



Wild Ideas: Nature Activities for Family Fun this Summer

It is Important to Spend Time in Nature!

Here's Why:

- Mental and emotional benefits.
- Physical benefits: opportunity to get active.
- Social benefits: talking and sharing, making connections.

Summer Activity Ideas

- Picnic or BBQ
- Gardening
- Astronomy at home
- Scavenger hunt/Geocaching
- Sandboxes and water tables
- Birding
- Mothing
- Moon bathing
- Go on an Owl Prowl
- Nature Journaling

Resources from Canadian Wildlife Federation

- [WILD Family Nature Club](#)
- [Lil Green Sprouts Activity Booklet](#)
- [Day at the Beach Activity Cards](#)
- [Online Learning Library](#)

Resources from Watersheds Canada

- [Nature Discovery Backpacks lending library program](#)
- [Free grades 1-6 Activity Books](#)
- [Greening Projects Toolkit](#)
- [DIY Shoreland Assessment](#)
- [Bio-Blitz Activity](#)



Nature-based Apps

- [Stellarium](#)
- [iNaturalist.ca](#)
- [eBird](#)
- [Geocaching](#)

Additional Resources

- [Royal Astronomical Society of Canada Star Parties](#)
- [Let's Roll: Tactile Discovery](#)
- [Natural Shape Viewers: Tactile Discovery](#)
- [Tree Fort Toys: Tactile Discovery](#)
- [Campfire Story Decks: Night Time Discover](#)

Join the free Freshwater Stewardship Community!
watersheds.ca/freshwater-stewardship

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