

Safe Nature Walks for Preschoolers

When you are walking in the woods or parks, always stay on the paths. Try to find these items, some you can put into your bag and some you will want to leave where you see them, like animals and clouds.

1. *Leaves* – Look for different shapes and colors. Do not reach for or touch leaves of three, which could be dangerous and make you itchy. Older children can use leaves for a pattern activity.
2. *Sticks* – These are great for pretending, for art or craft projects, and for building.
3. *Rocks*– Just make sure these are size appropriate for your children, meaning larger than their mouths if they like to put things into their mouth. These are great for counting games.
4. *Acorns, Seed Pod, Pine Cones*– If you do not know, look them up to see what trees or plants produced the seed pod.
5. *Clouds*– Lie on your back and look up as you guess what cloud pictures you see. Hint: Not everyone sees the same shapes.
6. *Water*– This may be a stream, creek, pond, or lake. Please make sure your child practices water safety.
7. *Animals*– Look for at least 5 different animals on your walk.

