



Okanogan Nature Camp

#OKNatureCamp

Resources for outdoor learning and exploration

Nature Activities: Week 5, Bonus Activity

Exploring Special Places

A lesson from Joseph Cornell's *Sharing Nature with Children*.

In this lesson, everyone will find their own special place and work through different activities that connect them with their special place. Everyone will need a pencil, something to write on, a notecard, and an activity packet*. Once everyone is gathered together, explain that everyone is going to walk around and find their special place. Then, they will do a variety of activities in the packet you hand out. Describe the activities with enthusiasm so that everyone begins to catch the spirit of adventure. For example, tell everyone when they draw their best view, they can give it to their guest to see if they can find the spot. Participants do not need to do every single one the activities, but should choose the ones that are most interesting and make them feel most connected with their special place. Everyone will also create an invitation card on a notecard or piece of paper to invite a guest to their special place.



Designate the area where everyone searches for their special place. Explain that you will be walking around to see where everyone is and how they are doing. You will call out when it is time to return back to the designated meeting spot. Younger children can pick their special spot and then work through the activities with an adult. The adult can scribe thoughts where need be.

After 20 to 40 minutes, call everyone back to meet and share their discoveries. If they have not made their invitation cards, they can make them during this time. Then, it is time to share their spots!

*If a printer is not available, pull up the packet on a phone or computer and write the answers on folded blank sheets of paper to create your own booklet. You can even decorate it!

Questions? Contact Kim Kogler at kimberly@okanogand.org

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EXPLORER'S GUIDE

Journey to the Heart of Nature

A Sharing Nature Activity by Joseph Cornell

Since you won't have time to do every exercise, choose the ones that are most interesting to you and that give you the greatest sense of involvement with your special place.

"When I discovered a new plant, I sat beside it for a minute or a day, to make its acquaintance, and try to hear what it had to tell me." — John Muir

FIRST IMPRESSIONS

After choosing a Special Place, take the time to wander around to see what's there. Then pick a spot where you can think about your site, make yourself comfortable, and answer these questions:

1. **What are the first things I notice about my site?**

2. **What do I like about being here?**

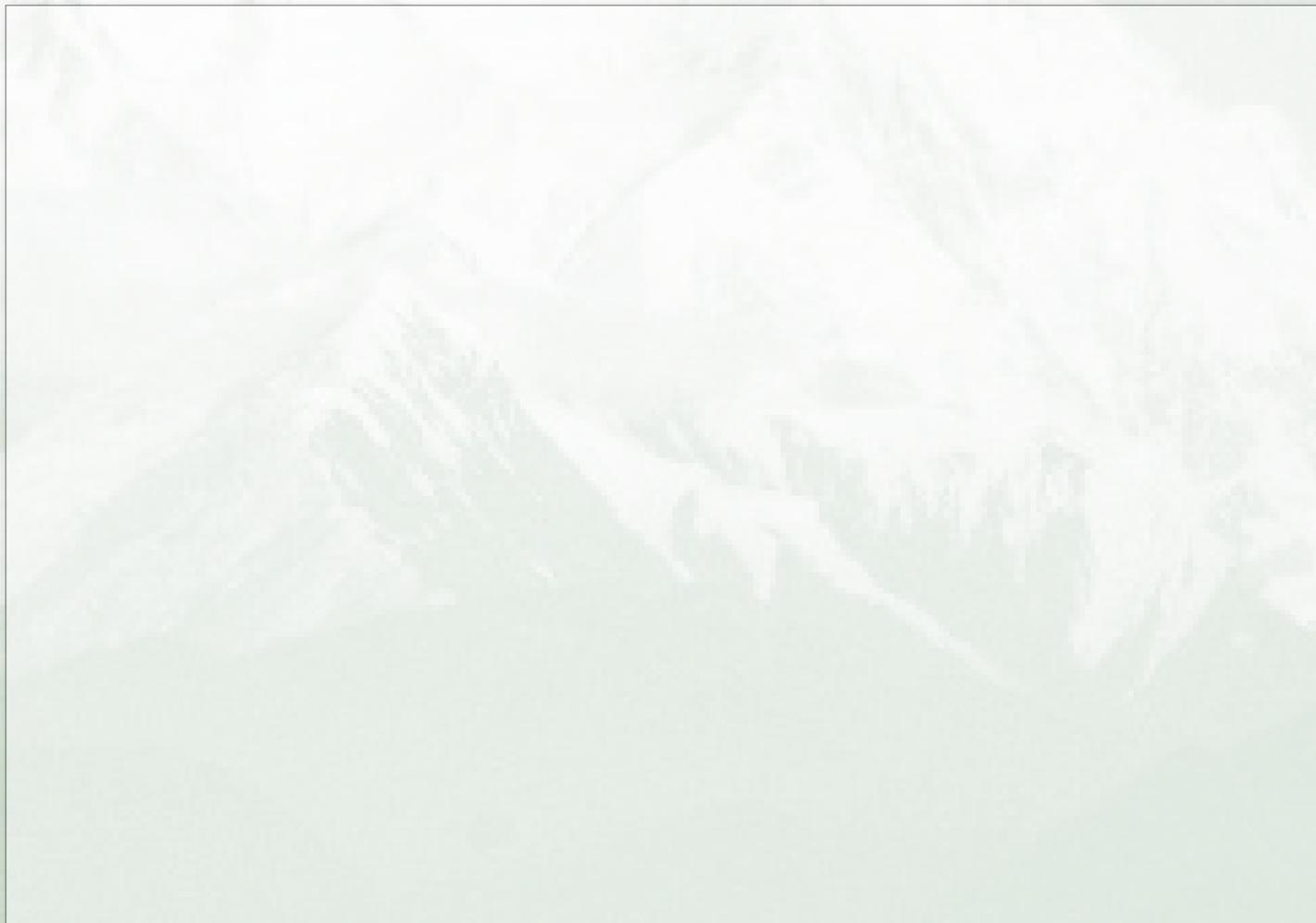
WHAT DO YOU HEAR?

Listen to the symphony of sounds around you. Concentrate on the distant sounds, and then gradually shift your attention to nearby sounds.

Can you hear the trees singing with the wind? See if you can pick out the song one tree is singing and describe it.

SKETCH YOUR BEST VIEW

Find your favorite view and then draw it. You'll show your drawing to your guest, who will then try to find the view.



SHARE SOMETHING THAT MAKES YOU SMILE INSIDE.

VERTICAL POEM

To practice this exercise, first observe something that captivates you—perhaps a field of flowers or a secluded sea cove. Notice its effect on you, and choose a word that captures your feeling. Then use each letter of the word to begin a line of your poem.

The simple structure for a vertical poem makes it very easy to write. After successfully crafting their verses, people have exclaimed to me, “It’s been forty years since I’ve written a poem!”

The Vertical Poem below was written in a forest in Northern California:

Fragrances of oak and pine
Open up the heart and mind.
Remain still awhile and listen:
Everywhere is Nature’s song—
Sometimes as silent as a leaf falling;
Time is suspended.

—Tom W.

VERTICAL POEM

Write the word you’ve chosen, one letter on each line. Then use each letter to begin a line of your poem.

EXPLORER'S GUIDE *for* YOUNG CHILDREN

Journey to the Heart of Nature

A Sharing Nature Activity by Joseph Cornell

After finding your special spot, take a moment to look around. Then pick a comfortable place where you can sit and think about your site. Answer the questions below and then do the following activities.

WHAT ARE some of the first things you notice about your site?

HOW DO YOU FEEL being here? (Use words or short phrases.)

PICK A NAME that describes and fits this special place. (You can always change it later if you think of something better.)

THINK ABOUT YOUR AREA. Which part is most special to you? It might be a great view, one tree or a group of trees, a flower or plant that you've never seen before, an animal or their home. In the space below, describe your site in detail. Later, you will share this description with a friend.

ACTIVITIES:

🍃 **FIND THE BEST NATURE VIEW** or favorite natural object; draw a picture of it on page 2.

🍃 **COLORS:** How many different shades of one color can you see?

- My color was:

- The number of different shades of my color I saw:

🍃 **SMELLS:** Close your eyes and focus your attention on your sense of smell. Find two different smells and describe them. See if you can figure out where they come from.

1.

2.

🍃 **FIND SOMETHING** that makes you smile. Describe what it was:

🍃 **CHOOSE ONE WORD OR PHRASE** that describes how you feel right now:

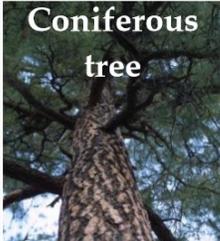
SKETCH YOUR BEST VIEW



Nature Activities: Week 4, Bonus Activity

Hiking Bingo

Go on a walk or hike by yourself, with your family, or with a friend through video chat or a phone call! You can use these differing bingo cards to add a little something extra to your walk or hike.

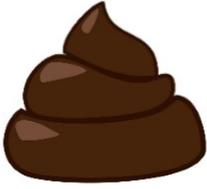
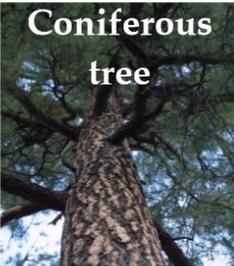
<p>Fallen Tree</p> 	<p>Moss</p> 	<p>Bald Eagle</p> 	<p>Insect</p> 	<p>Seeds</p> 
<p>Heart rock</p> 	<p>Coniferous tree</p> 	<p>Leaf</p> 	<p>Squirrel</p> 	<p>Feather</p> 
<p>Swimming bird</p> 	<p>Tree Stump</p> 	<p>FREE SPACE</p>	<p>A bird singing</p> 	<p>Berry</p> 
<p>Dirt pile</p> 	<p>Animal's home</p> 	<p>Scat</p> 	<p>Decomposing Tree</p> 	<p>Snag – dead tree, still standing</p> 
<p>Animal Footprint</p> 	<p>Pinecone</p> 	<p>Moving water</p> 	<p>Deciduous tree</p> 	<p>Mud</p> 

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Nature Activities: Week 4, Bonus Activity

Hiking Bingo

<p>Fallen Tree</p> 	<p>Moss</p> 	<p>Bald Eagle</p> 	<p>Insect</p> 	<p>Seeds</p> 
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Nature Activities: Week 3, Bonus Activity

Animal Camouflage

A lesson from <https://ecosystems.psu.edu/youth/sftrc/lesson-plans/wildlife/k-5/camo>

This activity demonstrates how coloring, markings, and physical actions can make an animal better adapted to its environment. You will need several sheets of wrapping paper—a patterned sheet and two solid sheets of different colors.

Together you will conduct an experiment that shows the importance of camouflage for certain types of animals. Take some time to show those participating different examples of animals that have adapted to their surroundings. Anole, snakes, butterflies, stick bugs, praying mantis, and owls are a few examples. Protective coloring helps animal hide from their predators. Together, cut out 12 butterflies from the patterned paper and 6 from each of the solid papers (24 butterflies total). To make it go faster, you can fold the paper in half and cut out half a butterfly. Unfold and you have a full butterfly. You can also choose a different animal to cut out. Whatever animal you choose, cut them all the same size.



Place a large piece of the same patterned paper on the floor and put all the butterflies on top of the paper. Set the timer for 10 seconds. Ask one person to cover one eye and use the other hand to pick up as many butterflies as possible, one at a time. At the end of 10 seconds, compare the camouflaged butterflies to the solid ones. Was there a difference? Why or why not?

Want to keep playing? Add more butterflies to the paper (keeping solid colored and patterned butterflies equal). Multiple people can collect at the same time with more animals. Keep one eye covered as you play.

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Nature Activities: Week 2, Bonus Activity

Cohesion and Surface Tension

A lesson adapted from <https://www.flinnsci.com/api/library/Download/cbfc1f6bec7042af8816f59d0bd2963a>

For this experiment you will need a penny, water dropper, and dish soap. You can use an ear/eye dropper, an essential oil dropper, a pipette, or something that will drop relatively consistent drops.

Rinse and dry the penny and fill a small jar with water. Predict how many water drops will fit on the penny and write it on a piece of paper. Then, use your water dropper to slowly add drops of water. Count each drop until the water begins to spill over the sides of the penny. Record your observations and repeat the process two more times.

Next, dry the penny and fill the jar of water with a few drops of liquid dish soap. Predict how many drops will fit on the penny and write it down. Then, follow the exact procedure as above. Average the number of drops for water and for soapy water (add the three tests for only water, divide by three; add the three tests for water and soap, divide by three). What happened?

This experiment demonstrates the cohesive properties of water. *Cohesion* is the connective forces between molecules. Water molecules are very cohesive! They have a strong connection to one another that is difficult to break. At the surface of water, the molecules do not have molecules above them, so they are pulled inwards towards the other water molecules. This creates a strong surface layer that is difficult for objects to pass through or break, called *surface tension*. Cohesion and surface tension give water its bubble-like shape. Soap works by breaking down cohesion between molecules, which means the water molecules are not as strongly connected to one another. This decreases surface tension.

Extension:

Try the experiment with different liquids like vegetable oil, milk, or lemon juice, with different types of dish soaps, or with quarters, dimes, or nickels.



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Nature Activities: Week 1, Bonus Activity

Scavenger Hunt

A lesson adapted from Joseph Cornell's *Sharing Nature with Children*.

Do this activity as a family as you go on a walk or as individuals near your house! Pass out bags to those participating, the scavenger list, and a pencil. Collect only the items you can return safely and without damage (to yourself or other organisms). You can always take a photo of an item to show to others rather than collecting it!

1. A feather
 2. A seed dispersed by the wind
 3. Exactly 100 of something
 4. Something white
 5. A thorn
 6. Something that smells good
 7. A sun trap - anything that captures the sun's heat (water, rocks, plants, animals)
 8. One camouflaged animal or insect
 9. Something round
 10. Another beings home
 11. Something fuzzy
 12. Something sharp
 13. A pinecone
 14. Five pieces of man-made litter (throw away after)
 15. Something perfectly straight
 16. Something beautiful
 17. Something that is of no use in nature*
 18. A chewed leaf (not by you!)
 19. Something that makes a noise
 20. A photosynthesizer - an organism that absorbs sunlight and turns it into food for itself
 21. Something important in nature**
 22. Something that reminds you of yourself
 23. Something soft
 24. Three different kinds of seeds
 25. A big smile
- Bonus Items! Bone, part of an egg, and a piece of fur

*Everything has a function in nature

**Everything in nature is important!

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