



Opening Minds to Connect Children with Nature: Making a Nature Pledge

Connecting with nature does not necessarily mean hopping on a plane to hike in the Rockies or spending a week camping in the woods. By creating a “nature pledge,” children and families will:

- Watch ants in the sidewalk or bugs in the bark of a tree.
- Look up at the clouds; enjoy the sunrise (really!) or sunset.
- Dig in dirt, sand or mud.
- Look for weird things in the park, like mushrooms or four leaf clovers.
- Listen to the birds in your neighborhood and look for them—how are they different?
- Follow the squirrels in the trees and on the sidewalks—they are funny!
- Go to the beach and listen to the water and the gulls.
- Look for weeds in the cracks of the sidewalk—how did they get there?
- Get dirty, sandy and wet!
- Visit one park, preserve, nature center or community garden once a season and talk about any changes.
- Make a seasonal shelf where natural items can be collected and displayed.
- Visit local wilderness organizations that offer free or affordable nature-based programs for families.

Open your mind to
connecting with nature.
Make your nature
pledge today!

