



# Wilderness Weekly

Online Connection, April 20, 2020

*Celebrate Earth Day!*

## Quick Links

- [Enrollment is open for Fall 2020/Spring 2021](#)

## Songs of the Week

- [A Sweet Earth Day Poem as a Song](#)
- [Earth is our Home](#) (for ages 2-4)



[Earth Day Episode from Sci-Kids](#) (for ages 5-12)

This episode is a gentle introduction for kids about endangered species and things we can do to help care for and protect the Earth

## Poem of the Week

### **In Tune with Mother Nature (Author Unknown)**

If you listen for the songbirds  
As they greet the summer sun,  
And love the way the wind can  
make  
The trees sing just for fun;

If you like to hear the ocean  
As it drums upon the shore,

And imagine all the whales out  
there,  
And hope they'll sing some  
more;

If you think of all the animals  
As players in a band,  
Each with a lovely tune to  
play,  
All needed on the land;

And know that as a boy or girl  
A woman or a man  
You have a vital role to play  
In Mother Nature's plan;

If you honor every living thing  
As a part of nature's treasure  
You're in tune with Mother  
Nature  
So let's all sing her song  
together.

## Nature Exploration Ideas



**Earth Day Project Challenge-** *Earth Day is April 22!* Challenge your kids to come up with a project to give back to the Earth that gives us so much. A few ideas to get you thinking:

1. Start a home compost station
2. Plan and plant pollinator garden
3. The Earth Day Classic- litter pick up alongside roads or in parks
4. Invasive species pull (garlic mustard or Japanese knotweed are easily identifiable this time of year)

**Earth Day Gratitude-** *I am grateful for the way being in nature centers me. Thank you, Earth, for the peace and focus that you bring me.* What are you grateful for today (and every day)? Ask your kids to complete this sentence, "Thank you, Earth, for..."

**Open Up your Senses-** In class we work toward opening up students' sense through fun sensory games. When all of our senses are alert, we can take in more of what nature has to offer us all around.

Week 3: *Smell- "Bear Smell" Turn into a bear and pay attention to your sense of smell. Take quick sniffs of the air around you. What do you smell? Flowers, new grasses, spring rains, yourself? Try taking a deep smell in through your nose, then a series of small sniffs. Do you smell different things this way? Find flowers, grasses, tree bark and leaves, new plant growth, a puddle... whatever is around, and get up close to differentiate their smells.*



**Smell and Tell Game-** Outside, take turns finding an object, putting it into a bowl, and allowing others to guess what it is, simply by the smell. They hold the bowl, not the object, and get to sniff all they want to identify the smell.



**Sit Spot Challenge-** Continue to visit your sit spot regularly. In your sit spot this week, try to notice how all of life interconnects in nature. (Example: insects pollinate the flowers as they collect nectar to make food for their young.) After spending time in sit spot near one another but separately, come back together and talk about your experiences.

**Nature Journal-** Keep a special notebook just for nature journal entries. *Week 3: Journal from the ground up- fill in a full notebook spread of everything you notice at every level from your sit spot. Start with insects and plants right at dirt level, going up to medium sized plants and then taller bushes and trees. Finally, notice the air and the clouds/sun in the sky. Talk or write about interconnections you notice from your sit spot.*

**Spring Mushrooming-** All wild mushrooms must be properly identified (cross reference two different field guides) and should always be cooked before eating. Adam Haritan from Learn your Land is a leading mushroom expert in the Midwest, and I highly recommend his youtube channel.

[Mushroom Safety](#)

[Morel Mushrooms](#), very popular delicious mushroom in the spring.

[Other Edible Spring Wild Mushrooms](#)



## Natural Crafting Ideas



[Earth Day Craft- Earth Moss Ball](#)- this is the activity we were planning to do on our Earth Day Celebration. You can use any natural material as the inside “ball” and then cover with chunks of moss. Then, wrap the moss in place with blue string. If you keep in watered with a spray bottle and hang in a window, your earth moss ball can bring nature’s beauty inside for several weeks!

## Outdoor Sports April=Friskbee Month!

Spring is the perfect time for FRISBEE! Play Frisbee in the yard with your family.

[Great Frisbee for kids ages 5-8](#)

[Great Frisbee for kids ages 9+](#)

A good, heavy Frisbee is worth the small investment. It flies more accurately, and will be more fun for everyone to play with. The small, light Frisbees that are often free door prizes are good for teaching technique to really young kids, but anyone age 5+ would benefit from a heavier Frisbee.

First, teach your child to throw and catch a Frisbee. For extra help, watch the videos below.

[How to throw a Frisbee for Older Kids](#)

[How to throw a Frisbee for Younger Kids](#)

Once students get a handle on a good Frisbee throw, you can begin to introduce them to more Frisbee games.

Younger Student Frisbee Games:

1. **Hula Hoop Frisbee Throw**- Hang hula hoops from a tree or clothesline, and have students aim their Frisbee through the hula hoop. Your kids might make an elaborate point system based on distance, taking into account the family member’s age... it’s fun to see how kids come up with their own rules and games.
2. **Frisbee Tag**- Just like regular tag, but with throwing SOFT Frisbees at one another. This is a kids FAVORITE!
3. **Frisbee Bowling**- Line up water bottles or other light objects on the ground, chairs or a table, and try to knock them down with Frisbees.

Older Student Frisbee Games:

1. **Frisbee Golf**- set up a frisbee golf course around the yard. Have students create a map of the starting and ending points and a “par number” for each “hole.”
2. **Ultimate Frisbee**- a favorite for young teens, kids can learn and practice basic skills now, and then implement a game with friends once we are allowed to be together again. ☺

