



Nature Week!



Activity Guide

This week is Nature Week! This week we have put together a selection of games, crafts, recipes, and activities to help us celebrate nature and the approach of the nice weather!

Monday May 11

Get Playing!

Tuesday May 12

Get Creative!

Wednesday May 13

Get Cooking!

Thursday May 14

Get Outside!

Friday May 15

Get Active!

The above suggestions are just that, suggestions. Feel free to mix it up! Our Committee came up with tons of other ideas; read on to learn more! Regardless of what you get up to, send your pictures to dormsby@clsm.on.ca for us to share!

Monday – Get Playing!

1. Window Nature Bingo

See the attached Bingo Card PDF. Print it out, stick it to the window, and see if you can get a line, 2 lines, an L, or an X! Or, see if you can spot them all!

2. Bird Name Matching Game

See the attached Bird Matching Game Card PDF. See if you can match them all! The answer sheet is attached as a separate PDF.

3. Bird Song Hero

This is a very informative and fun bird watching/listening exercise! Click the following link to watch the video, and see if you can match the bird songs to the spectrogram!

- <https://www.youtube.com/watch?v=8xH2GjHKYj0>
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Tuesday – Get Creative!

1. Window Art for Feathered Friends

When birds return from the south, they sometimes accidentally fly into our windows because they cannot see glass. See the attached PDF for cutouts to stick to your window to help the birds see!

2. Create A Pinecone Birdfeeder/Toilet Paper Roll Bird Feeder

What you will need:

- String
- large pinecone or a cardboard toilet paper roll
- peanut butter
- bird seed

Tie a string through the toilet paper roll or around the top of a pinecone. Use a butter knife to coat the roll or pinecone in peanut butter. Roll in birdseed until the pinecone/roll is covered with seed. Hang on a tree for the birds to enjoy.

3. Create A Gelatin Birdfeeder

What you will need:

- 2/3 cup of boiling water
- 2 packets of gelatin (a box has 4)
- 2 cups of bird seed
- parchment or wax paper
- cookie cutters or silicone moulds
- straws cut into 2 inch pieces

Pour the water into a very large mixing bowl. Add two packages of gelatin and stir until it's fully dissolved. Add the birdseed and mix well until everything is evenly coated.

Place cookie cutters/moulds onto a parchment-lined tray and scoop seed mixture in until heaping full. Place another piece of parchment on top of the cookie cutters and press down firmly to pack in all of the seeds. Remove the top parchment layer and gently poke straw pieces all the way through the seed shapes (be sure not to put them too close to the edges). Pop the tray into the fridge for a couple of hours to allow the feeders to set.

Later on, remove the tray from the fridge and let sit on the counter to dry out. Flip the cookie cutters over a few hours later to let the bottoms dry out too. Let sit for at least 3 – 4 more hours (overnight is best) until the feeders are completely dry.

Gently remove the seed shapes from the moulds (they should be fully dry and hard to the touch at this point – if not, allow to dry longer). Carefully remove the straws and tie a twine loop through the holes. Hang in a tree.

4. Make Paper Airplanes

Check out the following YouTube videos for instructions on how to make amazing paper airplanes!

- How to Make Five Easy Paper Airplanes That Fly FAR!**
<https://youtu.be/54noZe-0B1c>
- How to Make Paper Airplanes That Fly Far and Straight**
<https://youtu.be/zwiZX5EYI7g>

Once complete, take your paper airplanes outside for a test flight!

- Whose can fly the furthest?
- Which one makes the shortest trip?
- Which one flew highest?

5. Create Salt Dough Nature Ornaments/Gift Tags

What you will need:

- 1 cup flour
- ½ cup salt
- ½ cup water
- Natural decorations of your choice
- Ribbon

Knead flour, salt and water, roll out. Press in pieces of cedar, fern, lavender, or flowers. Cut out shapes of your choice and use a straw to poke a hole for a ribbon. Leave out to dry for 3 days. Add a ribbon, hang it up!

Wednesday – Get Cooking!

1. Plan a Picnic in Your Back Yard or Living Room

Make your favorite sandwich, bring a drink, pack some fruit and maybe make some homemade cookies. Head outside or set up an indoor picnic to enjoy a meal. Grab one of the great cookie recipes below or make one of your favorites!

- https://www.hersheys.com/kitchens/en_ca/recipes/original-chipits-cookies-recipe.html
- <https://www.allrecipes.com/recipe/10497/beths-spicy-oatmeal-raisin-cookies/>
- <https://www.modernhoney.com/the-best-snickerdoodle-cookie-recipe/>

2. Make A Special Bird Snack

Place a round tortilla on a plate and use fresh fruit and cereal to create a sweet treat!



Thursday – Get Outside!

1. Plant a Butterfly Garden

Check out this great link to see what plants and flowers attract and help our butterfly friends:

- <https://davidsuzuki.org/what-you-can-do/attract-butterflies-with-native-plants-eastern-canada/>

2. Make Butterfly Nectar

What you will need:

- Sponges
- 1 Cup Water
- ¼ Cup Sugar
- String

Bring water to a boil, stir in sugar until dissolved. Remove from heat and cool completely. Cut sponges into small rectangles, cut a hole, loop a string through to hang. Dip sponge in syrup until soaked. Hang where you want to attract butterflies!

3. Make A Butterfly Attracting Fruit Feeder

Using a wire suet feeder from the dollar store, fill with pieces of oranges, grapefruit, strawberries, peaches, nectarines, apples and bananas. Hang.

4. Catch A Sunrise Or Sunset

If you are up early, or if you are a night owl, plan to see the sun rise or set today. What colours do you see? What sounds do you hear? How does the weather change as the sun rises and sets?

5. Exploring Biodiversity

Head outdoors and start to explore your own back yard or neighborhood. Pick a few of these ideas and start to uncover the amazing diversity in nature you may not have been aware of!

- Find three different sized leaves from the same plant
- Find at least three different kinds of leaves
- Find at least three different kinds of plant “skins” or surfaces
- Find a plant that has three different colours
- Find at least three different kinds of seeds
- Find at least three leaves with different textures
- Find at least five different kinds of plants
- Find at least three different kinds of plants growing under a tree

- Find at least three different holes made by animals
 - Find three different signs of an animal having eaten something
 - Find three different consumers (animals) or evidence of them
 - Find three different kinds of decomposers (e.g., slugs, snails, bacteria, fungi, earthworms, insects)
 - Find at least three plants with different odors
 - Find at least three different kinds of leaf stalks
 - Find at least three different insects
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Friday – Get Active!

1. Create An Obstacle Course Outdoors Using Chalk

Watch this video for inspiration:

- https://www.youtube.com/watch?v=PfKDX_eUUdI

2. Work Those Muscles!

- a. **Chair yoga:** If it is a bit of a cold or dreary day outside, try to keep your body moving from the warmth and comfort of home. Try a **chair yoga** video:
 - <https://youtu.be/KEjiXtb2hRg>
- b. **Go for a walk:** Try walking with weights or try walking for 5 minutes, then perform one-minute intervals of upper body exercises - Bicep curl, chest press, shoulder presses, triceps kickbacks while continuing to walk. Try to repeat this two to three times.

3. Mindful Meditation - Try Any Of These 10 Minute Stress Relievers

- Nature sounds with music
<https://youtu.be/4hXYRXaJdtk>
 - Relaxing Rain sounds
<https://youtu.be/HbVYuPogyP0>
 - The Forest awakens
<https://youtu.be/-nNDdVUr2O8>
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Other Ideas

1. Make Texture Rings

A texture ring is a donut-shaped piece of cardboard wrapped with different things to demonstrate texture. Use items like sandpaper, soft yarn, fuzzy fabric, plastic, etc., that you can match to natural textures. They are great focusing tools! Grab your texture rings, get outside and see if there are objects in your yard that feel the same.

2. Make bark, leaf or rock rubbings

Gather different items you find outdoors. Place the item (i.e.: a leaf) under the paper, then gently rub a pencil or crayon back and forth. You may want to unwrap some crayons for this activity.

3. Rainbow Chips

This is a fun and easy activity that gets participants looking closely at things around them, and hones their observation skills.

- Collect a selection of paint chips from your local paint store, ensuring that you get a good range of colours and shades (or print out your own colours).
- Cut up the chips if they are in strips, and place them in a bag.
- Hand each participant a “rainbow chip”, telling them that every colour of the rainbow exists in nature all around us, and send them off to match their chip colour as closely as possible with something natural (human-made items like garbage or clothing don’t count!).
- Once they have found a match, give them another colour chip to match, or a whole strip of paint chips of similar shades to match.

Critical Questions: What surprised you the most about this activity? What colours were hardest to find?

Films and Documentaries / Get Watching!

Movies with a Nature or Outdoor Vibe

- White Fang (1991)
- The Great Outdoors (1988)
- Far From Home: The Adventures of Yellow Dog (1995)
- Swiss Family Robinson (1960)

Documentaries and Non-Fiction Videos

- Fun YouTube video of outdoor gym made from wood
<https://www.youtube.com/watch?v=Fm5ptinfAjc>

- Life on the Edge, Stories from Muskoka's Past - The Dippy
https://www.youtube.com/watch?v=tqFqdHezQ_k
 - The Great Alone – Watch the trailer:
<https://www.adventure-journal.com/2017/05/10-awesome-outdoor-documentaries-to-watch-now/>
 - Canoe camping and Bushcraft in Ontario, Canada (a canoe trip through Algonquin Park) -
<https://www.youtube.com/watch?v=OylAeTbk8FM>
 - Here are some links to YouTube videos with different birds from Ontario and their sweet songs:
<https://www.youtube.com/watch?v=SJJH04faMW4>
<https://www.youtube.com/watch?v=K9dSyxdrbjU>
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ENJOY!

