



Let's Take a Walk

Children can find all kinds of treasures in the world around them. This activity gives children an opportunity for building friendships as they explore their environment together.



Learning Goals Children are working on:

- Cooperation
- Curiosity
- Appreciating other people's ideas
- Appreciating nature
- Imagination

Materials:

- A place to walk (sidewalk, yard, or trail)
- Small bag or box (optional)
- Magnifying glass (optional)

Directions:

- Plan a walk with your child and a friend. You may not get very far, or move very quickly, but the children can have a chance to look for things like:
 - Leaves, flowers, or plants
 - Tiny bugs or stones
 - Squirrels, dogs or cats
- Bring along a small bag for each child to gather things that you find along the way. When you're back home, get creative together and help the children use what they've found to make a collage or a simple mobile using a branch and string. Leaves can be used in rubbings. Put a leaf under a piece of paper and show your child how to rub across it with the side of a crayon. Hold the leaf and paper still while rubbing and the outline appears, as if by magic. Stones can be painted and used as paperweights. The children might want to keep the collection in a "treasure box" like a shoe box.
- Children who are interested in trees might enjoy a "tree walk." Get to know the trees on your walk. Look carefully at their shapes and sizes. Touch the bark. Look at the shapes of the different leaves.
- You can even take along magnifying glasses for close examinations.

Remember, when adults go for a walk, we're usually on our way somewhere, and we walk at a steady pace. When children go for a walk, they stop and look at things around them. In fact, for them, looking is far more important than walking.

As you help your child see the similarities and differences in leaves and trees, you can also talk about how people are alike and different. Appreciating people is part of appreciating the world

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