

Backyard Nature Walk

Taking time to enjoy the beauty and promise of nature can help us feel calm and happy. What can you see? What can you smell? What can you feel? What can you hear? Discover what nature has waiting for you in your backyard, or outside your front door.

Supplies

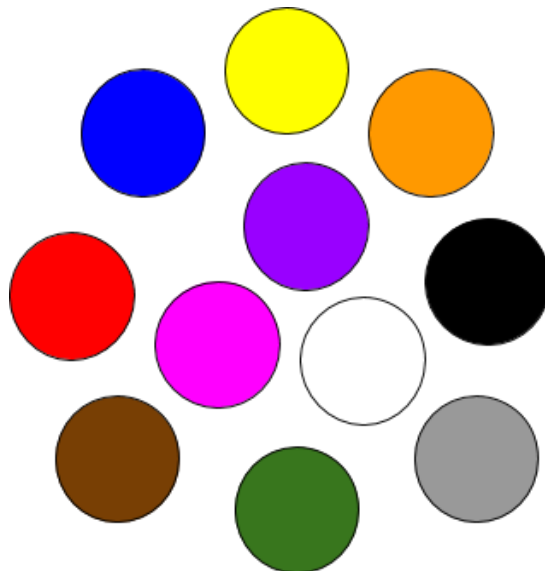
You don't need to bring anything with you to explore nature. If you want to record your adventures, the following items may be helpful if you already have them:

- **A notebook** to write or draw what you see
- **Something to write with, like** a pencil, pen, or crayons
- **A magnifying glass** to admire details
- **A bucket** to hold your treasures

Colors in Nature

Color is abundant in nature. From animals and plants to trees and insects, you can find all the colors of the rainbow, and more!

Can you find these colors in nature?

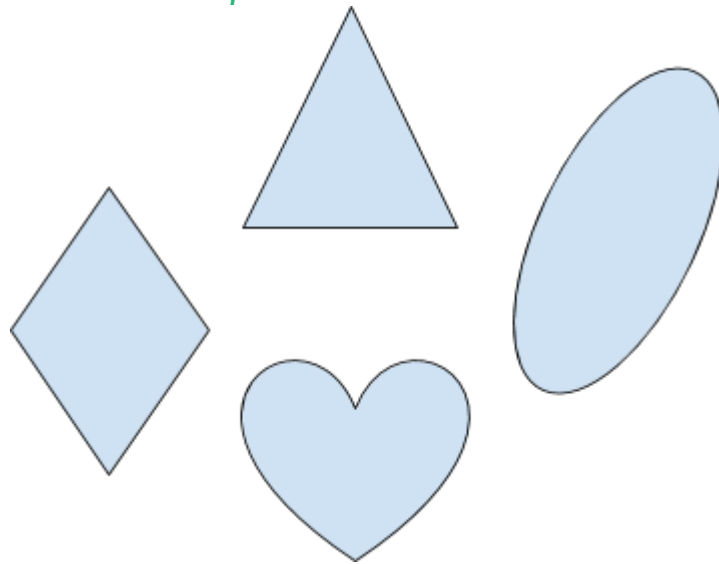


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Shapes in Nature

Shapes are the foundation of nature. You can find shapes in animals, plants, trees, and food. Shapes occur on earth, in space and everywhere in between!

Can you find these shapes in nature?



Patterns in Nature

Patterns can be found all around us. Patterns can consist of shapes, colors, lines, spirals, and fractals (never-ending patterns). These patterns are not random, but they are also not identical. For example, all zebras have stripes but one stripe is not exactly like another.

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Can you find these patterns in nature?



spirals



stripes



cracks

Can you make a pattern chain?

Use materials from nature to copy and make pattern chains. Here are some examples:



A B A B A pattern



AA BB AA BB AA pattern

Did you know that mourning doves, cardinals, and chickadees have recognizable patterns in their seasonal calls?

Find out more and listen to recordings of bird calls at <https://www.audubon.org/bird-guide>.

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Nature Challenge

Start in your yard and, if it is safe to do so, expand your nature hunt to include your neighborhood and local park or forest preserve. Happy hunting!

Can you find:

- Something that is very soft
- Food for an animal
- Something that is very rough
- Insects (ant, caterpillar, beetle, butterfly, etc.)
- A rock with two different colors
- Something round
- Something fuzzy
- Something sharp
- A feather
- Something that makes noise