



## EcoNugget

### How to Get Kids into Nature

**Kids who grow up experiencing nature's mystery and beauty will grow up caring for and protecting it.**

- **Roll over a rock** - Find a salamander, millipede, centipede or a beetle!
- **Create** a butterfly garden and watch.
- **Sit and count** how many birds, animals or insects you can see & hear in 10 minutes.
- **Star gaze** – Find a [dark sky spot](#), stay up and look up! Watch for bats too! (Don't want to blow bedtime? Watch clouds in daylight).
- **Take a walk in the woods** – Go on a scavenger hunt. Compare leaves and tree bark. Look for tracks, scratch marks & poop (a.k.a. "skat").
- **Start a nature Journal** - Draw or write your nature experiences.
- **Join** a kids nature club or the Nith Valley EcoBoosters Youth Advocates group.

**For More info:** [Connecting youth with nature - David Suzuki Foundation](#)

**Learn more** about Nith Valley EcoBoosters Youth Advocates group at: [nvecoboosters.com](http://nvecoboosters.com) or contact: [nveb.youthadvocates@gmail.com](mailto:nveb.youthadvocates@gmail.com)