



A monthly publication provided by your child's school in recognition of your role as a partner in education.

# Resources for Families

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## Great outdoor learning activities for children

Summer is a great time to take part in outdoor learning activities with your children. Here are some examples. Look for similar opportunities and organizations in your community. Ask at your child's school for sources in your community.

### Hikes

Taking a hike is a great way to get outdoors and get some exercise. Provincial and local parks offer trails to hike and many acres to explore. Activities such as scavenger hunts can add a little more structure to the hike. Talk with your children about what you see around you. If you are hiking in a new area, discuss the different plants and animals that you see.

<http://www.albertatrailnet.com/>

### Berry picking

This is a great seasonal outdoor activity with immediate payoffs. Children get to see how fruit grows and everyone gets to enjoy the fruits of their labour. Take your berries home and teach your children how to bake a Saskatoon berry pie.

[http://www.albertafarmfresh.com/sask\\_08.htm](http://www.albertafarmfresh.com/sask_08.htm)

### Astronomy

View the stars from your own backyard. Local newspapers often publish a regional "sky watch" that you can use as your guide. Start with something easily identifiable, such as the Big Dipper, or the moon.

<http://www.lethbridgeastronomysociety.ca/>

### Visit a nature center

Many Alberta communities have nature centers that offer family activities. Naturalists may be on hand to answer kids' questions so parents don't need to worry about teaching the subject matter themselves.

<http://www.tofieldalberta.ca/nature.htm>

### Clean ups and trail maintenance

Participating in nature clean-ups or volunteering to do trail maintenance with your kids will model responsible environmental behaviour that will help instill those values in your children.

<http://www.edmonton.ca/environmental/other-litter-prevention-progra.aspx>

### Gardening

Get the whole family involved. What will be in your garden? Try to include flowers, vegetables, and herbs. How big should it be? Who weeds? Who waters? What's the daily or weekly schedule? The garden can be a cooperative effort through which parents can emphasize teamwork and accountability.

This website is chock-a-block with kid friendly gardening ideas, projects, plans, games and inducements to get any kid happily gardening. However, to learn what grows best in your area, and when to plant it, be sure to consult your local garden centre. <http://www.kidsgardening.org/>

### Study the flora and fauna in your area

Can you identify the species of trees that grow in your area? Do you know the names of the wild flowers and when they bloom? What kind of owl is that?

<http://talkaboutwildlife.ca/>