



PASSPORT

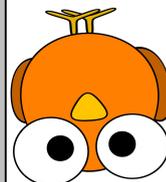
Nature Connection



MY MAP

LEGEND:

WHAT'S YOU WILD? Choose something natural you feel connected to. Maybe it's a Cedar because you feel strong or a Chickadee because you are brave?



First name: _____

Age: _____

My Wild: _____

Because: _____

You did it!!! Congrats on completing this journey!



A bit about ME!

My Naturehood

Choose a plant/ animal/bug/ mushroom/tree that's in your sit spot - make a field guide page about it!

Common Name:

Latin Name:

Description:

What I think is cool about it:

ACTIVITY: 10 THINGS I WANT TO DO OUTSIDE

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Draw a picture of you doing your favourite outdoor activity

- Choose one, two, three or all!
- Whatever you feel like!
- Plant a seed and watch it grow!
- Find a Geocache (www.geocaching.com)!
- Go for hike somewhere new!
- Set up a bird feeder!

CHOOSE YOUR OWN ADVENTURE



What's that Sound?

- ACTIVITY:**
- 1. Read the questions.**
 - 2. Go to your Sit Spot (10-15 mins).**
 - 3. Listen.**

What's the quietest sound you hear?

How many different sounds can you hear?

What's the furthest away sound you hear?

- 4. Add to your Map! (Pg 16-17)**

Detailed Drawing:

What kind of plant is the leaf from?

MAKE THIS PASSPORT
YOUR OWN - decorate
the front!



Print this book - double sided, flip along "long side" or "flip over"
These activities are designed to be done both inside and outside, all year round.
We suggest doing them in order as it will have a better flow.
This is meant to take more than a few days to do - so take your time!
This is meant to be fun - so only do them when you feel like!

HOW TO USE THIS PASSPORT

Place a leaf under this page, use the side of a crayon to rub across the leaf.

ACTIVITY: Make a Leaf Rubbing

TRACKING

ACTIVITY:

1. Go to your Sit Spot area.
2. Find some tracks.
3. Follow them.
4. Answer the questions and draw them!

Whose tracks did you find?

Can you follow them for 10 steps?

How about 25?

100?

Where do they go?

ACTIVITY: WATCH THE SUNRISE!

From a window, or head to your Sit Spot.

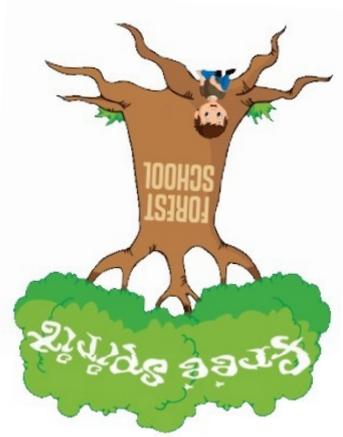
ENJOY THE MOMENT!

What colours did you see?

What were you feeling while watching it?

How long did it take to rise?

HELPFUL TIP: Your own backyard is a great place; some nearby Nature; or along a favourite trail. You want this place to be **easy to visit so keep it simple and close!** Be sure to choose a place that feels right to you - and is comfortable!



Initial when done

ACTIVITY:
 1. Choose your Sit Spot
 2. Stay the at least 5 mins
 3. Journal (next page)

ACTIVITY:
 1. Sit Spot
 2. Stay the at least 20 mins
 3. Add to your Map (pg 16-17)

A Sit Spot is simply a favorite place in nature that you visit regularly to cultivate awareness as you expand your senses and connect with local plants, birds, trees, animals and so much more!

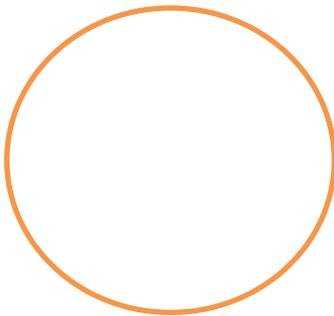
Choose your Sit Spot!

Sit Spot Time!

Check out the Moon!

My Tracks:

In the circle, shade in the current phase of the Moon:



BONUS! What's this moon phase called?

Write it or Draw it -
Whatever feels right!



HOW TO PLAY:

GAME NAME:

ACTIVITY: Create your own
active game, based on (and in)
Nature! Write about it below.

CREATE A GAME

Why did you choose your spot?

Field Notes

BIRDS

ACTIVITY: Go for hike! Get to
know the Trees along the way.

Initial
when
done

ACTIVITY:

1. Go to your sit spot (or somewhere you can watch the birds - even a window) - for 15 minutes!
2. Create a Comic!

...and what you Learned on your hike about trees

L

Bird Language is a fascinating thing and can tell us all sorts of things. Can you tell the difference between these calls?

- Companion
- Alarm
- Territorial Aggression
- Juvenile Begging
- Song

For this activity, watch a couple birds - imagine what they would be saying in English, then make a comic about it!

	Yours
	Yours
	Yours
	Hard
	Bumpy
	Soft
	Smooth
	Rough
WHAT I FOUND	TEXTURE

ACTIVITY: Go into your backyard and find the following textures (Bonus: add your own!)

Raccoons have remarkably sensitive hands - in fact it's their most important sense! Today, we channel our inner raccoon!

Raccoon Touch

K.W.L: Trees

In the chart below write everything you Know and Want to know about trees....

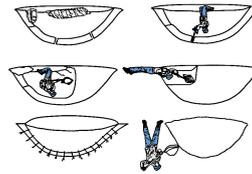
K	W



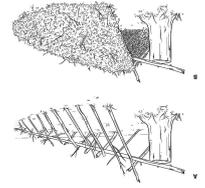
Choose 1 type of tree, or many!

What did you build? _____

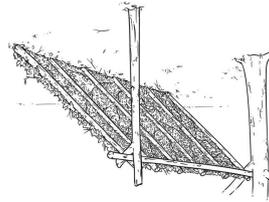
QUINZEE



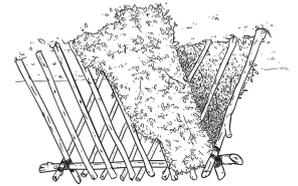
DEBRIS



LEAN-TO



A-FRAME



ACTIVITY: Build a Natural Shelter! See the ideas below.

SHELTERS

_____ by you.

...IS THE NEAREST RIVER?
(Draw an arrow) and what's its name?

I wonder...

...DOES THE SUN RISE?
(Draw an arrow)?

I wonder...

...IS NORTH? From where you are sitting now (Draw an arrow)?

I wonder...

Where...

In your SIT SPOT complete the following:

Field Notes

Nature Craft

MAP YOUR SIT SPOT

ACTIVITY:

1. Make something out of Natural Items!

ACTIVITY:

1. Go to your Sit Spot
2. Stay there at least 10 mins
3. Map your Sit Spot (map is page 16-17)

- Carve a spoon...
- Make Natural Cordage...
- Make a Burn Bowl...
- Make Sling Shot...
- Create Natural Beads...
- Make and Use Natural Paint...
- Weave a basket...
- Make a wand...
-ANYTHING at all!

Put your Sit Spot on the map and include anything important you notice in the area. Keep it simple and don't get too bogged down with details - note the things that catch your attention.

Your map is in the centre of this passport (pg 16-17).

What did you make?



DON'T FORGET YOUR COMPASS!
(Or something [ie a phone, gps] that can show you directions!)