

Summer Nature Activities

As the weather heats up, some families are excited to spend more time outside, while others may actually be less inclined to be out in the heat. Below you'll find some activities you can do inside and some you can do outside. Be sure to use sun protection and do regular tick checks when you do go outside. For comprehensive information on tick bite prevention and what to do if you find a tick, check out: <https://www.lyme.health.harvard.edu/Lyme-disease-prevention-and-action/>

Indoor Activities:

- Make bird nests out of (old) playdough and natural materials like sticks, grass, leaves, flower petals, etc.
- Paint with natural materials: use bundled together pine needles, leaves, and sticks as paintbrushes.
- Explore ice by freezing toys in plastic food containers full of water and then giving your child different tools to try to get the toys out of the ice. They can use toy hammers, table salt, and eye droppers of water. Talk about how ice is frozen water, and when it warms up, it melts back into water.



Outdoor Activities:

- Spray bottles and water. That's it. That's the activity. Give your child a spray bottle with water in it (outside) and let them "wash" everything in the backyard. You can add sponges and soap if you or they would like.

- "Bug spray": draw bugs with chalk on the driveway or sidewalk and let your child spray them away with your trusty spray bottle.
- Go for an animal homes hunt: walk in the woods or around your neighborhood and see how many different types of animal homes you can find. Bird and squirrel nests, anthills, holes in the ground and trees, spider webs, and maybe even a beehive.



- Make "binoculars" to take on a walk or hike: tape or staple together two toilet paper rolls, let your child decorate them, then poke holes in the edges and tie yarn through them.

Summer Nature Books:

- The Hike, Alison Farrell
- Over and Under the Pond and Up in the Garden and Down in the Dirt, Kate Messner
- Flowers are Calling, Rita Gray
- I Took a Walk, Henry Cole
- Some Bugs, Angela DiTerlizzi
- Mama Built a Little Nest, Jennifer Ward