



ENGAGING WITH NATURE

Weekly Ideas for Parents & Caregivers

This Weeks Theme & Focus

Mindfulness in the environment focusing using on Justice, Equality, Diversity and Inclusion



Questions to Guide family and care givers discussions

- What constitutes equality in the environment?
- How can we celebrate all cultures in nature?
- How can we provide support, hope and education for the mentally distressed during this time?

Below are some ideas involving technical resources to engage with nature:

“No Tech”

Reflect on your true happiness by asking some of these questions...

- What is your favorite animal, and why does it bring you joy?
- Where is your favorite place to be outside?
- What is a dream place you want to visit?
- What is an ideal place to put a secret treehouse?
- What is one thing you can do outdoors that brings a smile to your face?

“Low Tech”

Read & Reflect on Satchel & Lahoma’s “The Black, Indigenous & People of Color’s Outdoor Bill of Rights” Written by Lunch & Learn Speaker Jamil Mott.

Use this link;
<https://tinyurl.com/y8fbc8qg>

“High Tech”

Need some inspiration for engaging with nature this summer with kids?

Check out these Nature Nerd episodes for some ideas! This show is all about nature and getting outside!

Use this link; <https://tinyurl.com/y7rl7xr7>



World Health Organization

COVID-19 RESOURCES - From the World Health Organization

#HealthyAtHome – Healthy Parenting
<https://tinyurl.com/y9bmdq3c>

Proven parenting tips and activities in multiple languages!
<https://tinyurl.com/ybjrhcaw>



Featured App of the Week: Headspace



Focus on meditation this week in this app. Utilize their guided mindfulness exercises while venturing outdoors!



Summer Camp for Kids

Jug Bay Wetlands Sanctuary

Into the Wild Nature Camp
July 20th-24th From - 9:00 - 3:00
<https://tinyurl.com/y6zy518a>

Evergreen Heritage Center

Evergreen Camp
July 27th - 31st From - 9:00 - 4:00
<https://evergreenheritagecenter.org/summer-camps/>

Smithsonian Environmental Research Center (SERC)

Virtual Field Trips & Talks
July 16th - 31st From 9:00 - 4:00
<https://tinyurl.com/y8lwk843>

River Valley Ranch

Camp Reimagined Day Camp
July 14th - 31st - From 9:00- 5:00
<https://www.rivervalleyranch.com/camp-reimagined/>

Summer Ideas 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>

Smithsonian Environmental Research Center (SERC)

Virtual Training & Certificate Programs
<https://tinyurl.com/yanvq8uw>
Understanding & Teaching Climate Change
July, 17, & 24 (10am -1pm)
To register: email mcdonald@si.edu

Smithsonian Environmental Research Center (SERC)

Virtual Training & Certificate Programs
River Otters of the Chesapeake Bay
July, 17, & 24 From 10am -1pm
To register: email mcdonald@si.edu

Teachers on the Estuary (TOTE)

July 27-31, 2020
<https://www.fisheries.noaa.gov/event/teachers-estuary-workshop>



Wellness Tips for Mental Health

Scan your phone over this QR code to reveal the article
"Being Mindful of your Mental Health and Wellness"