



Explore From Home Activities

Outdoor Nature Challenge – Insects



Many of us may be stuck at home, but it is important to get outside for a while for our physical and mental health!

- In your backyard, find an insect in its natural habitat and identify it. Here is a great guide to help you identify the insects.
- Then re-create that bug using recyclable materials around your house. Empty packages and junk mail are great art materials

Nature Fairy Craft

Let's make Fairy Fashion today!

1. Collect natural materials from your backyard. Look for things with different textures, shapes and colors.
2. Draw a simple outline of your fairy. It doesn't have to be perfect. Add a sense of movement. This helps the fairy come alive!
3. Cut out sketch and assemble her outfit. Do not glue. Allow your child to try out different combinations and looks.
4. Glue. This part may require an adult. I used hot glue because I have very little patience but Elmer's glue works fine too. It will just take longer to dry.
5. Play with Fairy in her natural habitat!



Let's Make a Suncatcher



Is your recycling building up around the house? Let's turn it into some cheerful art today. You can turn those plastic bottles into beautiful suncatchers!

Step 1: Collect supplies: Plastic bottles, permanent or chalk markers, scissors and string.

Step 2: Color the bottles in any design you want.

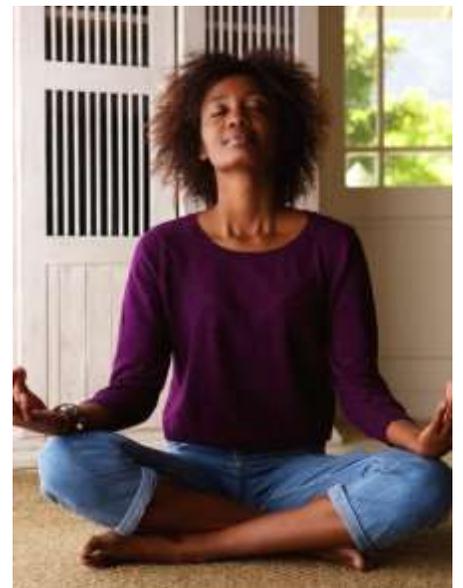
Step 3: Cut off the bottom of the bottle, then cut the bottle into a spiral (be sure to stop before the top).

Step 4: Attach a string to the top and find a beautiful place in a window, deck or porch to hang your suncatcher.

Nature Mindfulness

Nature lives in our minds no matter where we are. Find a quiet place and sit or lie in a comfortable position.

- Set a timer for five minutes.
- Take a deep breath and close your eyes.
- Exhale out through your mouth. Take another deep breath and picture your favorite memory of being outside.
- Do you remember climbing a tree or a favorite camping trip? Stay with this memory until your timer goes off.
- Try to increase the meditation time daily.



Bullfrog Jump

How Do You Measure Up?

An American bullfrog can jump six feet.

Try this at home:

- Find an open space with room to move, grab two lengths of string and a ruler.
- Use one string to create a starting line. Line up both feet behind the starting line. Now, with both feet together, jump as far as you can.
- Use the other string and a ruler to measure your distance from the starting line.

Did you jump further than the bullfrog?



Nature Journaling

Nature journaling is a great way to stay connected to the natural world. Instructions:



1. Take one sheet of construction paper and fold it in half.
2. Take blank white sheets of paper and fold them in half.
3. Place the fold blank sheets of white paper into the folded sheet of construction paper.
4. Staple the folded sheets of paper together.
5. Decorate your nature journal!

Nature Journal Prompt: What do you smell, hear or feel?

Find a place in your backyard to sit and close your eyes for a full minute. Can you smell any flowers, hear a bird singing in the trees or feel the wind

blowing on your face?

After a minute, write down what you observed with your other senses (touch, hear and smell).