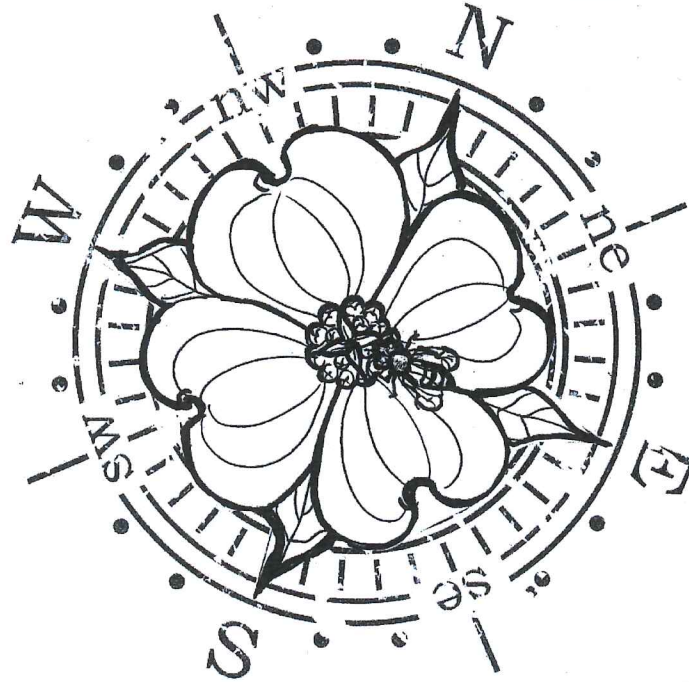


Nature Navigators



Journal & Play Book

for 4-5 year olds

Name: _____



About this book

This book contains activities for parents and children to do together in nature. They are short and fun! Each one should take ten to thirty minutes, depending on how much you get into it.

Use these journal pages to write a quick summary of how the exercise went. Take dictations from your child so you have a record of their thoughts, feelings, and “magic moments” in nature. Check the box after you finish an activity!

If possible, pick a consistent time and day of the week to do the activities together.

Nature Navigators Certificate Program

For the certificate program complete **at least as many weeks as your child’s age**. This total includes the Starter and Closing activities; for the middle weeks you can pick and choose.

This book is for four and five year olds.

Four year olds should complete four activities (Starter, two of your choice, and Closing)

Five year olds should complete five activities (Starter, three of your choice, and Closing).

If you’re having fun, feel free to do more!

Starter: Beginning your exploration, being aware of hazards, and having fun!

Date: _____ Secret Spot Visit #: 1

Look for and choose your own special secret spot in nature. It should be easy to get to from your house and safe to play in.

It could be in your backyard! Bird feeders, back porches, and tree houses all make great spots. Try walking downhill to find water, like a sewer easement or creek. Different spaces will have different animals and plants to observe.

Is there any poison ivy around?

Be careful when choosing your secret spot! Color the poison ivy on this page, but don't touch it if you see a plant.



Play a game of I-Spy.

Try to describe different things you can see about what you choose. What color is it? What shape? Is it moving?

Draw or Write something about your Starter Exploration!

Secret Hideout and Mapping

Date: _____ Secret Spot Visit #: _____

Did anything change at your secret spot since the last time you were here?

Draw a picture of what you found.

Play hide and seek in your secret spot.

Build a fairy house.

Make a tiny house with things you find in your secret spot. Twigs, leaves, and rocks are good to use! Try not to hurt plants that are still growing.

Draw or Write something about your Secret Hideout and Map Exploration!

Bugs

Date: _____ Secret Spot Visit #: _____

Roll over a rock or log in
your secret spot.

Draw a picture of your favorite bug.

Be careful! Who's living under there?

Do you smell anything at your secret spot?

Describe the smell with a word.

Draw or Write something about your Bugs Exploration!

Trees and Other Plants

Date: _____ Secret Spot Visit #: _____

- Pretend to be a seed waking up and becoming a plant.

Act out the motions. Start as a seed and grow your roots, stem, and leaves!

- How do the leaves feel?

Describe them with a word.

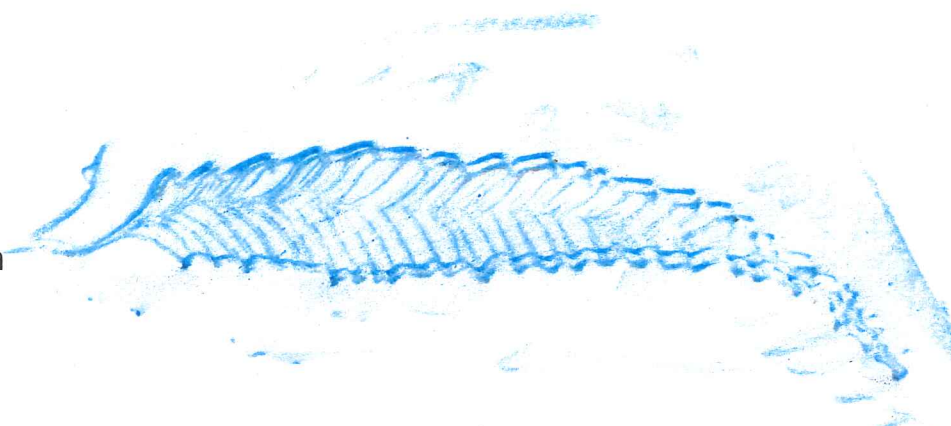
- Make leaf rubbings from your leaves.

Put the leaf under this page. Use the long side of a crayon to rub the paper on top of your leaf to get a picture of it.

- Find three dead leaves on the ground in your secret spot. Match them to the trees they came from!

- How does the bark of a tree feel?

Describe it with a word.



Draw or Write something about your Trees and Other Plants Exploration!

Birds and Listening

Date: _____ Secret Spot Visit #: _____

Close your eyes and listen to the sounds you can hear at your secret spot.

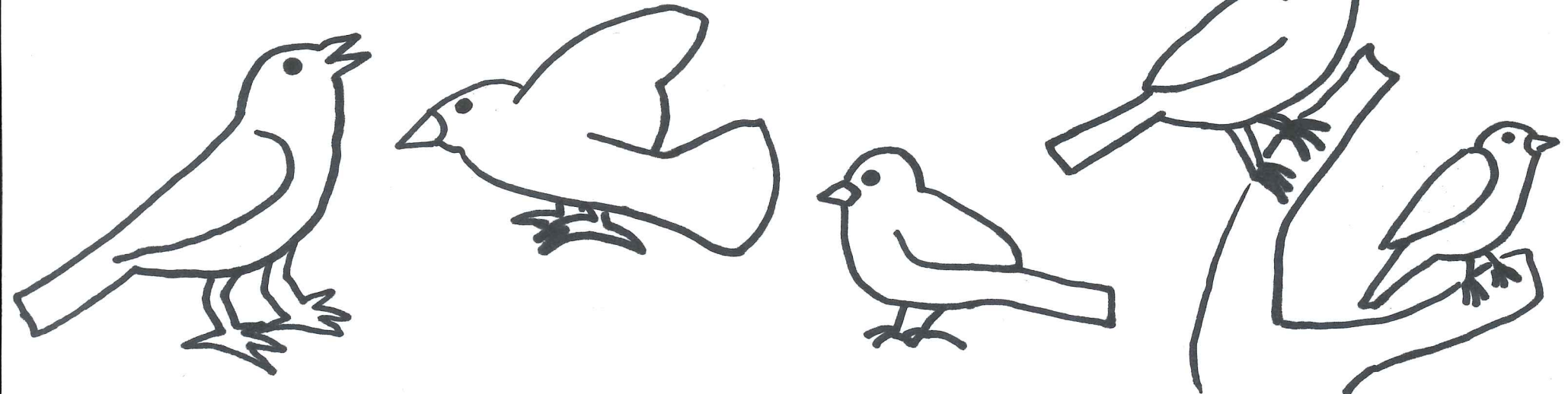
Describe them with words. Are any of them made by animals? Try to identify what animal is making that sound.

Draw a map of where the sounds are coming from around you.

Use the big page if you need to! →

Put out some bird seed or, if you have one, look at your bird feeder.

What birds do you see? Color in these birds to look like the birds you see.



Draw or Write something about your Birds and Listening Exploration!

Closing: Map your secret spot and record things you wonder.

Date: _____ Secret Spot Visit #: _____

Draw a picture of your secret spot.

Did anything change at your secret spot since the last time you were here?

Write or draw what you noticed.

I Wonder...

Write down at least 5 things you wonder about in your secret spot.

- 1.
- 2.
- 3.
- 4.
- 5.

Draw or write any fun memories from your secret spot!

Think of things you saw and did.

Draw or Write something about your Closing Exploration!

Congratulations! You finished your Nature Navigators exploration book.

Keep checking on your secret spot if you want to continue exploring!