

Outdoor Activities to Connect with Nature

Whether you are a parent with children at home who need fun ways to continue their learning, or just looking for activities that connect you to nature, use the ideas below to motivate some outdoor time in your life!

Go outside and look for signs of wildlife. Can you find tracks, scat (wildlife poop), feathers, matted down patches of grass, nibbled plants, or scratches in tree bark? Who left these signs? Learn more about wildlife tracking in Vermont [here](#).

Try to find something in every color of the rainbow. Look hard to find something red, orange, yellow, green, blue, and violet.

Take a piece of paper and make a crayon rubbing of a leaf or the bark of a tree. Now look up and think about who lives in a tree? Read a fun poem and make wildlife cutouts to go along with the poem [here](#).

Start a nature journal or an art book. Click [here](#) for tips for journaling your observations.

What's Under That? Snoop around plants and rocks to see what insects you can find. Roll over a log to discover what's under it (remember to put it back when you're done). Use this [Insect Inspection Data Sheet](#) to record your observations.