** *The Giving Tree* by Shel Silverstein, *The Tree* by Dana Lyons, *Our Tree Named Steve* by Alan Zweibel, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

**Song(s):** "Head Shoulders Knees and Toes for Trees!" by Mr. R.'s Songs for Teaching. <https://www.youtube.com/watch?v=FJqy967xs1c>

## September 20 Nut Hunting



**Outside Activity:** Take the children outside for a nut hunt! Have them collect whatever nuts they can find. Talk about the different nuts they found, what humans might use them for and what animals find them tasty. Leave them in a pile near your window so the children can witness any squirrels or birds feasting on their collection! Have each child collect a handful of acorn caps, for the Inside Activity.

**Inside Activity:** Check on the pile of nuts outside the window to see if anything is happening out there. Make Acorn Cap Jewels with the acorn caps collected outside. Color the inside of the caps with markers. Stick the colored caps in the play dough, cup side up, fill with white liquid glue. Let dry for a couple of days. After they are dried, the children will have shiny acorn cap jewels to treasure! (Or you could make the adorable acorn squirrel pictured below, use two acorns, a brown pipe-cleaner and a marker)

**Materials: (I)** Acorn caps, white liquid glue, markers, play dough (to hold the caps in place while they dry).

**Book(s):** *Nuts* by Paula Gerritsen, *Let's Go Nuts!: Seeds We Eat* by April Pulley Sayre, *Nuts to You!* By Lois Ehlert, *Aw, Nuts!* By Rob McClurkan

**Snack:** Mixed nut snack.

Taken from Susan Milford's "The Kids' Nature Book" (pg 97)

## September 21

### Hide and Seek



**Outside Activity:** Play hide and seek outside.

**Inside Activity:** Play hide and seek inside.

**Questions:** 1) Where do you think the best hiding place was?

**Book(s):** *Hide and Seek* by Taro Gomi, *Hide and Seek Harry Around the House* by Kenny Harrison

**Snack:** Make a mini-sandwich with tuna or egg salad on a dinner roll.



## September 22

### Bird Songs and Calls

(Consider checking out the Project GO Birding Kit from Rochester Public Library)

**Outside Activity:** Take a hike or just sit outside. Listen to the birds, can you see who is making what sound? Try and figure out what birds are making what sounds.

**Inside Activity:** Visit the Cornell Lab of Ornithology [All About Birds](http://www.allaboutbirds.org/guide/search) webpage ([www.allaboutbirds.org/guide/search](http://www.allaboutbirds.org/guide/search)). Click on a bird and then the sound button, to listen to different bird calls. Have the children try and repeat the songs and calls. Then have each student choose a bird and draw/color a picture of that bird.

**Materials: (I)** Drawing materials, ability to visit website and play bird noises

**Book(s):** *Birdsongs* by Betsy Franco, *Sing* by Tom Lichtenheld

**Snack:** Dip veggies in low-fat cottage cheese.

**Song(s):** "5 Little Birds" by Super Nursery Rhymes

<https://www.youtube.com/watch?v=p3xJwdtFenI>

"What is a Bird?" by Pancake Manor.

[https://www.youtube.com/watch?v=Cl4MvIZ5I\\_s](https://www.youtube.com/watch?v=Cl4MvIZ5I_s)

Taken from Susan Milford's "The Kids' Nature Book" (pg 44)

## September 23

### Looking for the Woolly Bear Caterpillar



**Outside Activity:** Take the children outside and search for the Woolly Bear Caterpillar. These caterpillars are hairy brown-banded black and found everywhere this time of year. "The woolly bear spends the winter curled up beneath logs and in hollows. Wrapped in its cocoon, it doesn't stir until spring, when it emerges as a rather plain and surprisingly delicate moth known as the Isabella tiger moth."

**Inside Activity:** Make woolly bear caterpillars out of pipe-cleaners or pom-poms. Otherwise you can have the children draw a leaf and finger-paint a woolly bear caterpillar.

**Materials: (I)** Brown and black pipe-cleaners, brown and black pom-poms and/or drawing and finger painting supplies

**Book(s):** *The Secret Life of the Woolly Bear Caterpillar* by Laurence Pringle, *Oh No, Woolly Bear!* By Patricia McFadden

**Snack:** Guacamole with pita chips.

Taken from Susan Milford's "The Kids' Nature Book" (pg 96)



## September 24

### Bird Watching

**Outside Activity:** Observe birds and act like them. Ask children. "If you were a bird, where would you fly to first, a special place, someone's house, etc...?"

**Inside Activity:** Watch birds from inside and draw/color/paint pictures of them. Identify birds with children.

**Materials: (I)** May need a bird guide to help identify birds.

**Questions:** 1) How many birds do you see? 2) What colors are the birds?

**Book(s):** *Birds* by Kevin Henkes, *Fine Feathered Friends: All About Birds* by Tish Rabe (Cat in the Hat Learning Library)

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

## September 25 Gathering



**Outside Activity:** Give each child something different to gather or have them gather objects they like or find interesting. Give each child a bucket or container to carry their

**Inside Activity:** Give each child something different to gather or have them gather objects they like or find interesting.

**Questions:** 1) Why did you collect those items? 2) How many items did you collect?

**Book(s):** *Frederick* by Leo Lionni, *Pancakes, Pancakes!* By Eric Carle

**Snack:** String cheese and mixed nuts.

## September 26 Take-A-Hike



**Outside Activity:** Go for a hike.

**Inside Activity:** Hike around the room in a line and imagine you are hiking outside.

**Questions:** 1) What do you see? 2) If 'hiking' indoors set the scene for the children, we are hiking in a snowy wood, what might we see while we are here?

**Book(s):** *Tom and Pippo Go for a Walk* by Helen Oxenbury, *Mommy and Mikel Go for a Walk* by Ann Morris

**Snack:** Rice cakes topped with light vegetable cream cheese.

## September 27 Color Hike



**Outside Activity:** Take children for a hike and either point out all the colors or ask them to only look for objects of a certain color.

**Inside Activity:** Hike around the classroom and either point out all the colors or ask the children to only look for objects of a certain color.

**Questions:** 1) What colors do you see? 2) What is an object that is ... (pick a color)?

**Book(s):** *Mouse Paint* by Ellen Stoll Walsh, *Brown Bear, Brown Bear, What Do You See* by Bill Martin Jr. and Eric Carle

**Snack:** Teddy Bear Toast. <http://www.craftymorning.com/teddy-bear-toast-healthy-kids-breakfast/>

## September 28 Bubbles!



**Outside Activity:** Make large bubbles with the children. Mix a soap solution in a bucket using 2-4 tablespoons of glycerin (drugstore), 4-8 tablespoons of liquid dish soap, and add water to make mixture with a soapy consistency that is not too thick or thin. You can use a bent wire hanger, your thumbs and forefingers, or two wooden dowels with a cotton string roped around the dowel ends to form a circle (dowels are handles). Have fun!

**Inside Activity:** Blow bubbles using the small containers. Add food coloring to the bubble mixture and have the children blow the colored bubbles at white paper, when the bubbles pop they will leave colored rings on the paper.

**Materials:** (O) Glycerin, liquid dish soap, water, wire hanger, dowels and string (I) food coloring, bubbles, white paper

**Book(s):** *Bubble Trouble* by Margaret Mahy, *Bubble Bubble* by Mercer Mayer, *The Bubble Factory* by Tomie dePaola

**Snack:** Sprinkle Shredded Cheese on a tortilla shell; fold in half and microwave for 20 seconds, top with salsa.

**September 29**

**I spy something that begins with an A...**  
(do one for every letter in the alphabet)



**Outside Activity:** Go outside and either take a hike or just look around the immediate area for objects that start with the letter of the day.

**Inside Activity:** Stay inside and look around the room for objects that start with the letter of the day.

**Questions:** 1) What do you see that starts with the letter... (letter of the day)? 2) How many objects do you see that start with the letter... (letter of the day)?

**Book(s):** *Alphabet Under Construction* by Denise Fleming, *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault

**Snack:** Provide a variety of snacks and label them with the letter they begin with. Example—a bag of carrots labeled with a C, slices of apples labeled with an A, etc.

**September 30**



**Revisit a Favorite  
Activity from this  
Month!**

**October 1  
Big and Small**



**Outside Activity:** Take the children outside and have each of them find something big and something small. Encourage them to find different things than other children. Practice taking big steps and little steps.

**Inside Activity:** Have the children look around the room for big and small things, and draw pictures of those things next to each other. Practice taking big steps and little steps.

**Materials: (I)** Paper and crayons

**Book(s):** *Big and Small* by Elizabeth Bennett, *Big and Small* by Britta Teckentrup, *Little Friends: Big and Small* by Roger Priddy

**Snack:** Fruit kabob with different sized fruit pieces, large and small.

**October 2  
Target Practice**



**Outside Activity:** Set up targets for children to toss a ball or snowball at.

**Inside Activity:** Set up targets (paper plates on wall) for children to toss a ball or rolled up socks at.

**Materials: (O)** Targets and ball **(I)** Targets (paper plates) and ball or socks

**Questions:** 1) How many targets are there? 2) How many times did you hit the target(s)?

**Book(s):** *Curious George at the Baseball Game*, by H. A. Rey and Margret Rey, *Curious George Home Run* by H. A. Rey

**Snack:** Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

### October 3 Find a Match



**Outside Activity:** Hide pairs of things (animal pictures, toys, etc.) outside. Give each child a pair or two to find.

**Inside Activity:** Hide pairs of things (animal pictures, toys, etc.). Give each child a pair or two to find.

**Materials:** Pairs of things (pictures, toys, etc.)

**Book(s):** *A Pair of Socks* by Stuart J. Murphy, *Are You My Mother?* by P.D. Eastman

**Snack:** Celery stick with cottage cheese inside. Place pairs of blueberries, mini pretzels and raisins on top.

### October 4 Follow the Leader: Animal Noises



**Outside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Inside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Questions:** 1) What was your favorite animal noise?

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Toast a whole grain waffle and top with low-fat yogurt and sliced fruit.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULjCsaM>

### October 5 Obstacle Course



**Outside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Inside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Materials:** Any items that would help to build an obstacle course.

**Questions:** 1) What was your favorite part of the obstacle course? 2) Did you like hopping or crawling better?

**Book(s):** *Jump!* By Scott M. Fischer

**Snack:** Zucchini Parmesan Crisps.

<http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>

### October 6 Catch



**Outside Activity:** Pair children up outside and give them an item to toss and catch between the two of them.

**Inside Activity:** Pair children up and give them an item to toss and catch between the two of them.

**Materials:** An item for playing catch with

**Questions:** 1) How many times did you catch the ... (item)?

**Book(s):** *Catch the Ball* by Eric Carle, *Can I Play Too?* (An Elephant and Piggie Book) by Mo Willems, *Curious George at the Baseball Game*, by H. A. Rey and Margret Rey, *Curious George Home Run* by H. A. Rey

**Snack:** Spread peanut butter on apple slices.

## October 7 Animal Acting



**Outside Activity:** Take the children outside. Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Inside Activity:** Have each child pick an animal and then act like that animal. Have the other children guess what kind of animal the acting child is.

**Questions:** 1) What is special about... (the animal)?

**Book(s):** *My Big Animal Book* by Roger Priddy, *Animal Actions* by Julia Donaldson, *The View at the Zoo* by Kathleen Long Bostrom

**Snack:** Spread a scoop of frozen yogurt on two graham crackers and add sliced banana, put together like a sandwich.

**Song(s):** "Let's Go to the Zoo: Animal Song for Kids" by Super Simple Songs.

<https://www.youtube.com/watch?v=OwRmivbNgQk>

## October 8 Fall Story Reenactment



**Outside Activity:** After reading a fall related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a fall related story, have the children reenact the story or a scene from the story.

**Book(s):** *Squirrel's Fall Search (Animal Seasons)* by Anita Loughrey, *Let it Fall* by Maryann Cocca-Leffler

**Snack:** Fruit and yogurt.

## October 9 Simon Says: Nature Style



**Outside Activity:** Take children outside to play a game of Simon Says. Explain the rules and let the children know it is nature themed! Lead the children by acting as Simon, saying things like, "Simon Says act like a tree... hop 3 times like a rabbit... fall like a leaf... fly like a bird, etc. If the objects you are asking the children to act like are near you, go for a walk before and/or after the game to get a closer look!

**Inside Activity:** Same as above. You could have pictures of the natural things you are asking them to act like available to show them.

**Materials: (I)** Pictures if desired

**Questions:** 1) What was your favorite action to do? 2) What color was the ... we looked at?

**Book(s):** *Move!* by Robin Page, *Wonders of Nature (Little Golden Book)* by Jane Werner Watson, *Maisy's Nature Walk (A Maisy First Science Book)* by Lucy Cousins

**Snack:** Fill cherry tomatoes with low-fat cottage cheese and sprinkle with dried dill.

## October 10 Animal Dancing



**Outside Activity:** Sing a song, any song and have children dance how they think a given animal would dance. For example sing any children's song and tell the children start out dancing like a penguin, as you continue yell out different animals and see what the kids come up with!

**Inside Activity:** Same as above.

**Questions:** 1) What was your favorite animal to dance like? 2) What was the hardest animal to dance like?

**Book(s):** *Barney Dance!* by Sandra Boynton, *ABCs of Animal Dances* by Vanessa Estelle Salgado, *The Animal Dance* by Je'Taylor

**Snack:** Spread mustard on a tortilla shell. Top with a slice of lunch meat, low-fat cheese and lettuce. Then roll it up.

## October 11 Binocular Extravaganza



**Outside Activity:** If you do not have the means to assemble binoculars, have children use their hands (making circles with fingers to look through) and head out on an exploration. Point out objects for children to look for through their 'binoculars' (ie birds, nuts, trees, squirrels, ants, etc.)

**Inside Activity:** Assemble paper tube binoculars! Use toilet paper tubes or paper towel tubes cut in half. Let the children decorate them with paint, markers, crayons, etc. Staple the tubes together and if so desired staple on yarn for a neck strap. If weather is not nice, use binoculars inside to play I-spy, you could hide items throughout the room to be found by the children using their binoculars.

**Materials: (I)** Paper tubes, stapler, art supplies and yarn

**Questions:** 1)What color was the.....? 2) How many tubes do you need to make yourself binoculars? (one for each eye, 2!)

**Book(s):** *Outside Your Window: A First Book of Nature* by Nicola Davies

**Snack:** Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers

## October 12 Fall Counting



**Outside Activity:** Take the children outside. What ever the date is, have them collect that many of an item you assign to them. The items can be different or the same for each student. Pick items that may be unique to fall (orange leaves, brown leaves, red leaved, etc.) and talk about Fall with the children.

**Inside Activity:** Collect items from outside that are Fall related, bring them in and have the children count them. If the items can be glued to a paper have children use their own collected items from outside or the ones you provided and glue them to the sheet and write the number and spell it out on the sheet.

**Materials: (I)** Paper, glue and items

**Questions:** 1) What color are the ...?

**Book(s):** *Footballs and Falling Leaves: A Fall Counting Book* by Rebecca F Davis, *Fall is Here: Counting 1 to 10* by Pamela Jane, *Count Down to Fall* by Fran Hawk

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

## October 13 Animal Facts



**Outside Activity:** Have a list of animal facts, for example; fastest land animal, most quiet hunter, most bouncy animal, etc. Take children outside and have them act like the different animals, running, quietly moving, jumping, etc.

**Inside Activity:** Have a list of animal facts, for example; fastest land animal, most quiet hunter, most bouncy animal, etc. Have the children act like the different animals, running, quietly moving, jumping, etc.

**Materials:** List of animals if needed

**Questions:** Review the information with the children... 1) Who is the fastest land animal? 2) What is the .... (animal) known for?

**Book(s):** *My Big Animal Book* by Roger Priddy, *Baby Animals* by National Geographic Kids, *Astonishing Animals (Record Breakers)* by Anita Ganeri

**Snack:** Dip pita chips in hummus.

## October 14 Home Building



**Outside Activity:** Have children pretend to be an animal of their choosing and then ask them to find a place that would make a good home. Encourage them to describe places that would make a good home and to add natural things to their new found homes that would make them more comfortable.

**Inside Activity:** Same as above, but let them use inside materials to create their homes. Have the children choose an animal and then have them draw the animal and its home.

**Materials:** Drawing supplies

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *My Very First Book of Animal Homes* by Eric Carle

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

## October 15 Leaf Jumping



**Outside Activity:** Collect/rake a pile of leaves, have children help. Then have children jump in the pile of leaves!

**Inside Activity:** Place some cushions/pillows on the floor and let the kids fall into them.

**Materials:** Possibly a rake, cushion/pillows

**Book(s):** *Fall Leaves Fall* by Zoe Hall, *The Biggest Leaf Pile* by Steve Metzger, *Pooh's Leaf Pile* by Isabel Gaines

**Snack:** Mini bagel spread with low-fat cream cheese and jam.

## October 16 Motions of Weather



**Outside Activity:** Have children act out different types of weather (snow, rain, storm, tornado, earthquake, windy, etc.).

**Inside Activity:** Same as above. Have children draw out different weather scenes.

**Materials:** Drawing supplies

**Questions:** 1) What is it like outside today? (sunny, rainy, hot, cold, etc...)

**Book(s):** *Oh Say Can You Say What's the Weather Today?: All About Weather* by Tish Rabe, *Elmer's Weather* by David McKee, *It's Raining, It's Pouring* by Kin Eagle

**Snack:** Rainy Day Fruit Plate.

<http://redtri.com/how-about-cookie-food-art/slide/11/#slide>

**Song(s):** "How's the Weather?" by Super Simple Songs.

<https://www.youtube.com/watch?v=J1X3t5ErqfM>

"It's Raining It's Pouring" by KidsCamp.

<https://www.youtube.com/watch?v=wFzYsE2wMEA>

## October 17 Stick Pickup



**Outside Activity:** Go for a hike/ look around for sticks and have children pick up all different sizes. Have children help set up a 'stick jumping' course. Then have the children go through the course jumping over the stick obstacles.

**Inside Activity:** Same as above, bring sticks inside

**Materials:** Sticks

**Book(s):** *Stick and Stone* by Beth Ferry, *The Stick* by Clay Rice, *Stick Man* by Julia Donaldson, *Sticks: EyeLike Nature* by PlayBac

**Snack:** Pretzel sticks and cheese slices.

## October 18 Animal Diets/Food Chain



**Outside Activity:** Bring the children outside and take a hike around having them pick up different items, like grass, leaves, nuts, bugs, etc. Ask them what they think might eat these items.

**Inside Activity:** Collect different items, like grass, leaves, nuts, bugs, etc and bring them inside. Ask the children what they think might eat these items. Chart out a food chain/food web, tape items to chart (unless a bug)!

**Materials: (I)** Board/ Paper to chart food chain/web

**Questions:** 1) What animals do you think eat leaves? 2) ... grass? 3) ... nuts?

**Book(s):** *The Wide-Mouthed Frog (A Pop-Up Book)* by Keith Faulkner, *Gobble It Up! A Fun Song About Eating!* By Jim Arnosky (book and CD)

**Snack:** Animal Crackers - Place the crackers in a food chain if you can! Provide yogurt or peanut butter to dip animal crackers in.



## October 19 Rock Hunt



**Outside Activity:** Head out on a rock hunt, look for larger rocks that children would be able to paint. Sort rocks by color and then by size. Ask children, "If you were a rock where would you want to be? Near the water? On a cliff?"

**Inside Activity:** Can sort rocks inside as well. Paint/ color rocks, rock pets or just a picture. Ask the children to hold one of the rocks in their hand and to imagine what that rock has gone through to get in their hand... ask them to tell the Rock's story.

**Materials:** Rocks (if you don't think you'll find any on your hunt), art supplies

**Book(s):** *Stones: EyeLike Nature* by PlayBac, *Stick and Stone* by Beth Ferry

**Snack:** Granola Energy Ball.

<http://www.gracefullittlehoneybee.com/no-bake-energy-bites/>



## October 20 A Hunting We Will Go

**Outside Activity:** Play a game of sardines (reverse hide and seek)

**Inside Activity:** Play a game of sardines (reverse hide and seek)

**Questions:** "What animals in nature might find themselves in situations where they need to huddle quietly? Might a nest of chicks remain quiet while their parent is out hunting for food? Or a den of coyote pups?" Have them brainstorm things animals do to keep quiet. "What things do animals avoid doing to keep from being found?" Have children practice these things while playing the game again.

**Book(s):** *Quiet Bunny & Noisy Puppy* by Lisa McCue, *The Quiet Book* by Deborah Underwood

**Snack:** Stuff a whole-grain pita pocket with ricotta cheese or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.

Taken from Jennifer Ward's "Let's Go Outside" (pg 14-15)

## October 21 Leaf/Twig Tag



**Outside Activity:** Played like traditional tag, but after a person is tagged, they do not become it right away. The person tagged picks up a leaf or twig and continues avoiding being tagged by the 'it' person. After an individual has been tagged 3 times, has 3 leaves or twigs in their hands, they become the new 'it' person.

**Inside Activity:** Duck-Duck-Gray Duck (Goose)

**Book(s):** *Stick Man* by Julia Donaldson, *Stanley's Stick* by John Hegley

**Snack:** Grapes and pretzel sticks.

Taken from Jennifer Ward's "Let's Go Outside" (pg 33-38) - this activity includes 10 different tag ideas!



## October 22 Treasure Hunt

**Outside Activity:** Bury an item outside and draw a map for the children to follow. If children are able, help them bury an item and then have them draw a map for other children to follow!

**Inside Activity:** Hide an item inside and give the children a map or verbal directions to find it. You could also use the hot and cold game, where you let them know if they are getting warmer or colder as they get closer or farther away to/ from the item.

**Materials: (I/O)** An item to hide and coloring materials for maps

**Book(s):** *Pirate Treasure! (Zoe and Beans)* by Chloe and Mick Inkpen, *The Treasure Hunt (Tales from Percy's Pak)* (Percy the Park Keeper) by Nick Butterworth, *Treasure Island (The Illustrated Children's Library)* by Robert Louis Stevenson

**Snack:** Pineapple cut into round coin like chunks.

Taken from Jennifer Ward's "Let's Go Outside" (pg 39-41)

## October 23 Clouds



**Outside Activity:** Take the children outside to observe the clouds. If it is raining out, give each child a piece of white paper and let them paint with water colors in the rain. The rain will enhance their paintings.

**Inside Activity:** Observe the clouds from inside, then let the children paint or draw the sky. Provide them with white paint or white chalk and a piece of blue paper.

**Materials: (O)** White paper and water color paints if you do the art activity **(I)** Blue construction paper and white paint or chalk.

**Questions:** 1) What shapes do you see in the clouds?

**Book(s):** *The Cloud Book* by Tomie dePaola, *Clouds (Let's-Read-and-Find-Out Science 1)* by Anne Rockwell, *Little Cloud* (board book) by Eric Carle

**Snack:** Cauliflower and low-fat cottage cheese.

**Song(s):** [Fluffy Cloud Counting](https://youtu.be/mw11RC89G6g) (to 30) - <https://youtu.be/mw11RC89G6g>

Taken from Jennifer Ward's "Let's Go Outside" (pg 60-62)

## October 24 Rockin' Nature



**Outside Activity:** The children can form a nature band. Have them collect different items in nature and then figure out how to make music using their items. Pebbles can be collected and shaken in closed palms for a maraca, sticks can be hit against a tree for a drum beat, branches with leaves can creating a swishing noise, etc.

**Inside Activity:** Have children make a kazoo! They will need a toilet paper roll, a square of wax paper and a rubber band. Have the children paint/color/decorate their toilet paper tubes. Attached the wax paper square to one end of the toilet paper roll with the rubber band. The children can then hum into their kazoos to make music.

**Materials: (I)** Toilet paper rolls, paint/markers/decorative pieces, wax paper, rubber bands

**Questions:** 1) What did you make your instrument out of?

**Book(s):** *Marsh Music* by Marianne Berkes, *Disney's Little Einsteins: Music of the Meadow* by Susan Ring, *Music is for Everyone* by Jill Barber

**Snack:** Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

Taken from Jennifer Ward's "Let's Go Outside" (pg 84-86)

## October 25 Field Guide



**Outside Activity:** Have the children observe the nature near your facility. Have them draw pictures of the different birds, animals, plants, insects, etc. Help them to identify those things they drew. Also note what season it is on the pages. Assemble into a book, for them to have their very own field guide.

**Inside Activity:** Assemble the above field guides. Observe nature outside the windows or any plants or animals that are in the room. Look through nature guide identification books.

**Materials: (O)** Paper and coloring utensils **(I)** hole punch, stick and rubber bands to bind the field guides, nature guide books

**Book(s):** *Birds* by Kevin Henkes, *About Birds: A Guide for Children, 2nd Edition* by Cathryn Sill, *About Mammals: A Guide for Children* by Cathryn P. Sill, *About Insects: A Guide for Children* by Cathryn P. Sill

**Snack:** Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

Taken from Jennifer Ward's "Let's Go Outside" (pg 139-140)

## October 26 State Symbol Scavenger Hunt



**Outside Activity:** After completing the inside activity, bring the children out for a State Symbol Scavenger Hunt. Take a walk around the area and see if you can find those symbols of the state including the state tree, bird, flower and maybe even the fish and mammal.

**Inside Activity:** Look up and learn about the State Symbols. What are they? What do they look like? Why were they chosen?

**Materials: (I)** Access to look up the information (<http://www.leg.state.mn.us/leg/symbols.aspx>, be sure to follow the [unofficial or proposed symbols](#) link found on the aforementioned webpage, for more symbols!)

**Questions:** Would you have chose something different? What would your personal bird, tree, flower, drink, and/or muffin be if you could choose?

**Book(s):** *Minnesota Facts and Symbols* by Bill McAuliffe, *V is for Viking: A Minnesota Alphabet* by Kathy-jo Wargin, *Minnesota* by Amy Van Zee, *Hello, Minnesota!* By Constance Van Hoven and David Walker

**Snack:** Blueberry Muffins and Milk (They are the State Muffin and State Drink!)

Taken from Susan Milford's "The Kids' Nature Book" (pg 45)

## October 27

### Make a Scarecrow



**Outside Activity:** Assemble a scarecrow as a group outside. Use wood posts, nail them in a cross shape. Dress this frame with a shirt and pants, tie the pants up with twine. Stuff with straw if you would like. Top it off with a hat. Tie piece of material to a length of string and drape from cross bar, this adds movement, scaring off crows and other animals. Have the children come up with stories of adventures the scarecrow will have!

**Inside Activity:** Make paper bag puppet scarecrows. Have material children can glue to the bag, provide straw for them to add to the puppet as well. Discuss scarecrows and what they are used for.

**Materials:** (O) Old shirt, old jeans, straw, hat, material, twine, wood, nails, hammer (I) Brown paper lunch bags, straw, material, glue, googly eyes

**Questions:** Why is it called a scarecrow?

**Book(s):** *Scarecrow* by Cynthia Rylant, *The Scarecrow's Hat* by Ken Brown, *The Little Scarecrow Boy*

**Snack:** Happy Scarecrow face toast. <http://www.joybauer.com/photo-gallery/10-kid-friendly-breakfast-ideas/Happy-Toast.aspx>

Taken from Susan Milford's "The Kids' Nature Book" (pg 60)

## October 29

### Seeds



**Outside Activity:** On your daily hike, be searching for seeds. Have the children collect seeds from all different plants. Talk about the seeds, their shapes, and different features. Discuss the different ways they can travel, wind, water, and animals (inside and out!). Ask them why they think the seeds need to travel (because they can't compete with the parent plant for resources!). **Bonus:** look for jewel weed, when its seeds are ready, all you have to do is brush the seed pod and the seeds shoot out!

**Inside Activity:** Take the seeds inside, on a large piece of paper write different categories for the seeds to be in (helicopters, hitchhikers, parachutists, edibles, floaters and missiles). Then help the children tape the seeds they collected into the correct category!

**Materials:** (I) Large sheet of paper, a marker and tape

**Book(s):** *Nature Close-Up - Seeds and Seedlings* by Elaine Pascoe, *If You Plant a Seed* by Kadir Nelson, *The Tiny Seed* by Eric Carle, *Oh Say Can You Seed?: All About Flowering Plants* by Bonnie Worth

**Snack:** Mixed nut snack.

Taken from Susan Milford's "The Kids' Nature Book" (pg 91)

## October 28

### Lively Leaf Litter



**Outside Activity:** Go for a hike to a place where there is some leaf litter on the ground. Have the children poke through the leaf litter and see if they can find any insects or other critters. Before you leave this area, grab a couple handfuls of leaf litter to bring back (carry back in a bag), this will be used for the inside activity.

**Inside Activity:** Assemble a "Berlese funnel", by making a funnel shape out of cardstock paper, put some wire mesh in the funnel, set the funnel in a glass jar and then turn a lamp on and shine it directly down on the funnel. Place the leaves in the funnel, let the lamp shine directly down on the leaves for several hours, after that check to see how many crawly critters have made their way down to the jar.

**Materials:** (O) A bag to carry the couple handfuls of leaf litter back in (I) A berlese funnel or cardstock paper, wire mesh, glass jar and a lamp.

**Book(s):** *Bugs, Beetles, and Butterflies* by Harriet Ziefert

**Snack:** Chicken Fingers. <http://www.fitnessmagazine.com/recipes/lunch/lighten-up-healthy-chicken-fingers-recipe/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 67)

## October 30

### Pumpkin Faces



**Outside Activity:** Have a couple of pumpkins ready for face constructions, either one per child or have them work together. Use toothpicks to pierce the pumpkin and then stick the items into those toothpicks. For example, use a part of a cucumber for the pumpkin face's nose, glue pinecones on for eyes or hair. Have the children go on a hike to collect different natural items they can use to create the pumpkin face/head.

**Inside Activity:** Have the children tell stories to each other about their pumpkin faces. What is their name? Where do they live? What do they enjoy doing, etc.

**Materials:** (O) Pumpkins, toothpicks, glue/hot glue, veggies, and natural items

**Book(s):** *Pumpkin Jack* by Will Hubbell, *Jack-o-Lanterns (Fall Fun)* by Lola M. Schaefer, *My Jack-o'-Lantern* by Nancy Skarmear

**Snack:** Oranges/mandarins with faces drawn on them. [http://underconstructionblog.typepad.com/under\\_construction/2010/10/halloween-fruit.html](http://underconstructionblog.typepad.com/under_construction/2010/10/halloween-fruit.html)

Taken from Susan Milford's "The Kids' Nature Book" (pg 106)

October 31



## Revisit a Favorite Activity from this Month!



November 1  
Grass Gazing

**Outside Activity:** Lay a foot of string across the grass, one for each child or 2 children per string. Have them pretend to be a tiny creature hiking along it and have them look for fascinating things that may be hiding among the blades of grass!

**Inside Activity:** Have the children journal/draw what they saw. This can be done outside as well, as they are 'on their hike'

**Materials: (I)** Drawing materials, nature journals

**Book(s):** *In the Tall, Tall Grass* by Denise Fleming, *A Fawn in the Grass* by Joanne Ryder

**Snack:** Green Fruits and Veggies.

November 2  
Leaf Prints



**Outside Activity:** Have the children collect a handful of leaves. Talk about what kind of tree the leaves came from (oak, maple, ginkgo, etc.). Make leaf rubbings using crayons and paper, then take these leaves inside to use for another activity.

**Inside Activity:** Make leaf prints with paint and the leaves collected. Have pieces of paper folded into cards and have the children paint the leaves and press them onto the front of the card, then carefully remove the leaves and let the card dry. Have them write a note to someone special in their lives.

**Materials: (O)** Paper, leaves, and crayons **(I)** Paint, leaves, paper and paint brushes

**Book(s):** *Fall Leaves* by Loretta Holland, *We're Going on a Leaf Hunt* by Steve Metzger, *Leaf Man* by Lois Ehlert

**Snack:** String cheese and mixed nuts.

Taken from Susan Milford's "The Kids' Nature Book" (pg 100-101)



November 3  
Music Hike

**Outside Activity:** Go on a hike, have children listen to nature and the natural music around them (birds singing, leaves whooshing, rain falling, etc.). Have them pick up a stick and drum it on different surfaces and ask if they can hear a difference in the sounds made. Have them collect sticks, either y shaped or straight, for the inside activity, which on a nice day can also be done outside.

**Inside Activity:** Make a stick rattle or stick wind chime. Stick Rattle, find a Y stick, string some beads or buttons in the Y's top. For Stick Chimes, tie 2-4 sticks to one stick and hang. Let children paint the sticks before constructing their craft.

**Materials: (I)** Stick Rattle: Y stick, paint, string or wire, beads or buttons; Stick Chimes: sticks 4-5, paint, string

**Book(s):** *Music Everywhere!* By Maya Ajmera, Elise Derstine and Cynthia Pon, , *Snow Music* by Lynne Rae Perkins, *Marsh Music* by Marianne Berkes

**Snack:** Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>

## November 4 Leaf Royalty



**Outside Activity:** Help the children make leaf crowns by “piercing the stem of one leaf into another. Pull the stem through as far as it will go. (The knobby ends of the stems will help keep them from pulling out of the slits in the leaves.) the next leaf you add to the chain will hide the stem. Continue in this way until you have enough to go around your head. Make a circle by poking the last stem into the very first leaf you used.”

**Inside Activity:** Have the children tell a story of what things they would do if they were the king or queen of nature. (This can be done outside as well).

**Materials: (O)** Leaves

**Book(s):** *Red Leaf Yellow Leaf* by Lois Ehlert, *We’re Going on a Leaf Hunt* by Steve Metzger

**Snack:** Rice cakes topped with light vegetable cream cheese.

Taken from Susan Milford’s “The Kids’ Nature Book” (pg 104)

## November 5 Grow a Mystery Crop



**Outside Activity:** Take the children outside and have them each dig up a little bit of soil, put it into a small pot and water it. Talk about what they think will grow.

**Inside Activity:** Find a safe, sunny place to keep the pots and visit them regularly to see what if anything grows! Have the children draw a picture of what they think might grow!

**Materials: (O)** Garden spade and small pots **(I)** Counter space and drawing supplies

**Book(s):** *If You Plant a Seed* by Kadir Nelson, *The Little Gardener* by Jan Gerardi, *From Seed to Pine Tree* by Suzanne Slade

**Snack:** Fruit and cracker pizza.

<http://www.sunshineandhurricanes.com/easy-fruit-and-cracker-pizzas/>

Taken from Susan Milford’s “The Kids’ Nature Book” (pg 107)

## November 6 Bird Nests



**Outside Activity:** “Once the leaves have fallen from the trees, you can see where many birds have cleverly positioned their nests. Most birds construct new nests every spring, so you are free to take down any you find. It is best to wear gloves when handling bird nests. They will guard against the bites of any insects which may be living in the nest. Place the nest in a plastic bag.” Have the children talk about what birds they think may have lived in the nests. Take the nests inside for some investigating into who lived in them.

**Inside Activity:** Use the Cornell Lab of Ornithology web page to look up those birds the children guessed lived in the collected nests or use a bird guide book. See if the nesting material listed for the birds matches the nest. Or search Google images for specific bird nests and see what comes up!

**Materials: (O)** Plastic bags **(I)** Computer and internet access or a bird guide book

**Book(s):** *Woodpecker Forest* by Tejima, *The Best Nest* by P.D. Eastman, *A Nest Full of Eggs* by Priscilla Belz Jenkins, *In My Nest* by Sara Gillingham

**Snack:** Pretzel and shredded carrot ‘twigs’ with raisins and or grapes for eggs

Taken from Susan Milford’s “The Kids’ Nature Book” (pg 108)

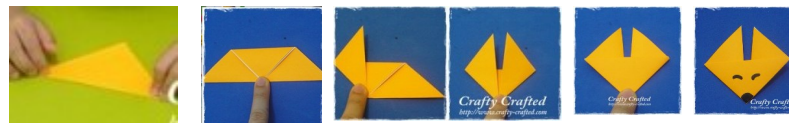
## November 7 Foxes (continued on next page)



**Outside Activity:** Play “What time is it Mr. Fox”. One child is Mr. Fox and stands about 20 yards away from the other children. The remainder of the children stand in a line, safe at their ‘home base’. The children who are lined up call out together, “What time is it Mr. Fox?”, ‘Mr. Fox’ calls out a time, 5:00, 3:00, 12:00 etc. After the fox calls out a time like 5 o’clock, the children who are lined up must take that many steps, so in this case, 5 steps, toward Mr. Fox. They keep calling out, “what time” and Mr. Fox keeps giving times, the children can take small or big steps just as long as they take the correct number of steps. When Mr. Fox thinks there is someone close enough to tag, after they ask what time it is, he yells back, “It’s dinner time!” and chases after them. The children must run back to home base to be safe, but if Mr. Fox tags somebody, they become the new Mr. Fox. Before going inside have children find a stick.

**Inside Activity:** Make a paper fox head. Use a square piece of paper, fold in half to create a triangle. Fold the top point of your triangle down to the opposite edge to form a trapezoid. Finally fold the two point up to form the fox’s ears. Use the sticks as a hand hold for their fox faces. Draw eyes and a nose on the fox face and color.

**Materials: (I)** Square paper, crayons, tape/glue and a stick



## November 7

### Foxes (continued)



**Outside Activity:** Play a game of Lame Fox. One player is chosen for the fox and stands in a den marked off at one end of the playground. The rest are chickens and have a chicken yard at the opposite end of the ground. The chickens advance as near as they dare to the den of the fox and tease him by calling out "Lame fox Lame fox can't catch us" The lame fox may take only three steps beyond his den after which he must hop on one foot (may switch feet during the hopping) trying to tag the chickens while hopping. All tagged become foxes and go home with him thereafter helping him to catch the chickens. They must all then observe the same rule of taking but three steps beyond the den after which they must hop. Should any fox put both feet down at once after his three steps while outside the den the chickens may drive him back. The chicken last caught wins the game and becomes the first lame fox in the new game.

**Book(s):** *Foxes (Welcome to the World of)* by Diane Swanson, *Hello, Red Fox* by Eric Carle, *Fox in Socks* by Dr. Seuss

**Snack:** Carrot Cake Oatmeal Cookie. [http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm\\_medium=viraltag-content-network&utm\\_source=viraltag-post&utm\\_campaign=Viraltag](http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm_medium=viraltag-content-network&utm_source=viraltag-post&utm_campaign=Viraltag)

## November 8

### Find a Match



**Outside Activity:** Hide pairs of things (animal pictures, toys, etc.) outside. Give each child a pair or two to find.

**Inside Activity:** Hide pairs of things (animal pictures, toys, etc.). Give each child a pair or two to find.

**Materials:** Pairs of things (pictures, toys, etc.)

**Book(s):** *A Pair of Socks* by Stuart J. Murphy, *Are You My Mother?* by P.D. Eastman

**Snack:** Celery stick with cottage cheese inside. Place pairs of blueberries, mini pretzels and raisins on top.

## November 9

### Nest Building



**Outside Activity:** Have the children work together in pairs or small groups to collect pieces of grass, mud, sticks, leaves etc. Then have them build a bird nest as best as they can. You can talk about how birds do this but they really only use their beaks! You can also talk about how different birds use different materials to build their nests. For example robins use mud and grass, chickadees use moss and feathers, bald eagles use sticks and branches, and hummingbirds use tiny pieces of leaves and spiderwebs. Feel free to look up the many different nests to show the children.

**Inside Activity:** Have the children build a large nest out of blankets for the group. Then have them pretend to be baby birds in the nest and you the caretaker are the parent bird. Talk about how baby birds cannot do very much when they are born. Perhaps even feed them each a piece of a snack as a bird would. Also teach the children that baby birds grow up quickly and can be out flying on their own and feeding themselves in as little as 3 weeks.

**Materials: (I)** Blankets

**Book(s):** *The Best Nest* by P.D. Eastman, *A Nest Full of Eggs* by Priscilla Belz Jenkins, *In My Nest* by Sara Gillingham, *Mama Built a Little Nest* by Jennifer Ward

**Snack:** Pretzel and shredded carrot 'twigs' with raisins and or grapes for eggs

## November 10

### Puddle Pondering



**Outside Activity:** Visit a puddle. Talk about what made it and why it is there. Estimate the depth of the puddle by using a stick and marking what you think the depth will be on the stick, place the stick in and compare. Was your estimate close? Locate natural objects such as pebbles, stones, nuts, pinecones, leaves or flowers. Have the children sort them into piles of what they think will float and what will sink. Now test them!

**Inside Activity:** Have the children draw a puddle of their very own and what objects they would test to see if they float or sink.

**Materials: (I)** Drawing materials

**Questions:** How many items sunk? How many floated? Which ones made the biggest splash? Can you blow the floating items across the puddle?

**Book(s):** *Puddles* by Jonathan London, *Puddle Pug* by Kim Norman, *The Puddle* by David M. McPhail, *Things That Float and Things That Don't* by David A. Adler

**Snack:** Blueberry Cheesecake Bites.

<http://www.gimmesomeoven.com/easy-blueberry-cheesecake-bites-recipe/>

Taken from Jennifer Ward's "i love dirt" (pg 38-40)

## November 11

### Bats



**Outside Activity:** Play a “Bat and Moth” game, marco polo with blind folds. Have a child be ‘it’, the bat. Blindfold that child, tell them to say, “Marco”, and the remainder of the children, who are moths, respond with, “Polo”. The Bat must follow the moths’ responses to tag them. To make it easier on the bat, have the moths stand in place.

**Inside Activity:** Have the children draw a bat body and head on a piece of paper. Next have them paint their hands black and place them on the bat for wings.

**Materials: (I)** Paper, drawing materials, black paint, googley eyes (optional)

**Book(s):** *Bats* by Gail Gibbons, *Bats at the Library* by Brian Lies, *Bat Loves the Night: Read and Wonder* by Nicola Davies, *Stellaluna* by Janell Cannon

**Snack:** Grape/Chip bats on cheese cube stands. <http://being808.com/2014/10/30/healthy-eats-have-your-party-guests-swarming-around-your-grape-bat-bites/>

## November 13

### Zoomed in on Nature



**Outside Activity:** Have the children place their cutout hand or foot on the ground, on a tree and then look underneath the cutouts in order to see what things may be living in a small space such as these. Have them repeat this activity several times to see if they can find different things. Discuss what is found with the children.

**Inside Activity:** Have children trace their hand or foot on a piece of paper. Cut these out and then take them outside.

**Materials: (O)** Magnifying glass (not required) **(I)** Paper, drawing utensil and scissors

**Book(s):** *Nature Close-Up - Ants* by Elaine Pascoe, *Nature Close-Up - Seeds and Seedlings* by Elaine Pascoe, *Nature Close-Up - Earthworms* by Elaine Pascoe

**Snack:** Tuna salad cucumber bites. <http://www.healingandeating.com/2014/07/tuna-salad.html>

## November 12

### Build a Raft



**Outside Activity:** Have the children search for natural items (sticks), to construct a raft with. Let them build their rafts, supply thread/rope if needed. Then find the nearest body of water, puddle, tub of water, etc. and test them out. Have the children place items on the rafts to see if they can handle the load.

**Inside Activity:** You can construct the rafts and test them inside if the weather is not cooperating.

**Materials: (O/I)** Rope/thread, tub of water

**Book(s):** *Rosie Raccoon’s Rock and Roll Raft (Animal Antics A to Z)* by Barbara deRubertis, *The Raft* by Jim LaMarche, *Milo and the Mysterious Island* by Marcus Pfister

**Snack:** Pretzel rods and peanut butter.

## November 14

### Feed the Birds



**Outside Activity:** Collect pine cones on a hike to make ‘bird feeders’. After making the feeders inside, hang them in trees or equipment outside.

**Inside Activity:** Make bird feeders.

**Materials: (I)** Pine cones, peanut butter, bird seed and string

**Book(s):** *We’re Going to Feed the Ducks* by Margrit Cruickshank, *How to Make a Bird Feeder* by RIGBY

**Snack:** Make granola bars. <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

**Song(s):** “5 Little Birds” by Super Nursery Rhymes  
<https://www.youtube.com/watch?v=p3xJwdtFenI>

“What is a Bird?” by Pancake Manor.

[https://www.youtube.com/watch?v=Cl4MvIZ5I\\_s](https://www.youtube.com/watch?v=Cl4MvIZ5I_s)

## November 15 Wind Racing



**Outside Activity:** Have children pick a natural item that they will race to cross a determined finish line. To race, the children will blow the item across the ground to the finish line. Have them test out different items. Discuss why some items are better for racing than others.

**Inside Activity:** If inclement weather, the outside activity can be done inside.

**Book(s):** *Feel the Wind* by Arthur Dorros, *The Wind Blew* by Pat Hutchins, *Gusts and Gales* by Josepha Sherman

**Snack:** Fruit and yogurt.

Taken from Jennifer Ward's "i love dirt" (pg 105-106)

## November 17 Cranberry Drop



**Outside Activity:** Stash cranberries around outside and have children go on a cranberry hunt, similar to a jelly bean hunt! After all of the children have found several cranberries, it is time to test if the cranberries are fresh!

**Inside Activity:** How are cranberries tested for freshness? 1) Select one cranberry at a time 2) Hold the berry about 7 inches from a wood or tile floor. 3) Drop the berry and watch it bounce. 4) Test other berries to see whether they all bounce to about the same height. Explain: Cranberries are hard, sour berries that grow in marshes and bogs and ripen in the autumn. After harvesting, batches of the berries are selected for testing. The berries are dropped from about 7 inches to determine if they are fresh enough to be shipped to market. Berries that do not bounce are not fresh and are discarded.

**Materials:** (O) Package of whole cranberries (I) ruler

**Questions:** How are cranberries tested for freshness? Are the cranberries fresh? Do all the cranberries bounce to the same height after they are dropped?

**Book(s):** *Time for Cranberries* by Lisl Detlefsen

**Snack:** Cranberry granola bars & Cranberry Juice

Taken from Jean Potter's "Nature in a Nutshell for Kids" (pg 71)

## November 16 Helicopter Races



**Outside Activity:** Have the children search for Maple Helicopters, if there are no Maple trees in your area, collect some helicopters and bring them to your grounds. Once every child has a helicopter have them mark the seeds somehow. Next have everyone throw them up, the last helicopter to reach the ground wins! Talk with the children about how the seeds 'fly' away from the parent tree, so the baby trees (seedlings) don't have to compete with the parent trees for food and water!

**Inside Activity:** Show children pictures of Maple Seed Helicopters, so they know what to look for when they get outside.

**Materials:** May need to collect Maple Seed Helicopters if no Maple trees are in the area.

**Book(s):** *Miss Maple's Seeds* by Eliza Wheeler, *From Seed to Maple Tree: Following the Life Cycle* by Laura Salas, *Red Leaf, Yellow Leaf* by Lois Ehlert

**Snack:** Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers

## November 18 Animal Calls



**Outside Activity:** Have children each choose an animal call. Have them do the call, then have the other children repeat them and then guess what they are. Give everybody a chance.

**Inside Activity:** Same as above

**Materials:** Perhaps get an animal call to show children

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULJjCsaM>

## November 19 Forts



**Outside Activity:** Build a fort! No matter the season you can assemble a fort. You can use snow, wet sand, leaves, sticks or rocks. Forts can just be the perimeter, they do not need to be completely enclosed.

**Inside Activity:** Build a fort out of blankets, pillows, chairs etc.

**Materials: (I)** Fort building materials

**Questions:** Put your imagination and the children's to work. Have them tell a story about their fort, or imagine you are a town and everybody has a special job to do, have them describe what their job is (example: snow cone maker, a vet, a doctor, a janitor, a teacher, etc.)

**Book(s):** *The Fort that Jack Built* by Boni Ashburn, *Olivia and the Snow Day* by Farrah McDoogie

**Snack:** Graham crackers and Nutella, see if children can build a fort/house.

Taken from Jennifer Ward's "Let's Go Outside" (pg 28-31)

## November 20 Scavenger Hunt



**Outside Activity:** Bring the children outside to go on a nature scavenger hunt.

List Ideas: an item a bird would use in a nest, an item a squirrel would eat for lunch, a rough rock, a smooth rock, something yellow, a leaf that isn't green, a spider's web (note where you found it), a seed, etc. Have children share findings with each other, then challenge them to put the items back where they found them!

**Inside Activity:** Have the children go on a scavenger hunt for items inside, or bring natural items inside and hide them for children to find.

**Book(s):** *Peppa Pig and the Treasure Hunt* by Candlewick Press, *We're Going on a Leaf Hunt* by Steve Metzger

**Snack:** Sprinkle grated parmesan cheese on hot popcorn.

Taken from Jennifer Ward's "Let's Go Outside" (pg 22-24)

## November 21 Organizing Animals



**Outside Activity:** Take the children outside on a hike. Have them look for animals. If it's nice, keep the children outside and talk about the animals they saw (if it isn't too nice, take this activity inside). Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Inside Activity:** Break the animals up into groups, number of legs, fur, feathers, scales etc, insects, etc. Under each group list the animals. Talk about the differences and similarities between mammals, birds, amphibians, reptiles, insects, and fish.

**Materials: (I/O)** Something to write the groups and characteristics on. This way you can revisit it with your class.

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe

**Snack:** Dip bread sticks in salsa.

Taken from Susan Milford's "The Kids' Nature Book" (pg 54)

## November 22 Night Time



**Outside Activity:** Take the children outside, have them pretend it is night time and ask them what would be different. In an open area, play marco polo, having the 'it' person wear a blindfold or at least close their eyes. Talk about how some nocturnal animals, like the bat, find their food at night. Teach them nocturnal (*occurring, or active at night*), diurnal (*of or during the day*), and crepuscular (*appearing or active in twilight, dawn and dusk*).

**Inside Activity:** "Star gaze" with your children. Stick some glow in the dark stars on the ceiling and turn the lights out in the room. You can place the stars in shapes and have the children say what they see. Or, you can cut black construction paper circles that fit over a flashlight head and poke holes in those discs that form shapes. Turn the lights out and flash the light through the different discs onto the ceiling. Have the children lay on their backs on the floor and 'star gaze'.

**Materials: (O)** Blindfold **(I)** Glow in the dark stars or black construction cut into discs, something to poke holes in those discs and a flashlight

**Book(s):** *Out of Sight till Tonight!: All About Nocturnal Animals* by Tish Rabe, *Grandfather Twilight* by Barbara Helen Berger, *Night in the Country* by Cynthia Rylant

**Snack:** Pineapple cut into star and moon shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 82)

## November 23 Natural Decorations



**Outside Activity:** Take the children on a walk outside. Have them collect a bag full of natural items that they would like to turn into a decoration for their homes.

**Inside Activity:** Help children form their collection of natural items into a centerpiece or decoration. Have them stick items into a glass jar, form a frame out of twigs and glue the items onto the frame, form a wreath out of sticks and glue the other items onto it, etc.

**Materials: (I)** Natural items, glue/hot glue, other craft supplies

**Book(s):** *Night Tree* by Eve Bunting

**Snack:** Apple slices turkey. <http://frugalnewenglandkitchen.com/getting-kids-to-eat-apples-healthy-apple-snacks-recipes-pinterest/>

Taken from Susan Milford's "The Kids' Nature Book" (pg 114)

## November 25 Designs in Nature



**Outside Activity:** "From the way the seeds are arranged on a sunflower, to the spiraling tendrils of a grape vine, nature has some ingenious and beautiful designs. Look around you, and you'll see all sorts of interesting shapes and patterns. Spirals are common in nature, from the spectacular nautilus shell to the fiddleheads of ferns. Circles are also wide-spread. Mushroom caps, flowers with petals that radiate from a central disk, and drops of water. Look for other shapes and patterns, too. Take tree bark and leaves, for instance. There are such variations!"

**Inside Activity:** Have the children use play dough to design their own leaf, berry or other natural item. Have them name it and then share it with the group.

**Materials: (I)** Play dough

**Book(s):** *Busy Bugs; A Book About Patterns* by Jayne Harvey, *Zebra Stripes Go Head to Toe* by Sheryl and Simon Shapiro, *Swirl by Swirl: Spirals in Nature* by Joyce Sidman

**Snack:** Cut cheese and fruit slices into shapes.

Taken from Susan Milford's "The Kids' Nature Book" (pg 110)

## November 24 Create Your Own Animal



**Outside Activity:** Have children do the inside activity first. After they are done inside, take them outside and have them to act like the animal they created. How does it run, walk, play, eat, etc....

**Inside Activity:** Have the children invent an animal. Have them draw it out and possibly try and construct it with play dough.

**Materials: (I)** Drawing materials and play dough

**Book(s):** *Home for a Bunny* by Margaret Wise Brown, *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe, *The Animals Winter Sleep* by Lynda Graham-Barber, *Put Me In the Zoo* by Robert Lopshire

**Snack:** Dip animal crackers in low-fat pudding.

## November 26 Trash Pick Up



**Outside Activity:** Take the children out for walk. Have a garbage bag and make sure the kids are wearing gloves. Pick up trash as you find it. Talk about how it got there and what it could do to animals and plants in the area if it was left there.

**Inside Activity:** Create a masterpiece from the trash you gathered (the less disgusting pieces). Glue the trash to a piece of cardboard, or large piece of paper.

**Materials: (O)** Garbage bag and gloves **(I)** The garbage you collected, cardboard/paper, and glue (hot glue might work best depending on your trash)/ or tape

**Book(s):** *Cleaning up Litter (Help the Environment)* by Charlotte Guillain, *I Can Save the Earth!* By Alison Inches

**Snack:** Wheat bread with whipped cream cheese spread, sprinkled with chopped broccoli and shredded carrots.

**Song(s):** "Barney: The Clean Up Song" by Barney and Friends.  
<https://www.youtube.com/watch?v=WJ9uhDzN-rA>

## November 27

### Leaf Types



**Outside Activity:** Take the children outside to search for leaves. Teach them about the two primary types of leaves: netted and parallel. Netted leaves have branched veins, such as the leaves found on an oak tree. Parallel leaves have veins that run in the same direction, such as those found on a corn plant or tulip. Have the children look for leaves that fall into both categories. Have each child collect one of each type of leaf. Talk about the leaves, what size, shape, color (light, dark, or somewhere in between) and texture (smooth, waxy, fuzzy, or bumpy) do the leaves have?

**Inside Activity:** Press the leaves that the children collected, in between wax paper put into books with added weight. After a few days, have the students glue or tape their leaves into their nature journal. Help the children identify what plant leaves they have.

**Materials: (I)** Nature journals and glue/tape

**Questions:** Which type can you find the most of? Can you find evidence of animal life among the leaves? Do you notice nibbles? Droppings? Nests? How might an animal use a leaf?

**Book(s):** *Trees, Leaves & Bark* by Diane Burns, *Leaf* by Stephen Michael King

**Snack:** Salsa and chips.

Taken from Jennifer Ward's "i love dirt" (pg 18-20)

## November 29

### Harvest Figure Making



**Outside Activity:** Let the children create their very own corn husk dolls. Use fresh corn husks or soak dried husks. "Place a piece of cotton in a piece of husk, twisting and tying it to make the head. Make arms by rolling a single strip of husk and tying it near the ends for hands. Slide the arms through the husk under the head. Tie the waist with string. Arrange five or six husks around the doll's waist and tie them in place. Carefully fold them down to make a long skirt. Cut the skirt straight across at the hem for a woman; divide the skirt in two and tie each half at the ankles to make a man. Let the doll dry completely."

**Inside Activity:** Bring the corn husk dolls inside and let the children draw faces on them. Then have the children take turns telling stories about their corn husk dolls.

**Materials: (O)** Cotton balls, Corn husks (about 8 per child), string/twine **(I)** markers

**Story:** <http://www.nativetech.org/cornhusk/dollstry.html>

**Snack:** Guacamole with pita chips.

Taken from Susan Milford's "The Kids' Nature Book" (pg 93)

## November 28

### Wind



**Outside Activity:** Have the children listen to see if they can hear the wind. Have them race the wind, do this by blowing bubbles and have them race the bubbles. Talk about the wind and what it can do, spread plant seeds, rustle tree leaves, wear down/erode the earth, take trees down, move clouds, etc.

**Inside Activity:** Make a pinwheel, see directions at <http://kidsactivitiesblog.com/53474/gian-paper-pinwheels>

**Materials: (I)** Paper, wooden skewers, erasers, cut up, pins

**Questions:** Can you see wind? Can you feel it? What direction is the wind blowing?

**Book(s):** *Feel the Wind* by Arthur Dorros, *The Wind Blew* by Pat Hutchins, *Gusts and Gales* by Josepha Sherman

**Snack:** Chicken Fingers. <http://www.fitnessmagazine.com/recipes/lunch/lighten-up-healthy-chicken-fingers-recipe/>

## November 30



# Revisit a Favorite Activity from this Month!

## December 1 Hide and Seek



**Outside Activity:** Play hide and seek outside.

**Inside Activity:** Play hide and seek inside.

**Questions:** 1) Where do you think the best hiding place was?

**Book(s):** *Hide and Seek* by Taro Gomi, *Hide and Seek Harry Around the House* by Kenny Harrison

**Snack:** Make a mini-sandwich with tuna or egg salad on a dinner roll.

## December 2 Igloo Building



**Outside Activity:** Build igloos out of snow or provide children with ice cubes, either plain or food colored, to construct their own igloos. Or, you could have children work together to build an igloo.

**Inside Activity:** Provide children with ice cubes, either plain or food colored, to construct their own igloos. Have a container for them to construct their igloos in.

**Materials:** (O) Maybe ice cubes and food coloring (I) ice cubes, food coloring and containers

**Questions:** 1) What color does your igloo have in it? 2) How many ice cubes did you use in your igloo?

**Book(s):** *Curious George Builds an Igloo* by H. A. Rey

**Snack:** Stuff a whole-grain pita pocket with ricotta cheese or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.

## December 3 Read Outside!



**Outside Activity:** Take the children out on a nice day and read multiple stories. Have them act out any motions/verbs mentioned in the books, to engage them. Bundle up if you need to!

**Inside Activity:** None

**Book(s):** Read the children's favorite books!

**Snack:** Carrot Cake Oatmeal Cookie. [http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm\\_medium=viraltag-content-network&utm\\_source=viraltag-post&utm\\_campaign=Viraltag](http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm_medium=viraltag-content-network&utm_source=viraltag-post&utm_campaign=Viraltag)

## December 4 Textures in Nature



**Outside Activity:** Give each child a crayon and piece of paper, ask them to make nature rubbings of multiple surfaces like tree bark, a leaf, a rock, the gravel sidewalk, etc. Bring the children together and ask them to compare the textures, are they rough, soft, bumpy, etc.

**Inside Activity:** Have them add their rubbings to their nature journals and note what the rubbings are, rock, tree bark, leaf, etc.

**Materials:** (O) Paper and a crayon (I) Nature journal, glue/tape

**Book(s):** *Bright Baby Touch and Feel Winter* by Roger Priddy, *I Love Fall!: A Touch-and-Feel Board Book* by Alison Inches, *Smooth and Rough (My World of Science)* by Angela Royston

**Snack:** Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>

## December 5

(Yes it technically is still fall!)

### Fall Story Reenactment



**Outside Activity:** After reading a fall related story, take children outside to reenact the story or a scene from the story.

**Inside Activity:** After reading a fall related story, have the children reenact the story or a scene from the story.

**Book(s):** *Squirrel's Fall Search (Animal Seasons)* by Anita Loughrey, *Let it Fall* by Maryann Cocca-Leffler

**Snack:** Fruit and yogurt.

## December 6

### Color Hike



**Outside Activity:** Take children for a hike and either point out all the colors or ask them to only look for objects of a certain color.

**Inside Activity:** Hike around the classroom and either point out all the colors or ask the children to only look for objects of a certain color.

**Questions:** 1) What colors do you see? 2) What is an object that is ... (pick a color)?

**Book(s):** *Mouse Paint* by Ellen Stoll Walsh, *Brown Bear, Brown Bear, What Do You See* by Bill Martin Jr. and Eric Carle

**Snack:** Teddy Bear Toast. <http://www.craftymorning.com/teddy-bear-toast-healthy-kids-breakfast/>

## December 7

### Listening to Nature



**Outside Activity:** Take the children outside and seat them slightly spread out and ask them to do their very best to sit quietly with their eyes closed and just listen. Ask them to listen for natural sounds. Then ask them all to pick out one of those sounds and listen carefully for a few minutes. Then ask the children to share what their sound was with each other.

**Inside Activity:** Have the children draw a picture of what they were listening to, so if it was a bird singing they would draw a bird, if it was the wind blowing through the trees, then they would draw a tree.

**Materials: (I)** Drawing supplies

**Questions:** Does silence have a sound? What do you hear? Do you hear birds busy in the trees? How do they sound? Happy? Argumentative? Joyful? Chatty? How many different bird sounds do you hear? Can you see any of the birds? What else do you hear? Can you hear wind? Insects? Water dripping?

**Book(s):** *The Listening Walk* by Paul Showers

**Snack:** Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.

Taken from Jennifer Ward's "i love dirt" (pg 9-10)

## December 8

### I spy something that begins with an A... (do one for every letter in the alphabet)



**Outside Activity:** Go outside and either take a hike or just look around the immediate area for objects that start with the letter of the day.

**Inside Activity:** Stay inside and look around the room for objects that start with the letter of the day.

**Questions:** 1) What do you see that starts with the letter... (letter of the day)? 2) How many objects do you see that start with the letter... (letter of the day)?

**Book(s):** *Alphabet Under Construction* by Denise Fleming, *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault

**Snack:** Provide a variety of snacks and label them with the letter they begin with. Example—a bag of carrots labeled with a C, slices of apples labeled with an A, etc.

## December 9

### Follow the Leader: Animal Noises



**Outside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Inside Activity:** Line everybody up and take a hike. The line leader makes an animal noise and the rest of the children repeat it. Switch the line leader so everybody gets a turn.

**Questions:** 1) What was your favorite animal noise?

**Book(s):** *Mr. Brown Can Moo! Can You?* by Dr. Seuss, *Animal Sounds* by Golden Books

**Snack:** Toast a whole grain waffle and top with low-fat yogurt and sliced fruit.

**Song(s):** "The Animal Sounds Song" by Kids TV 123. <https://www.youtube.com/watch?v=t99ULjCsaM>

## December 10

### Obstacle Course



**Outside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Inside Activity:** Set up an obstacle course, get children to crawl, roll, hop, climb, etc.

**Materials:** Any items that would help to build an obstacle course.

**Questions:** 1) What was your favorite part of the obstacle course? 2) Did you like hopping or crawling better?

**Book(s):** *Jump!* By Scott M. Fischer

**Snack:** Zucchini Parmesan Crisps.

<http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>



## December 11

### Tree Scrapbook



**Outside Activity:** Visit your adopted tree regularly. Collect leaves, bark rubbings, observations, etc of your tree and place these in a scrapbook of your tree!

**Inside Activity:** Act like a tree during different weather conditions. Talk about what they might like to do with/in a tree (fort building, climbing, resting, reading, etc.)

**Materials:** Your tree scrapbook

**Questions:** 1) Has your tree changed at all? 2) How has your tree changed?

**Book(s):** *The Giving Tree* by Shel Silverstein, *The Tree* by Dana Lyons, *Our Tree Named Steve* by Alan Zweibel, *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns

**Snack:** Broccoli and cherry tomatoes with low-fat ranch dressing.

**Song(s):** "Head Shoulders Knees and Toes for Trees!" by Mr. R.'s Songs for Teaching. <https://www.youtube.com/watch?v=FJqy967xs1c>

Taken from Susan Milford's "The Kids' nature Book" (pg 41)

## December 12

### Winter Animal Tracking



**Outside Activity:** Search for animal tracks (birds, squirrels, rabbits, etc.)

**Inside Activity:** Animal track bingo and/or track stenciling

**Materials:** (I) Animal track bingo cards and/or animal track stencils

**Questions:** 1) How many animal tracks do you see? 2) What kind of animal do you think made these tracks?

**Book(s):** *In the Snow: Who's Been Here?* By Lindsay Barrett George, *Tracks in the Snow* by Wong Herbert Yee

**Snack:** Cut a banana in half lengthwise, spread peanut butter or yogurt on the banana and place animal crackers on top.

## December 13 Winter Bowling



**Outside Activity:** Set up any objects you may have as 'bowling pins'. Use frozen water balloons as bowling balls. Each child can have a unique color by dyeing the water in the water balloons different colors before freezing. (freeze for 4-6 hours).

**Inside Activity:** Set up any objects you may have as 'bowling pins'. Use folded socks or balls as bowling balls.

**Materials: (O)** Objects for bowling pins, balloons and food coloring. **(I)** Objects for bowling pins and socks or balls

**Questions:** 1) How many objects did you knock over? 2) What color is your 'bowling ball'?

**Book(s):** *Mitchell Goes Bowling* by Hallie Durand, *Pinny the Bowling Pin* by Leah Ward

**Snack:** Grapes and pretzel sticks.

## December 14 Shape Hike



**Outside Activity:** Take children for a hike and either point out all the shapes or ask them to only look for objects that are a certain shape.

**Inside Activity:** Hike around the classroom and either point out all the shapes or ask the children to only look for objects that are a certain shape.

**Questions:** 1) What shapes do you see? 2) What is an object that is (a) ... (pick a shape)?

**Book(s):** *The Shape Of Me And Other Stuff* by Dr. Seuss, *Mouse Shapes* by Ellen Stoll Walsh

**Snack:** Cut cheese and fruit slices into shapes.

## December 15 Snow Loving Animals



**Outside Activity:** Hike around and see what animals are out and about.

**Inside Activity:** Talk about what animals are around during the winter time and what animals live in very cold climates (arctic animals), like polar bears, penguins, snowshoe hares, etc.

**Book(s):** *Animals in Winter* by Henrietta Bancroft, *The Animals' Winter Sleep* by Lynda Graham-Barber, *A Warm Winter Tail* by Carrie A. Pearson

**Snack:** Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

## December 16 Keeping Warm



**Outside Activity:** After talking about the different ways animals stay warm in the winter inside, take the children outside to try a few different ways of staying warm. Talk about how they bundle up to stay warm and how some animals grow a thick winter coat to keep warm. Ask them if running around would help them stay warm, or what about building a shelter in the snow?

**Inside Activity:** Ask the children how they think animals stay warm in the winter, have them act out their suggestions. Read books about animals staying warm when it's cold outside!

**Book(s):** *Keeping Warm* by Alan Rubin, *Animals Keeping Warm (animal photo essays)* by Jane Burton, *One Winter's Day* by M. Christina Butler, *One Snowy Night* by M. Christina Butler, *A Warm Winter Tail* by Carrie A Pearson, *The Mitten* by Jan Brett

**Snack:** Warm Banana-Roll Ups.

<http://www.superhealthykids.com/warm-banana-roll-ups/>

Taken from Susan Milford's "The Kids' nature Book" (pg 21)

## December 17 Snowy Scenery



**Outside Activity:** Go outside and play in the snow. Before you go in, have the children pick one thing outside to focus on that they will draw inside.

**Inside Activity:** Have the children draw the item and the snowy scene from outside. Give them white Paint or chalk and a dark piece of construction paper. Or have them place glue on the paper and provide them with white cornmeal or powdered laundry soap to sprinkle over the glue.

**Materials: (I)** White paint or chalk, dark piece of construction paper or glue and powdered laundry soap or white cornmeal

**Book(s):** *Over and Under the Snow* by Kate Messner, *Stranger in the Woods* by Carl R. Sams

**Snack:** Guacamole with pita chips.

Taken from Susan Milford's "The Kids' Nature Book" (pg 23)

## December 18 Snow Gauge



**Outside Activity:** Place a few jars out in different spots for collecting snow, after it snows compare how much was collected in the jars.

**Inside Activity:** Assemble snow catchers using glass jars or the bottom parts of pop bottles. Use a cloth tape measure to mark off half inch increments with a permanent marker. Allow children to decorate the jars (leaving the area around the markings open for reading).

**Materials: (I)** Glass jars or cut out bottoms of pop bottles, permanent marker, ruler/tape measure, decorating items (glue)

**Book(s):** *Snow* by Uri Shulevitz, *Snow is Falling* by Franklyn M. Branley

**Snack:** Rice cakes topped with light vegetable cream cheese.

Taken from Susan Milford's "The Kids' nature Book" (pg 23)

## December 19 Snow Fleas



**Outside Activity:** Go on a search for snow fleas also known as springtails. Hopefully it is sunny and relatively warm. Check at the base of trees, look on the sunny side where the warmth is the greatest. These snow fleas look like pepper sprinkled on the snow. When you find some, watch them carefully and you should see them jumping into the air, they tuck their tails under their bodies and spring themselves upwards. You can have the children reenact the snow fleas' jumping motions.

**Inside Activity:** Read a winter themed book.

**Book(s):** *The Big Snow* by Berta and Elmer Hader, *Snow Bugs* by Susan Schade

**Snack:** Mini bagel spread with low-fat cream cheese and jam.

Taken from Susan Milford's "The Kids' Nature Book" (pg 25)

## December 20 Edible Snowman



**Outside Activity:** Build a snowman together, use edible accessories so birds can enjoy your snowman. :) You can use dates for the eyes and nose, a row of raisins for the smile. Pinecones covered with peanut butter make great buttons. You can string cranberries and/or popcorn to serve as a belt. Be sure to use sturdy branches for the arms so birds have a good place to perch!

**Inside Activity:** String the popcorn and/or cranberries with the class. Discuss what kinds of yummy treats you could use on the snowman, see what ideas the children come up with!

**Materials: (I/O)** Food stuff for accessorizing the snowman

**Questions:** 1) How many birds do you see? 2) Can you name any of the birds you see?

**Book(s):** *Snowballs* by Lois Ehlert

**Snack:** Egg Snowman. Hard boiled eggs, carrots and toothpicks.

<http://www.roxyskitchen.com/egg-snowman.html>

**Song:** "I'm a Little Snowman" by Kiboomu Kids Songs.

<https://www.youtube.com/watch?v=-b-U1eQqBmk>

Taken from Susan Milford's "The Kids' Nature Book" (pg 27)

## December 21 Snowmen



**Outside Activity:** Build snowmen and/or snow animals.

**Inside Activity:** Color/paint large popsicle sticks as snowmen to use as ornaments or bookmarks.

**Materials: (O)** Snowmen accessories **(I)** Large popsicle sticks, crayons/paint, string

**Questions:** Depending on their creations, you could ask the following: 1) How many buttons does your snowman have? 2) What color is the snowman's hat? 3) What is your snowman/ snow animal's name? 4) How did your snowman/ animal get here? Ask them to tell you a story about their creation!

**Book(s):** *The Biggest Snowman Ever* by Steven Kroll, *Snowmen at Night* by Caralyn Buehner

**Snack:** String Cheese Snowmen. <http://www.nobiggie.net/string-cheese-snowmen/>

**Song(s):** "I'm a Little Snowman" by Kiboomu Kids Songs.  
<https://www.youtube.com/watch?v=b-U1eQgBmk>



## December 22 Snowy Scavenger Hunt

**Outside Activity:** Hide items for children to find, or have them find natural items.

**Inside Activity:** Hide wintery items/ nature pictures for children to find. Could have children draw the pictures and then hide those to be found.

**Materials: (O)** Items for hiding if desired **(I)** Items/ nature pictures for hiding

**Book(s):** *Pepper: A Snowy Search* by Liam O'Donnell, *The Letters are Lost* by Lisa Campbell Ernst

**Snack:** Baked Kale Chips. <http://growing-minds.org/baked-kale-chips/>

## December 23 Natural Decorations



**Outside Activity:** Take the children on a walk outside. Have them collect a bag full of natural items that they would like to turn into a decoration for their homes.

**Inside Activity:** Help children form their collection of natural items into a centerpiece or decoration. Have them stick items into a glass jar, form a frame out of twigs and glue the items onto the frame, form a wreath out of sticks and glue the other items onto it, etc.

**Materials: (I)** Natural items, glue/hot glue, other craft supplies

**Book(s):** *Night Tree* by Eve Bunting

**Snack:** Spread peanut butter on apple slices.

Taken from Susan Milford's "The Kids' Nature Book" (pg 114)



## December 24 Snowflakes

**Outside Activity:** Go outside and have the children try to catch snowflakes on their tongues or in their hands.

**Inside Activity:** Make snowflakes out of pipe cleaner or paper

**Materials: (I)** Pipe cleaners or paper and scissors

**Questions:** 1) How many snowflakes did you catch? 2) Can you see the snowflakes pattern?

**Book(s):** *No Two Alike* by Keith Baker, *Mine, All Mine!* By Claire Hawcock

**Snack:** Cinnamon-Sugar Snowflakes.

<http://happyhooligans.ca/cinnamon-sugar-snowflakes/>

**Song(s):** "Little Snowflake - Super Simple Songs" by Super Simple Songs.  
<https://www.youtube.com/watch?v=tbbKjDjMDok>

**Take Home Message:** Every snowflake is unique/special, just like you!

## December 25 Feed the Birds



**Outside Activity:** Collect pine cones on a hike to make 'bird feeders'. After making the feeders inside, hang them in trees or equipment outside.

**Inside Activity:** Make bird feeders.

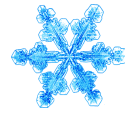
**Materials: (I)** Pine cones, peanut butter, bird seed and string

**Book(s):** *Snowballs* by Lois Ehlert, *We're Going to Feed the Ducks* by Margrit Cruickshank, *How to Make a Bird Feeder* by RIGBY

**Snack:** Make granola bars. <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

**Song(s):** "5 Little Birds" by Super Nursery Rhymes  
<https://www.youtube.com/watch?v=p3xJwdtFenI>  
"What is a Bird?" by Pancake Manor.  
[https://www.youtube.com/watch?v=CI4MvIZ5I\\_s](https://www.youtube.com/watch?v=CI4MvIZ5I_s)

## December 26 Snow Fort Construction



**Outside Activity:** Construct snow forts or a single snow fort.

**Inside Activity:** Have children draw pictures of their dream fort. Build a fort out of pillow, blankets, furniture, etc.

**Materials: (I)** Art materials, pillows, blankets, furniture, etc, and your imagination!

**Book(s):** *Oliver and Amanda and the Big Snow* by Jean Van Leeuwen, *The Mitten* by Jan Brett

**Snack:** Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers

## December 27 Bird Watching



**Outside Activity:** Observe birds and act like them. Ask children. "If you were a bird, where would you fly to first, a special place, someone's house, etc...?"

**Inside Activity:** Watch birds from inside and draw/color/paint pictures of them. Identify birds with children.

**Materials: (I)** May need a bird guide to help identify birds.

**Questions:** 1) How many birds do you see? 2) What colors are the birds?

**Book(s):** *Birds* by Kevin Henkes, *Fine Feathered Friends: All About Birds* by Tish Rabe (Cat in the Hat Learning Library)

**Snack:** Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.

## December 28 Sledding



**Outside Activity:** If able to, take children sledding, or pull them around the grounds on sleds.

**Inside Activity:** Have children make 'finger' sleds out of popsicle sticks. They can send sleds down sloping surfaces and even put toy riders on them!

**Materials: (O)** Sleds **(I)** popsicle sticks, glue, art supplies for decorating

**Questions:** 1) What color is the sled? 2) How many friends can fit in the sled with you? 3) How many popsicle sticks do we need to build your sled?

**Book(s):** *Oliver and Amanda and the Big Snow* by Jean Van Leeuwen, *Snow* by Ray Mckie and P.D. Eastman, *Red Sled* by Lita Judge, *Ten on the Sled* by Kim Norman

**Snack:** Wild Rice Soup and crackers. [http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#\\_a5y\\_p=1910370](http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#_a5y_p=1910370)

## December 29 Snow Painting



**Outside Activity:** Use spray bottles filled with colored water (food coloring and water) to spray pictures in the snow.

**Inside Activity:** Bring snow in (snow in tin/aluminum pie pans) and use colored water to create master pieces!

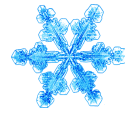
**Materials:** Spray bottles and food coloring (1) Containers to put snow in

**Questions:** 1) What colors are you using? 2) What does your picture make you think of? 3) What do the other pictures make you think of?

**Book(s):** *Art* by Patrick McDonnell, *Piggy Paints* by Jim Benton

**Snack:** Dip mini-toaster waffles in cinnamon applesauce.

## December 30 Gathering



**Outside Activity:** Give each child something different to gather or have them gather objects they like or find interesting. Give each child a bucket or container to carry their objects in.

**Inside Activity:** Give each child something different to gather or have them gather objects they like or find interesting.

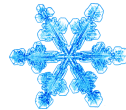
**Materials:** Container

**Questions:** 1) Why did you collect those items? 2) How many items did you collect?

**Book(s):** *Frederick* by Leo Lionni, *Pancakes, Pancakes!* By Eric Carle

**Snack:** String cheese and mixed nuts.

## December 31



Revisit a Favorite  
Activity from this  
Month!



Visit Project Get Outdoors Pinterest  
for more great ideas on activities,  
snacks, books, videos, and  
printable activity sheets.

[www.pinterest.com/projectgo/](http://www.pinterest.com/projectgo/)

Twitter: @MNProjectGO



Facebook: /ProjectGetOutdoors



### For More Great Ideas Check Out The Following Resources

*"Let's Go Outside: Outdoor Activities and Projects to Get You and Your Kids Closer to Nature"* by Jennifer Ward

*"I Love Dirt!"* by Jennifer Ward

*"Nature in a Nutshell for Kids"* by Jean Potter

*"The Kids' Nature Book: 365 Indoor/Outdoor Activities and Experiences"* by Susan Milford

*"The Kids' Outdoor Adventure Book: 448 Great Things to Do in Nature Before You Grow Up"* by Stacy Tornio and Ken Keffer

Be sure to visit your local library for more great books on nature play and nature stories!

Snack Ideas gathered from the American Diet Association, Lil Sprouts Cook Book by Carla A. Pederson and Rynetta Renford, and Pinterest.

This project was made possible by the help and support of our partners:

