

Exploring Nature Around You

Outdoor activities and challenges for families and caregivers

Let your curiosity and senses guide your exploration in nature. Choose from outdoor exploration activities, bird and bee home design and construction, citizen science projects, a live webcam of nesting ospreys, and wildlife videos. Learn to “walk softly” in nature by practicing Leave No Trace outdoor etiquette.

Outdoor Activities

- **The Shape of Things** (Project Learning Tree). Search for geometric shapes in nature.
[English](https://bit.ly/2Xb5Nb3) <https://bit.ly/2Xb5Nb3> [Spanish](https://bit.ly/2B52mtD) <https://bit.ly/2B52mtD>
- **Adopt a Tree** (Project Learning Tree).
[English](https://bit.ly/2X6CBBT) <https://bit.ly/2X6CBBT> [Spanish](https://bit.ly/36AfHpr) <https://bit.ly/36AfHpr>
- **Outdoor Shadows** (Exploratorium). Trace your shadow, then watch it change.
www.exploratorium.edu/snacks/outdoor-shadows
- **Scavenger Hunt and Build a Nature Museum** (Thorne Nature Experience)
<https://bit.ly/3dczYUE>
- **Insect Hunt** (English and Spanish video) (Thorne Nature Experience)
<https://bit.ly/3d8O8WU>
- **Leaf Rubbings and Paint Chip [color] Hunt** (English and Spanish video) (Thorne Nature Experience) Make crayon drawings (rubbings) of leaves. Search for colors in nature. <https://bit.ly/2X5EWgb>
- **Nature BINGO** (Audubon Rockies) <https://bit.ly/3esDZ7N>
- **List of 100 Things to Do [OUTSIDE] Before You're 12** (Generation Wild)
[English](https://bit.ly/2yBvxDJ) <https://bit.ly/2yBvxDJ> [Spanish](https://bit.ly/2zAE2iY) <https://bit.ly/2zAE2iY>
- **#OutsideEveryDay Activities and Pledge**
Collection of outdoor activities for different ages (resources from several organizations)
[Pledge:](https://outsideeverydaychallenge.org/) <https://outsideeverydaychallenge.org/> Let's #COoutside!
Outside Activities: [English](https://bit.ly/2X4mzbw) <https://bit.ly/2X4mzbw> [Spanish](https://bit.ly/2zDZDaj) <https://bit.ly/2zDZDaj>
- **Campaign: [Make a] Video about People+Nature.** Create a video of people + nature living through COVID-19 as part of a video campaign with Metro Denver Nature Alliance (Metro DNA), Generation Wild, Volunteers for Colorado, Thorne Nature Experience, ProgressNow Colorado. <https://bit.ly/2X7b8QD>

Citizen Science Activities

[Budburst for Families](#). Observe how plants in your yard and community change with the seasons. Try out family outdoor STEM activities (preK- grade 8).

<https://budburst.org/forfamilies>

Design and Build

- **[Build a Bluebird House](#)** (Audubon Rockies) (written) <https://bit.ly/2M5hVni>
- **[How to Make a \[Solitary\] Bee Hotel-1](#)** (video) <https://bit.ly/3grZJ5f>
[How to Make a \[Solitary\] Bee Hotel-2](#) <https://bit.ly/36xf6Fc>

Outdoor Etiquette: Ways to be Nice to Nature

Leave No Trace Principles. The seven outdoor practices describe how to minimize your impact on the environment while outdoors. Read about them, use the hand gestures to remember them, and then try to practice them while exploring nature outdoors.

- **Videos:** **[Quick Ways to Learn Leave No Trace Principles](#)** <https://bit.ly/2zySRCw>
- **Video:** **[Hand gestures to easily remember the 7 Principles of Leave No Trace](#)**. Watch this, try the gestures, and see if you can remember the 7! <https://bit.ly/2ztk7CG>
- **Website:** **[Leave No Trace](#)** <https://bit.ly/3eBiMZt>
- **Online class:** **[Leave No Trace Awareness Course](#)**. Learn about the Seven Principles of Leave No Trace, and more. Think of it as Leave No Trace 101. <https://bit.ly/2M3lb2H>

WebCam of Colorado Nesting Osprey

- **[Osprey Family Camera](#)** (Boulder County, CO). Watch as nesting Osprey (bird) parents hatch and raise their chicks. Write about or draw what you observe. Learn more about ospreys. Observe birds around you. Are any nesting and raising young?
www.bouldercounty.org/open-space/management/osprey-camera/

Videos Showing the Wonders of Nature

- **[Story of Flowers](#)**. A breathtaking animated video about flowers and pollinators.
<https://bit.ly/2XBdZjv>
- **[Colorado Wildlife Viewing](#)** (DPW) What wildlife live where in Colorado?
<https://bit.ly/3d9RAAn>
- **[The Bald Eagles of Barr Lake State Park](#)**. A spectacular video on the story of Bald Eagles at Barr Lake and in Colorado. <https://vimeo.com/323241336>

Resources

- **[Why children need to play in nature](#)** (Video 3:56 min) Spoken in English and Spanish.
<https://www.youtube.com/watch?v=Os0fJhHHHiA>

These and more at [CSEN Colorado](http://csencolorado.org) <http://csencolorado.org> Family and Caregiver Investigations.