







I'm a Nature SmART Kid

Adult Guide To Checklist

-  Decide on a realistic goal for your child. You know your child best – how many of the checklist activities can your child comfortably do in the time you have available for this project?
-  Pick a park, playground, backyard, beach, garden, farm or other suitable destination for each activity you plan to undertake. Read the helpful tips for adults too! Be prepared: learn ahead of time what to wear, bring and do for a safe excursion. Keep the activities simple, age-appropriate, and focused on having fun.
-  On your child's copy of the checklist, have your child check off each activity as your child completes it. When you have reached your goal, help your child select and print one of the Nature SmART Kid certificates on this webpage. Either write, or have your child write, your child's name in the appropriate space on the certificate.
-  **Enjoy celebrating with your Nature SmART Kid!**

1. I took a walk in the woods.

Adult tip: Ask your child to be quiet and still for a moment in the woods. Then ask: what did they see? hear? smell? How many different types of trees can they find? Look at leaves and tree trunks to notice differences. If you can, bring paper and crayons so your child can draw something they see. Before heading home, ask your child: what did they like about their experience?

2. I put my toes in an ocean, lake, river or stream.

Adult tip: Ask your child how the water feels: is it cold or warm? Is it moving or still? Encourage your child to stand quietly for a moment and observe closely - what do they see in the water? Are there animals or plants living in or near the water? What do they hear or smell?



Creating Climate SMART Communities

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3. I planted a seed and grew a plant.

Adult tip: You can buy seeds in many hardware, grocery and plant stores as well as online. You can even harvest seeds from food you buy at the grocery store or farmer's market. (This may not work with every type of plant, but it can be exciting to experiment.) Seeds can be planted in cups, bowls, and containers as well as in the ground. Plants that grow tall (sunflowers) or fast (beans) can be especially rewarding for children. The local library and online searches can help guide you and your child in this growing adventure; knowledgeable plant store personnel can also help.

4. I found rocks or seashells outdoors.

Adult tip: Ask your child to describe what they found: what shape is it? Is it heavy or light? smooth or jagged? one color or many? What animals or plants might depend on this rock or shell? Are there insects living under the rock? Is there moss or lichen (because if so, the rock is providing a home for that plant)? Seashells are homes for sealife; ask your child: what might have lived in this shell? Libraries contain wonderful books on rocks and seashells – after exploring a bit, your child might enjoy learning more. And only take rocks or seashells home where permitted; otherwise, leave them for animals and plants to enjoy.

5. I saw an animal that lives outdoors and drew a picture of it.

Adult tip: Have your child take some time to reflect on what they saw: was it furry? Did it have wings? swim? live under a rock? scurry behind a plant? Did it have lots of colors or just one or two? Art is a way to spark a child's imagination and talking about what they draw builds a child's thinking and language skills.

6. I created a book or story about the outdoors.

Adult tip: Your child can make a book using paper and crayons, pencils, or paint. You can ask a very young child to tell you a story as you write it down for them and they draw pictures to go with the words. Your child might enjoy gathering the pictures they have drawn into a book and creating a cover page out of paper or cardboard.

7. I made up a song or dance about playing outside.

Adult tip: This activity can be pure fun for kids of all ages! Simply enjoy and appreciate your child's creativity.

8. I wrote or told a friend or relative about what I like to do outdoors.

Adult tip: Ask your child to identify some activities they enjoy when they are outdoors. Encourage your child to share these thoughts in a letter, drawing, phone call, or conversation with a friend or relative who lives in the neighborhood or far away. Grandparents and close family relatives might especially appreciate receiving a personal message from your child.

9. I found a quiet spot outdoors where I sat and listened to the sounds of nature.

Adult tip: Wind and water sounds can be especially soothing. Think of times or places where your child can delight to the sound of the wind rustling tree leaves or water trickling, gurgling or rushing down a stream. Birds also can be full of song; they tend to be most active early in the morning (when young children usually get up) or just before dusk, so bird-watching then can be especially pleasing.

10. I flew a kite or played a game with the wind.

Adult tip: Simple kites work best for young children, so we don't recommend buying expensive or elaborate kites. And children can be wonderfully inventive, so you needn't take a trip to the store – just make a paper airplane or follow your child's lead! Or sit with your child and watch the wind chase the clouds across the sky. What cloud-watching games can your child imagine?

Visit www.honoringthefuture.org/climate-smarts to learn more about what you can do to address climate change.