

# Eagle Point Nature News

Adventure Awaits....

[www.epbrparkscouncil.org](http://www.epbrparkscouncil.org)



April 14, 2020



## Using our Senses to Connect to Nature

*K.Schwengler, Education & Outreach Coordinator,  
EPBR ParksCouncil*

As social isolation continues, we've had to rethink and revise how we deliver Environmental Education to teachers, parents and kids online. From our first issue to this, our third, the Provincial and Federal governments have made changes to their recommendations for park access, social gatherings, business closures and more. Our world feels a little bit smaller every week. Many of you are spending the majority of your time indoors or in your backyard. You may no longer be visiting the trails and woodlands near your homes. Even though our theme is Using our Senses to Connect to Nature, you can adapt the activities for your own situation.

Nature Journaling is an ideal activity for almost all family members, from the age of 8 and up. If you can't go outside to document nature, use the view from a different window every week. As spring progresses into summer, you can document the change you observe from each window.

For our Colour Safari, parents/guardians can download the activity page and print it at home or you can adapt the activity if you don't have a printer. This activity is fun for preschoolers on up to grade 6. If you can't do this activity outside, have your little ones take the activity page around the home to find the colours on objects in your house (house plants, paintings, food labels, furniture, etc).



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## GOOD STUFF TO DO WITH YOUR KIDS - Part 4

### Activity I. Nature Journals

A nature journal is a dedicated notebook which includes information, notes, thoughts, observations and even sketches of one's natural environment. Nature journals were the original way scientists recorded observations while in the field. Early scientists relied on their note taking and sketching skills to accurately document their explorations and experiments. Naturalists and biologists still keep journals which include important information about the object they are studying - whether it be a bird, a habitat, a pond, a nest site, etc.

#### Why not just take a picture?

Unlike a digital photograph, most nature journal entries include location, date, time, notes about your observations (was the animal moving, was the ground wet, were there birds singing), sketches, even weather details, such as temperature, humidity, wind information. A good scientist also writes down their questions and thoughts.

#### Why keep a nature journal if you're not a scientist?

Keeping a nature journal, whether you are 8 or 78, provides the following benefits:

- Documenting what you see, hear, feel and smell builds your observation skills.
- Gets kids (and adults) to slow down, relax and focus.
- Encourages kids to use sight, smell, touch and listening skills.
- Creates a deeper connection to our natural environment.
- Provides an outlet for creativity and artistic expression.

#### For Parents

Have your child choose a location and subject that inspires them (leaves, backyard garden, forest trail, looking out a window at the street, at a lake, pond, etc). Before they begin, make sure they get comfortable with their supplies laid out.

They should ask themselves the following questions before they start their first entry.

- What do I really see?
- How do I describe the texture?
- Is there a particular smell I want to record?
- Are there birds nearby?
- How many colours do I see?
- How do I describe today's weather?
- How does what I see make me feel?

If they choose to include sketches, get them draw what they see without looking at their page too much. This really works those observation skills! If they don't like sketching, have them take notes and a photo on-site. When they home, they can print the photo and glue it onto their journal page. Make sure they mark down the date, time, location and their name on the page.

See more examples of Nature Journals on our blog at [www.epbrparkscouncil.org/nature-journals](http://www.epbrparkscouncil.org/nature-journals)





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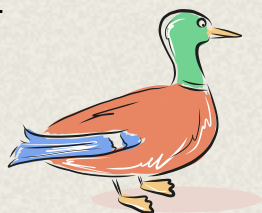
## Activity II. Colour Hunting Safari for the Little Ones

See details and download the full size activity pages (nature inspired page or one kids can colour themselves) on our website at [www.epbrparkscouncil.org/coloursafari](http://www.epbrparkscouncil.org/coloursafari)

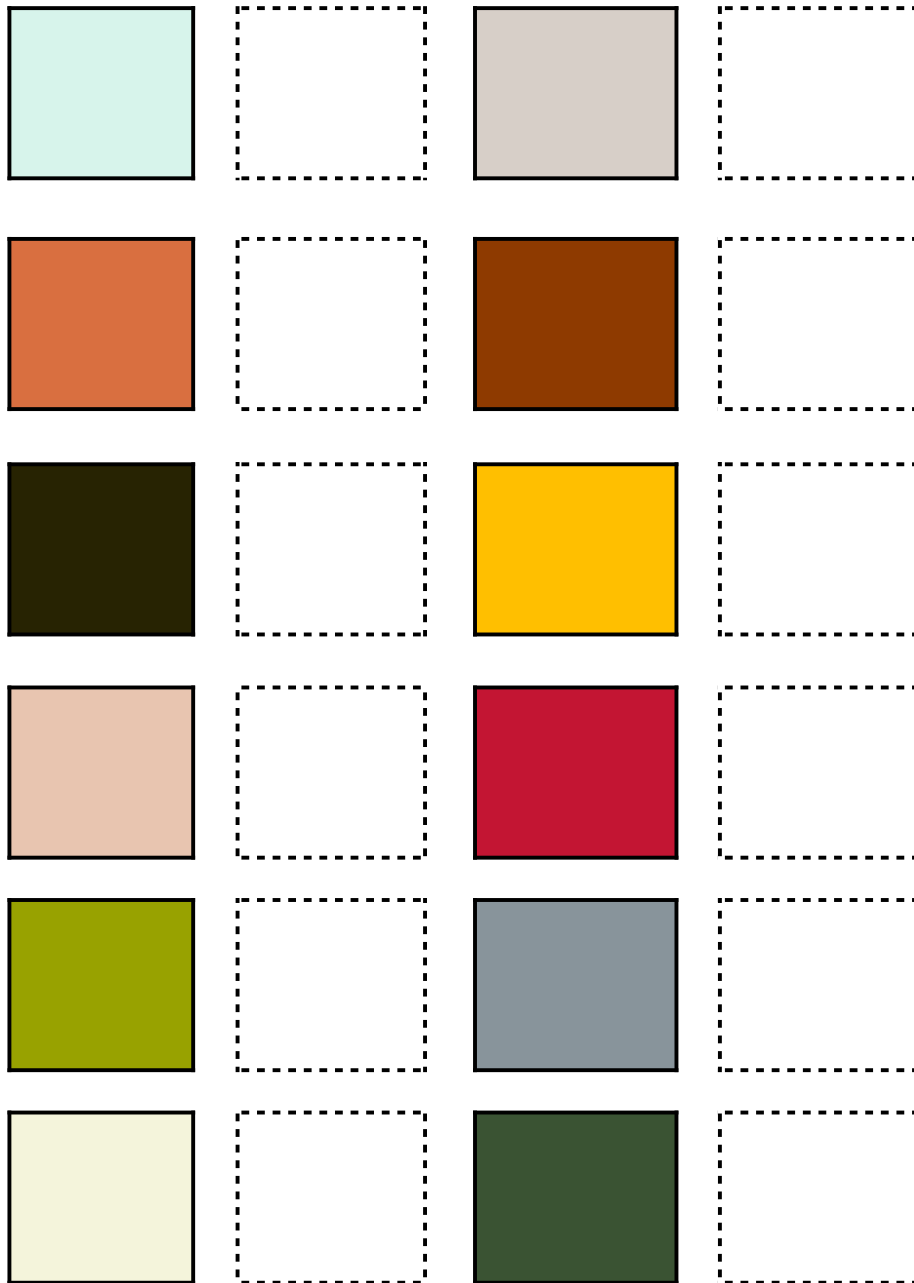
Kids can make their own colour sheets! Use crayons, paint or colour chips from a paint store.

Where to go colour hunting:

- ✦ Outdoors - garden, nature trail, path, tree bark, leaf litter, rocks, etc.
- ✦ Indoors - paintings, houseplants, furniture, cupboards contents, etc.



Cut out the dotted squares. Take your finished page for a walk. Hold up the cut outs to leaves, bark, rocks, flowers, etc. Can you find a colour in nature that matches the colours on this page?



Eagle Point-Blue Rapids Parks Council Environmental Education Activities



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## Further Learning

### Interested in Nature Journaling?

Check out the following resources for more reading and inspiration for nature journaling.

#### **Eagle Point-Blue Rapids Parks Council**

*Nature Journals not just for Scientists*, <https://www.epbrparkscouncil.org/nature-journals/>

**Keeping a Nature Journal: Discover a Whole New Way of Seeing the World Around You** by Clare Walker Leslie and Charles E. Roth (paperback available on Trac ([The Regional Automation Consortium](#)), Indigo and Amazon)

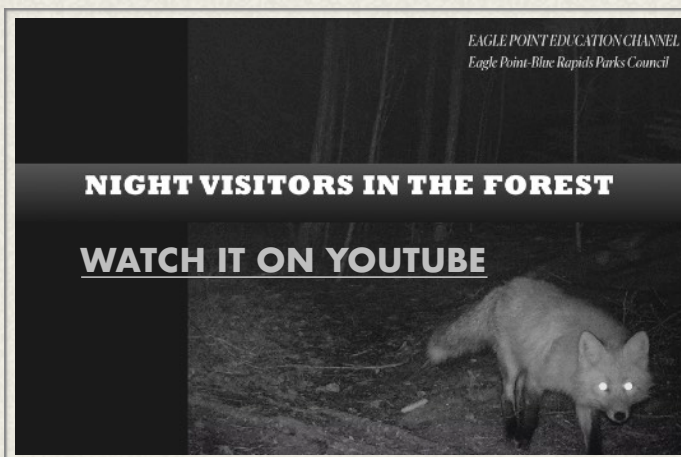
Nature Journaling - Just Try Not to Be Inspired, <https://www.ontarioparks.com/parksblog/nature-journaling-ideas/>

### Nature and the Five Senses

Eagle Point Colour Safari, [www.epbrparkscouncil.org/coloursafari/](http://www.epbrparkscouncil.org/coloursafari/)

Five Senses Nature Walk, <https://www.simplykinder.com/five-senses-nature-walk/>

Five Senses Outside, <https://www.howweelearn.com/five-senses-activities-kids-outdoors/>



<https://youtu.be/GCewRSMQ6ol>





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## Questions or Suggestions?

### Contact:

Eagle Point-Blue Rapids Parks Council

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### Visit our website:

[www.epbrparkscouncil.org](http://www.epbrparkscouncil.org)

[EPBR Parks Council on Facebook](#)

[EPBRParks on Instagram](#)

**Want to share a page from  
your child's Nature Journal?**

**Email us a photo at**

**[outreach@epbrparkscouncil.org](mailto:outreach@epbrparkscouncil.org)**

**and we'll post it on our  
Facebook page!**



## III. Track of the Week!

Can you guess what made the larger track?  
We'll give you a hint. It's just come out of hibernation!

- A. Black Bear
- B. Cougar
- C. River Otter
- D. Moose

Last issue's track was a Timber Wolf

Eagle Point-Blue Rapids Parks Council thanks our supporters for continued support during this challenging time!

**Our featured supporter of the week is Lafarge!**

