



Engaging with Nature

WEEKLY IDEAS FOR PARENTS AND CAREGIVERS



Weekly Questions to Guide Discussions

This week's theme -
Outdoor Independence Day -
Independent Exploration

How can we celebrate the national holiday while maintaining social distance?

How can we experience nature independently?



Photo by Emma O'Donnell

No Tech Activities

No devices or apps needed

What is your dream tree house or campsite?

Describe/draw your ideal dream outdoor treehouse/campsite. Use your imagination and be creative!

- Location - Where is this location? Is it somewhere you've been before or just seen / imagined?
- Who - Who would you bring to this space with you? OR would it be a top-secret place?
- When would be an ideal time to adventure to this place? Winter, Spring, Summer or Fall?

High Tech Activities

Device/Internet Access/Online Tools

Independent Exploration

Take photos of animals you see around your home in the outdoors and upload it to the app / website to find what kinds of animals or plants you can discover!

iNaturalist website: <https://www.inaturalist.org>



Stay Home, Eat Well, Keep Moving

There are many ways you can help your family eat well and stay active while at home. Check out these resources from the University of Maryland Extension's SNAP-Ed program.

English Version

<https://tinyurl.com/ybk9wwox>

Spanish Version

<https://tinyurl.com/y7ph6bge>

COVID-19 PARENTING RESOURCES

From the World Health Organization

#HealthyAtHome - Healthy Parenting

<https://tinyurl.com/y9bmdq3c>

Proven parenting tips and activities

Multiple languages!

<https://tinyurl.com/ybjrhcaw>



Create Your Own State Park
Summer Challenge



Create Your Own State Park
Summer Challenge

<https://bit.ly/2YerVBz>

The Maryland Park Service

Check out these two
statewide programs
for families to
participate in this
summer.

Park Quest 2020



"DIY" Do-It-Yourself Park Quest

<https://bit.ly/3fFbqUW>

Summer Camps - For Kids

Bringing Nature Home:
Summer Adventure Camp at Alice Ferguson Foundation
<https://fergusonfoundation.org/summercamps/>

Echoes of Nature Virtual Summer Camps 2020
<https://www.echoesofnature.org/summer-virtual-camps>

Family Camp at NorthBay Adventure This Summer
<https://northbayadventure.org/familycamp/>

Pickering Creek Audubon Center
EcoCamp From Home! <https://tinyurl.com/y9rdn75c>

Evergreen Heritage Center <https://tinyurl.com/yc46xke8>
Evergreen Camp July 27-31 from 9 am to 4 pm

Smithsonian Environmental Research Center (SERC)
<https://tinyurl.com/y8lwk843>
Summer Science Series

July 7 to August 4 (every other Tuesday) for 5 to 7-year-olds
July 16 to August 6 (every other Thursday) for 8 to 12-year-olds

For Adults

Cornell Lab of Ornithology
Virtual Educator's Retreat
<https://tinyurl.com/y87slbh4>
July 6-August 9, 2020
To register:
<https://tinyurl.com/y9bfd4hr>

SERC
Virtual Training & Certificate
Programs
<https://tinyurl.com/yanvq8uw>

- July 7, 17, 24: Understanding & Teaching Climate Change
- July 28 and 29: River Otters of the Chesapeake Bay
- July 7: Wildlife & Fish of the Chesapeake Bay

To register: email
mcdonald@si.edu

Teachers on the Estuary (TOTE)
July 27-31, 2020
<https://www.fisheries.noaa.gov/event/teachers-estuary-workshop>

Featured App - iNaturalist - Free!

Take a break to get out in nature and take photos of plants and animals on this identification app. Interact while maintaining social distance digitally with others in your area. You can use this application on both plants and animals, and it works great! If you are new to the outdoor world you could use it as a fun way to discover new plants or animals. Or, if you're more experienced as a way to test yourself.

Website - <https://www.inaturalist.org>