Nature - Inspired Activities
For Youth and Families to Engage at Home

Arts & Crafts 
Younger Youth

- Nature Tree
- Earth day collage
- Bug hotel
- Nature paintbrushes
- Botanical sun catcher
- Maple seed dragonfly
- Playdough nature prints

Photo source: raisinghooks.com

Arts & Crafts 
Older Youth

- Plant impressions in clay
- Paper tulips
- How to press flowers
- Making natural dyes with vegetable and fruit scraps
- DIY wind chime with sticks
- Up-cycled bird feeders

Photo source: mybrightideasblog.com

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**Younger Youth**

- Nature bingo printable
- Egg carton scavenger hunt
- Nature scavenger hunt printable
- Indoor scavenger hunt printable
- Color hunt for indoor/outdoor exploration

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**Older Youth**

- Neighborhood scavenger hunt printable
- Nature scavenger hunt printable
- Nature journaling activities
- Indoor scavenger hunt printable

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Photo source: handmadecharlotte.com

Photo source: thesavvysparrow.com

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Natural Science

Younger Youth

- Stargazing activities
- Seed germination
- Leaf & bark rubbing journal
- Indoor bird watching
- Foam rain cloud experiment
- Homemade weather vane
- Nature facts, activities and online games
- San Diego Zoo online learning

Photo source: handmadecharlotte.com

Natural Science

Older Youth

- Re-growing food scraps
- Flower dissection activity
- 20 outdoor science experiments
- Biodiversity activity
- List of nature documentaries to watch free online
- Weather science resources

Photo source: eatingwell.com

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Environmental Stewardship

**Younger Youth**

- Oil spill demonstration
- Water pollution experiment
- Compost experiment
- Which plastic is which?
- What is a carbon footprint?
- Recycling game printable
- Why is recycling important? video for kids

**Older Youth**

- Soil erosion experiment
- Homemade rain gauge
- Build a landfill model
- Water purification project
- Recycling guide
- DIY recycled plastic bag projects

Photo source: lifeisagarden.co.za

Photo source: kitchencounterchronicle.com

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Mindfulness: Younger Youth

- Preschool mindfulness in nature tips
- Engaging the senses outdoors
- Garden yoga positions
- Guided yoga video playlist
- "Mindful Walking" video
- DIY mindfulness glitter jar
- DIY zen garden for kids

Photo source: preschoolinspirations.com

Mindfulness: Older Youth

- Practicing mindfulness in nature tips
- Gratitude scavenger hunt
- Guided yoga video playlist
- Guided online meditations
- "Campfire by the River" video for indoor meditation

Photo source: greatergood.berkeley.edu

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Fun & Games Younger Youth

- Nature memory game
- Animal tag
- Nature tic-tac-toe
- Trampoline activities
- Physical activities for young children to do outside
- 101 water activities
- Huge list of fun things to do outside for little or no cost

Fun & Games Older Youth

- Backyard camping
- Huge list of backyard games
- Free or low-cost games to play while camping
- How to engage nature from the indoors

Photo source: rainorshinemama.com

Photo source: purewow.com

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