



NATURE ACTIVITIES

WITH BC CURRICULUM LINKS

SPRING

PART 3 OF 3 SEASONS



With great respect and humility, we acknowledge and honour the lands of the Stz'uminus and Snuneymuxw peoples on whose territories Wildwood Ecoforest is situated. The Stz'uminus and Snuneymuxw peoples maintain their profound, unique and spiritual connection to the land through ageless traditions, teachings, stewardship and expressions of reciprocity.

Huy ch'q'a

These activity pages have been created by the Ecoforestry Institute Society based on seasonal patterns at Wildwood Ecoforest. They are intended for free use by anyone who wishes to connect with the land.

Several of the journal pages have short educational videos to go with them. These videos can be found on our YouTube Channel. Search for Ecoforestry Institute Society on YouTube and look for our When in Doubt, Go Out(side)! playlist.

This project was made possible by the TD Friends of the Environment Fund , the BC Community Gaming Grant and NSERC (PromoScience).



Spring (late March-June)

When done outdoors, all of our activities support the following Curricular Competencies in the BC Science Curriculum:

K - 8 Experience and interpret the local environment

K - 8 Express and reflect on personal (or shared) experiences of place

K - 6 Observe / Make observations in familiar (or unfamiliar) contexts

K - 4 Demonstrate curiosity (and a sense of wonder) about the (natural) world

Rainbow Chips

Science:

K - Make exploratory observations using their senses

3-4: Make observations of living and non-living things in the local environment

Visual Art:

This activity is suitable for all grades as a way of exploring colour and value

Springo!

Science:

K - adaptations of local plants and animals, seasonal changes, living things make changes to accommodate daily and seasonal cycles

1 - names of local plants and animals, structural features of living things in the local environment

3-4 - biodiversity in the local environment, make observations of living and non-living things in the local environment

5-4-3-2-1 Grounding Exercise

Physical Education:

K-1: Identify and describe practices that promote mental well-being

2-3: Identify and apply strategies that promote mental well-being

Signs of Spring

Science:

K - adaptations of local plants and animals, seasonal changes, living things make changes to accommodate daily and seasonal cycles

1 - names 3-4 - biodiversity in the local environment, make observations of living and non-living things in the local environment of local plants and animals, structural features of living things in the local environment

2 - similarities and differences between offspring and parent

3-4 - biodiversity in the local environment, make observations of living and non-living things in the local environment

Fun With Plants

Supports multiple curricular competencies related to Arts Education for primary grades

Science

K - Plants and animals have observable features

1-2 structural features of living things in the local environment

3-4 - make observations of living and non-living things in the local environment

Continued ...

Continued...

Wild About Woodpeckers

Science

1-2 - Names of local plants and animals, behavioural adaptations of animals in the local environment

May the Forest Be With You

Science

K - Plants and animals have observable features

1-2 structural features of living things in the local environment

3-4 - make observations of living and non-living things in the local environment

Wildlife Trees and Woody Debris

Science

K - Plants and animals have observable features

Make a Sound Map

Science

K- Make exploratory observations using the senses

1-2 - Make and record observations

3-4 - Make observations of living and non-living things in the local environment

Going Buggy

Science

K - Plants and animals have observable features

1-2 - Make and record observations

3-4 - Make observations of living and non-living things in the local environment

Ants!

Science

K - basic needs of plants and animals

1 - names of local plants and animals

3 - Living things.. ..interact in their ecosystems

Make a Nature Journal

Science:

Once made, the journal can be used to support curricular competencies around making, recording, and sharing observations in the local environment.

Spring (late March-June)

1. Rainbow Chips
2. Springo!
3. 5-4-3-2-1 Grounding Exercise
4. Signs of Spring
5. Fun With Plants
6. Wild About Woodpeckers
7. May the Forest Be With You
8. Wildlife Trees and Woody Debris
9. Make a Sound Map
10. Going Buggy
11. Ants!
12. Make a Nature Journal

Rainbow Chips

Date: _____

This activity encourages young naturalists to look closely at nature for small details, and can be engaging for adult naturalists as well.

You'll need "rainbow chips" and a bag to keep them in. Rainbow chips are pieces of paper in various colours and tints of the rainbow. A great way to make them is to get some paint sample cards from a hardware store and cut them up, but you can also make them out of scrap construction paper, cut up colourful magazines, or by using paint or crayons in various shades and colours on paper and cutting up the results. However you make them, the result should be a collection of small pieces of paper in a wide variety of colours and tints, kept in a small cloth bag or basket.

If you're an adult leading the activity for younger children, it's nice to start with a fantastical story of how you found the rainbow chips: "I was out in the garden and it started raining when a bright rainbow appeared in the sky.. I heard a bird calling and suddenly saw a bird flying right into the rainbow! The next thing I knew, the rainbow shattered and the pieces fell everywhere.. So I gathered them up and they are here in this bag...but I think there may still be rainbow colours out there to be found!" With older groups, you can simply explain that having a good eye for detail is an important skill for a naturalist and this activity will help you work on that.

For the activity, each person should draw a colour randomly out of the bag, and then try to find that EXACT colour in nature. For instance, if they draw a green rainbow chip, they are not just looking for anything green, but the exact shade and tint of their rainbow chip.

Once an exact match has been found, show someone else your match! You can then repeat the activity with another colour, as many times as you like. If you're doing the activity as a group, you can complete it by doing a 'tour' of some of the best matches.

Hints: Flower buds and the stems of plants are good places to find pinks and purples, the backs of leaves are often a different shade of green than the fronts, and you can sometimes find bright yellow or orange fungus hidden under logs. Be sure to put things back where you found them when you're done.

To record this activity, when you find a match you can glue your rainbow chip to the next page and write or draw a picture beside it of the natural object that matches it!

This program is proudly supported by:

SPRING - WEEK 1 - Page 1 of 2

"The power of imagination makes us infinite."
- John Muir



BRITISH
COLUMBIA




Friends of the
Environment
Foundation

Rainbow Chips







Date: _____

When you find a colour match you can glue your rainbow chip below and write or draw a picture beside it of the natural object that matches it!



After a long winter, spotting signs of spring can feel pretty exciting. So why not turn it into a game? Springo is a bingo style game where you hunt for signs of spring, mark them off on a sheet, and then shout "SPRINGO!" (it rhymes with Bingo) when you get a full line marked off.

Print off this sheet, bring a pencil and a clipboard, and head out into your yard, a park, or another natural area near you. Mark off the "Free" spot with an X to make sure your pencil works. Explore the area and mark off your sheet when you spot something on it. If you get a full line in any direction – shout SPRINGO!... and celebrate!

SPR	I	N	G	O
 SKUNK CABBAGE	 MAPLE SEEDLINGS	 MUD PUDDLE	 MAPLE FLOWERS	 BANANA SLUG
 IT WAS LIGHT WHEN YOU WOKE UP	 SALMONBERRY BLOSSOM	 BUMBLEBEE	 WOODPECKER DRUMMING	 FAWN LILIES
 BIRD SINGING	 WOODPECKER CALLING	FREE	 INDIAN PLUM	 TRILLIUM
 YELLOW VIOLET	 NEW LEAVES	 FROG CALLING	 ACTIVE ANTS	 PLAYING OUTSIDE
 RUFIOUS HUMMINGBIRD	 POLLEN	 FLOODING WETLAND OR POND	 WARM SUNSHINE	 STINGING NETTLE

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SPRING - WEEK 2

"Like a great poet, Nature produces the greatest effects with the fewest materials-sun, trees, flowers, water and love; that is all."
- Heinrich Heine

5-4-3-2-1 Grounding Exercise

Date: _____

Find a spot in your backyard, on your balcony, or by a window with a view of the outdoors. If you're indoors, open the window. What plants and animals can you see? How does the air smell? Can you hear birds or other natural noises? Stay for as long as you want, simply observing nature.

5 Now, see if you can find 5 shades of green. Feel the ground beneath you where you're sitting.

4 What are 4 things you can feel near you? Are they smooth, rough, hard, soft or prickly? Now close your eyes and listen.

3 What 3 sounds do you hear? Take a slow, deep breath in through your nose and breathe out letting your body relax.

2 What are 2 things you can smell?

1 Finally, if you've brought a snack with you take a bite. What do you taste?

Use the space below to draw a picture of how connecting with nature makes you feel:

SPRING - WEEK 3

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."
- John Muir

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Signs Of Spring

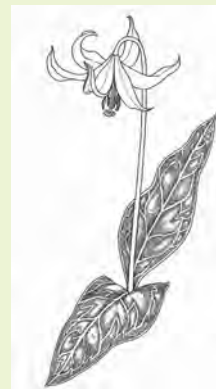
Date: _____

Head out into your backyard, onto your balcony, or to a quiet natural space near you. Can you find these signs of spring?

- Warm sunshine
- Flower
- Leaf or flower bud
- Fresh green leaf
- Seedling
- Birds singing
- Birds collecting nest material
- Bumblebee
- Slug

Watch the "Signs of Spring" video. Can you find any of the same signs near you?

- Skunk cabbage
- Salmonberry blossoms
- Bigleaf Maple seedlings
- Bigleaf Maple flowers
- Singing birds
- Stinging Nettle shoots
- Oemleria
- Great white fawn lily
(*Erythronium oregonum*)
- Illustration by Diana Thompson



What else can you find? Add your own signs of spring to this list:

Draw your favourite sign of spring here:

SPRING - WEEK 4

"If you find yourself worrying, go outside, take three breaths, address a tree, and quietly say "Thank you". If you can't find a tree, a dandelion will do. Nature is magic." -Robert Bateman

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Fun With Plants

Date: _____

Head out into your backyard, or to a quiet natural space near you.

Find a dandelion in your yard or near where you live. Fill a bowl with water. First, add the whole stem to the bowl of water. What happens? What do you think will happen when you add the split dandelion stem to water? Split the stem and add it to the bowl of water. What happened?

Make a leaf rubbing in the space below.

SPRING - WEEK 5

"When we try to pick out anything by itself, we find it hitched to everything else in the universe."
- John Muir

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Wild About Woodpeckers

Date: _____

Make a Pileated Woodpecker Caller!

You will need: 2 popsicle sticks, 1 large rubber band (like one you find on broccoli or other produce), plus 2 smaller rubber bands

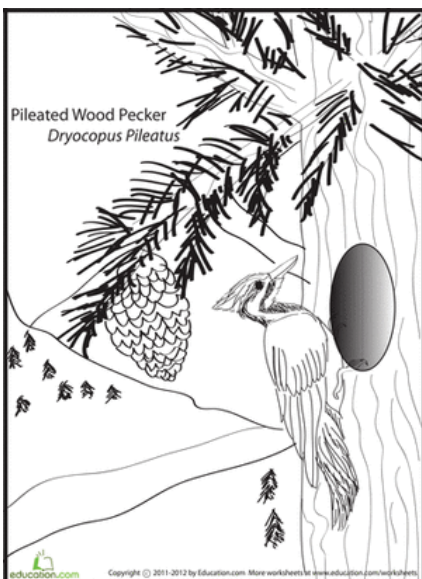
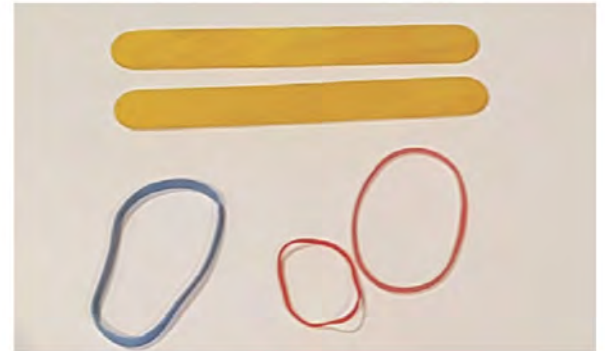
Step 1. Gently bend one of the popsicle sticks so that it has a slight curve. Be careful not to bend too far, it will break!

Step 2. Place the large elastic band lengthwise around the bent popsicle stick. There should be a small space between the elastic and the popsicle stick on the underside of the curve.

Step 3. Place the curved popsicle stick on top of the flat one so that the underside of the curve creates a space between the sticks.

Step 4. Use the 2 smaller elastics to hold the ends of the popsicle sticks together.

Step 5. Put your lips on the middle of the woodpecker caller and blow!



SPRING - WEEK 6

"Adopt the pace of nature: her secret is patience."
- Ralph Waldo Emerson

May The Forest Be With You!

Date: _____

Make a leaf or bark rubbing!

You will need: crayons, paper, pencil

1. Find a tree in your yard or near your home. Look on the ground near the tree. Do you see any cones, leaves or seeds?
2. In the space below make a drawing or rubbing of what you find.

SPRING - WEEK 7

"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts."
- Rachel Carson

Wildlife Trees And Woody Debris

Date: _____

Who lives here? Find the animals that live in the tree. Colour them in when you see them.
Who else lives in this wildlife tree? Draw 2 more animals that could live here.



SPRING - WEEK 8

"Trees do not preach learning and precepts. They preach, undeterred by particulars, the ancient law of life."
- Herman Hesse



Make A Sound Map!

Date: _____

You will need a pen or pencil and this journal page (or a blank piece of paper)

- 1) Find a comfy place to sit in a garden, park, or forested area.
- 2) Take out your pen or pencil and draw an X in the middle of the page. This marks where you are sitting.
- 3) Now close your eyes and listen.
Imagine you are in the middle of the page and the sounds are coming from all around you.
- 4) Every time you hear a sound mark it on your page with a drawing, a symbol or a word in the direction that it came from. For example, if you hear a bird singing to your left, draw a music note on the left side of the X.
- 5) Keep listening for 5 minutes or as long as you want.

OR: Find a comfy place to sit in nature. Close your eyes and listen. Put your hands up, fingers open. Put a finger down every time you hear a sound. Draw your favourite sound in the space below.

SPRING - WEEK 9

"I am at home among the trees."
- JRR Tolkien





Going Buggy!

Date: _____

For this bug adventure you will need a white or light coloured piece of fabric (an old T-shirt or sheet will do), a magnifying glass and a cookie sheet or piece of cardboard (optional).

Take your piece of fabric and secure it over the cookie sheet. Place the fabric covered cookie sheet underneath a bush. Shake the bush firmly and see what falls out onto the sheet. If nothing falls out, shake it again a bit harder.

Now, take your magnifying glass and examine what you find on the sheet. Remember the lesson in the Bug Song video and draw the creatures that you find in the right columns below. When you are done, make sure to gently place the creatures back in the bush where you found them. They are alive and important too!

Safety note for adults: While most insects and arachnids on Vancouver Island are harmless, ticks and certain insect species can bite. Please make sure to supervise this activity and only handle species that you know are safe.

INSECT	NOT INSECT



SPRING - WEEK 10

"It is important to realize that relationships exist between all things and no one thing can exist in the forest alone -- and that includes us."
- Merv Wilkinson



Ants!

Date: _____

Who eats who? Draw a line with the arrow pointing from the predator to the prey. For example, the Northern flicker eats Thatching ants. Draw as many connections as possible.



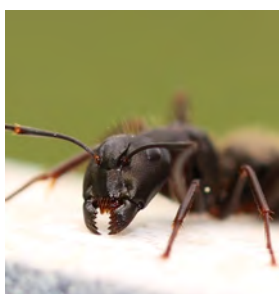
Thatching ant



Cutthroat Trout



Pileated woodpecker



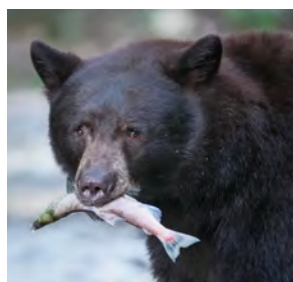
Carpenter ant



Silver spotted tiger moth caterpillar



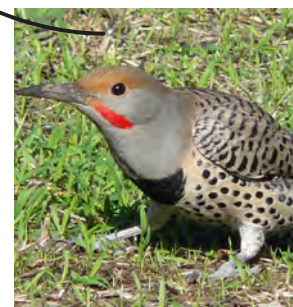
False darkling beetle



Black bear



Wood bug



Northern flicker

SPRING - WEEK 11

"Of all the paths you take in life, make sure a few of them are dirt."
- John Muir



Make A Nature Journal!

Date: _____

Make a simple nature journal that you can use in your sit spot and to record your summer nature adventures. These nature journals can be made entirely out of reused or repurposed materials. You will need:

- Coroplast or corrugated cardboard
- Pen or pencil
- Scrap paper (lined, blank, coloured, graph, printed on one side – anything you've got)
- A heavy duty hole punch
- About 12" twine, string, or strong ribbon



1. Start by cutting two pieces of corrugated cardboard or plastic to approximately half the size of a standard sheet of paper. This will make your journal covers about 5.5" x 8". If you use corrugated plastic (the kind used for real estate signs, etc.) the journals will be somewhat water resistant, whereas corrugated cardboard will give a more natural look.



2. Use a heavy duty hole punch to punch holes along the long side of one cover. Next, line the covers up so they match and use a pen or pencil to mark their locations on the 2nd cover. Then, punch the holes in the second cover. This may take a fair bit of strength, so small children will need help with this.



3. Once the covers are made, choose paper for the inside of the journal. You can use fresh paper for this, but this is also a good opportunity to use up scrap paper that has been printed on one side. Fold 8.5" x 11" sheets in half. Place one of your covers onto the top piece of paper, and again use a pen or pencil and the top cover as a template to determine where the holes should be before punching them. Now, place the paper in between the two covers, and line up the holes – it's time to put your journal together!



Thread your piece of string or twine through the holes and tie it loosely. Open the journal to check it lies flat before tying a permanent knot – if you tie it too tightly, the journal won't open!

Once the journals are made, you can decorate the covers, and then head out into the yard or nearby park to fill them up.

SPRING - WEEK 12

"Taking in the good, whenever and wherever we find it, gives us new eyes for seeing and living." - Krista Tippett

