Celebrate Afterschool!

utdoors in the Garden State

NJSACC Celebrates Afterschool!
Outdoors in the Garden State

Activities & Resource Guide

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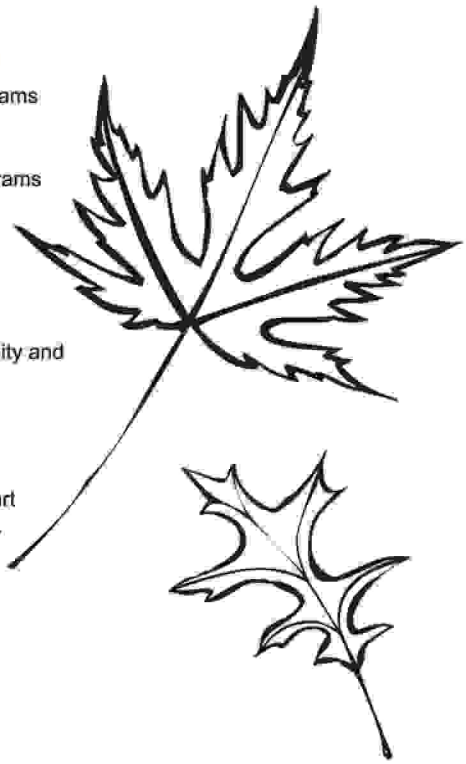
NJSACC Celebrates Afterschool: Outdoors in the Garden State

Celebrate Afterschool! Outdoors in the Garden State is a campaign that helps to bring children in afterschool programs outside and connect them with their communities through meaningful and fun activities throughout the year.

A highlight of Celebrate Afterschool! is a weeklong community celebration of children and nature. Afterschool programs across the state will reach out to local leaders, businesses, families and friends to build support for high quality afterschool programs in New Jersey.



About NJSACC

NJSACC, the network for New Jersey's afterschool communities, promotes and supports the development, continuity and expansion of quality programs for children and youth during out-of-school time.

Funding and Supporters

This pamphlet was funded in part by the NJ Department of Human Services, Division of Family Development as part of a Federal CCDF Block Grant Earmark, Federal Elementary and Secondary Education Act, as amended (Title IV, Part B of No Child Left Behind), 21st Century Community Learning Centers grant funds awarded to the NJ Department of Education, and NJ Department of Children and Families, The Division of Prevention and Community Partnerships.

For More Information

Please visit us on the web at: www.njsacc.org for more information about NJSACC and this campaign.

Why Is This Important?

Afterschool programs expand children's connection with nature because quality programs bring children outside to play on a daily basis. Given more time than in-school recess, the lengthened outdoor play time during afterschool programs can promote exercise, expression and exploration. It doesn't matter if the program is in the city, country or suburb; when outside, children can benefit simply from the sunshine, fresh air, bright colors of nature and the fluffs of clouds.

Nature exploration and outdoor play benefit children in many ways, including physical and cognitive development, behavior and education. Nature play assists in developing children's visual-spatial skills, improves powers of observation and creativity and helps to improve concentration.

What's Included?

The pamphlet includes many tested and suggested nature and outdoor play activities for afterschool providers to use during the weeklong celebration and year-round. Activities in this pamphlet range from those that take planned time and resources to Nature Minutes, which are fast activities with minimal materials. Also included are Nature Fun Facts that can be shared with the children for discussion.

A companion event planning toolkit will help you plan events and activities to introduce your afterschool program to your community. There are tips and ideas included to inform and involve the community about what quality afterschool programs do for children. Afterschool should be recognized and celebrated for its positive impact on youth and support of families. Children benefit when their community appreciates and supports its afterschool program.

Celebrate Afterschool! can help you strengthen community connections while creating new learning experiences for children. Take the kids out and bring the community in to share the value of afterschool!

Keep In Mind Safety!

- Remind families that sun block is important
- Be aware of children's allergies or special needs when selecting an activity
- When traveling outside, always bring a first aid kit
- Make sure to have a communication system in place if exploring nature takes children far from the program site
- Be sure to have the required level of adult supervision
- Remind the children about appropriate dress so they are prepared for outdoor adventures
- Be sure to have permission from families when traveling off-site

Nature Minutes

Grass Whistles:
Place a tall blade of grass tightly between your thumbs, palms facing inward. Blow air in between your thumbs to vibrate the grass blade and make a whistle sound. It takes patience and practice to make it work.

How Old Is That Tree?
Without counting rings, determine the age of a tree. Start by measuring 3 feet from the ground. At that point, measure the tree's circumference in inches. Divide the measurement by 1 inch to discover the tree's age in years.

Pinecones Are Magical:
Take an open pinecone and rest it in water. After 10 minutes, the scales will shut. Left to dry, the scales will open again.

Identifying Trees in the Community:
Give children tree field guides to explore and identify the trees in the play space.

Mini Play Spaces:
Give children time to collect natural materials and find items to mimic the play space of the program or create a fantasy play space on a large piece of cardboard. Glue the design down as it is built and put it on display.

Grass Hunting:
With close investigation, it can be seen that grasses come in many shapes with different flowers and seed heads. Have children search and find a variety of grasses, and lay them against white paper for easy viewing. Make it a contest.

Cricket Temperature:
In the summertime, average temperature in Fahrenheit can be determined by counting the number of cricket chirps in 15 seconds and adding 39

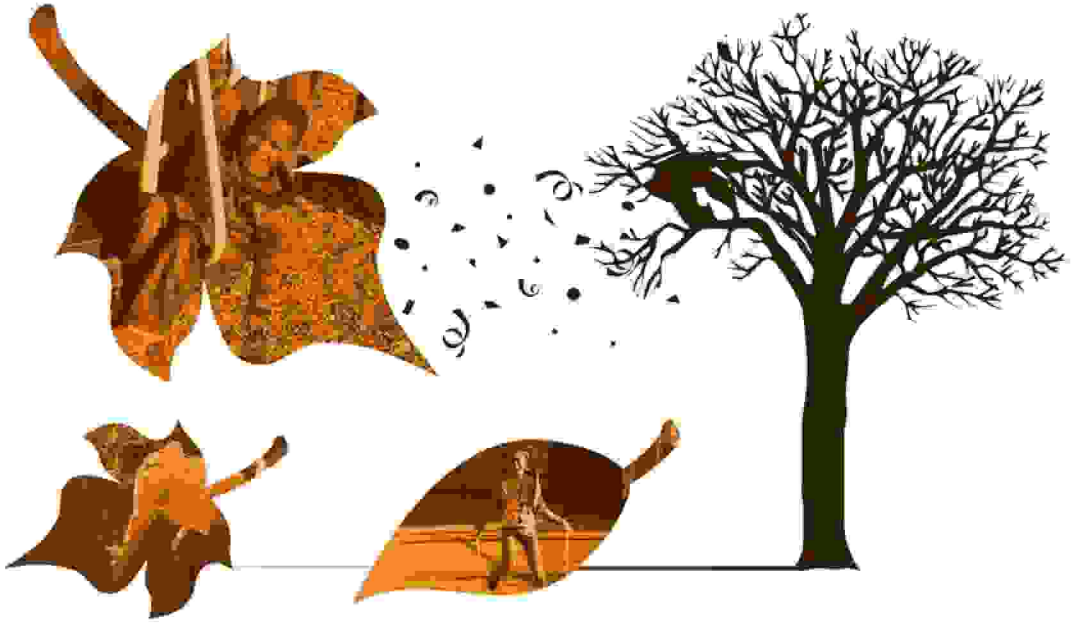
Homemade Nature Presses:
Use old phone books and used drawing paper to lay natural items into the pages of the phone book for pressing. Press leaves, grasses and flowers. Stack 3 phone books to weigh down the center book. Check on the items after a week and use items in nature crafting.

Catch Rain Drops:
On a rainy day, bring a pan with a thick layer of flour outside for 30 seconds. The pan can be put right outside of the door and as rain hits the flour, a tiny "dough drop" is formed. Bring the pan inside and carefully sift out the drops with spoons and examine them. Count the drops, measure them and compare the sizes.

Listen to Nature:
Fill a small jar halfway with water and have the children collect 10-15 pebbles. Stand about 25 feet away from the group, with their backs to you, and begin to drop the pebbles into the jar of water. Drop the pebbles at various intervals. Participants keep count of the number of sounds they hear or raise their hand each time they hear a pebble. Have them then sit quietly for a moment to collect other sounds they may hear in nature.

Nature Fun Facts

1) There are approximately 100,000 types of birds on earth.
2) About 800 of those birds are in North America.
3) Frogs can't swallow with their eyes open.
4) Hummingbirds are the only bird that can fly backwards.
5) A strawberry is the only fruit which seeds grow on the outside.
6) For every human there are 200 million insects.
7) For every ton of paper that is recycled, the following is saved: 7,000 gallons of water; 380 gallons of oil; and enough electricity to power an average house for six months.
8) You can run a TV for six hours on the amount of electricity that is saved by recycling one aluminum can.
9) By recycling just one glass bottle, you save enough electricity to power a 100-watt bulb for four hours.
10) There are about 250 known species of salamanders and most reside in the Northern Hemisphere.
11) The New Jersey state flower is the violet.
12) There are 9,500 different types of grass in the world.
13) The honeybee is the New Jersey state insect.
14) The New Jersey state sea shell is the knobbed whelk and is found on every beach on the New Jersey shoreline.
15) The New Jersey state bird is the American Goldfinch.
16) The New Jersey state fish is the brook trout.
17) The New Jersey state animal is the horse.
18) The New Jersey state tree is the northern red oak.



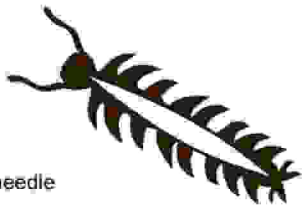
The Wonderful Picnic (adapted from New Jersey Audubon's Bridges to the Natural World)

An experiment demonstrating an animal's need for food

Time Needed: 15 minutes to collect materials, 24 hours and time to observe
Supplies: Crumbs saved from children's lunch or snack

1. Tell the children before lunch or snack to save the crumbs that are left.
2. Arrange to use a section outdoors for the experiment
3. Each child wraps their crumbs in a napkin and places them in an area where an animal or insect might find them,
4. Leave the crumbs for a 24 hour period
5. Go back and examine whatever activity can be observed,

If they are gone, ask what happened to the crumbs?!



Water Walkers

An experiment to discover how some insects walk on water

Time Needed: 10-15 minutes
Supplies: A clear container with water, liquid dish detergent, a popsicle stick, one facial tissue, a sewing needle

1. Lay a piece of tissue on the surface of the water.
2. Once the paper is wet, quickly put the needle on the tissue.
3. Using the popsicle, poke the tissue in each corner so that it sinks to the bottom of the container and watch and discuss what happens to the needle.
4. Then put a very small drop of the detergent into the water and watch and discuss what happens to the needle

The surface of all bodies of water acts as though it has an invisible skin, the skin is caused by surface tension.

Ants Go Marching

Ants can keep track of where they are going

Time Needed: 15 minutes or more
Supplies: a jar with bait (sugar water, honey, syrup), a stop watch, a popsicle stick

1. Ask the children to spend time searching for ants in the play space. They don't need to touch them, just locate the ants.
2. Have the children observe the ants they find for a period of time. Can they find the ant hill the ants came from?
3. Once the ants have been observed, place the bait, on it's side at a distance from the ant hill and watch what happens.
4. Have the children use the stopwatch to time how long it takes one ant to leave the ant hill, get to the bait and return home.
5. After observing and timing this activity, place a popsicle in the path of the ants, being careful not to put it on top of any ants.

Watch and discuss what happens!

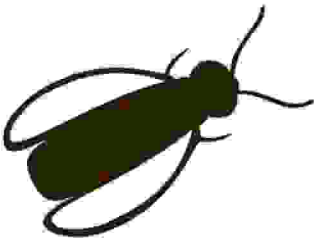
Attracting Insects

There is more wildlife in our play spaces than we know. Attract a wide variety of insects overnight with the juice of fruit.

Time Needed: 10 minutes for prep and an overnight wait for the results
Supplies: citrus fruit (orange, grapefruit, lemon or lime), knife and cutting board, area to put fruit overnight, bug boxes, magnifying glasses and field guides (optional)

1. Cut the fruit in half and scoop out the insides so only the skin is left.
2. Leave the fruit turned hollow side down in an experimentation zone outside.
3. After one night, turn over the fruit and see who has come to visit.
4. Use bug boxes, magnifying glasses and field guides to explore the buggy friends.

Can children identify the visitors?



Bird Watching the Bird Feeder

New Jersey boasts approximately 458 species of birds!

Time Needed: 15 minutes to make the feeder, time to observe birds daily
Supplies: day old bagels, vegetable shortening, craft sticks, yarn, bird seed (be sure to check for nuts or other allergens before using), a bird field guide
Natural Materials: pinecones

1. Give each child a bagel or a pinecone and tie yarn on it to make a hook to hang the feeder.
2. Using craft sticks, spread the vegetable shortening generously on the bagel or pinecone.
3. Roll the item in bird seed.

Hang the bird feeders in a place that is visible from a distance so that children can observe the birds that have come to feed. Binoculars can help to get a close-up view.

How many types of birds can the children see?

Can they identify the birds by name using the field guide?

Activities: Animals

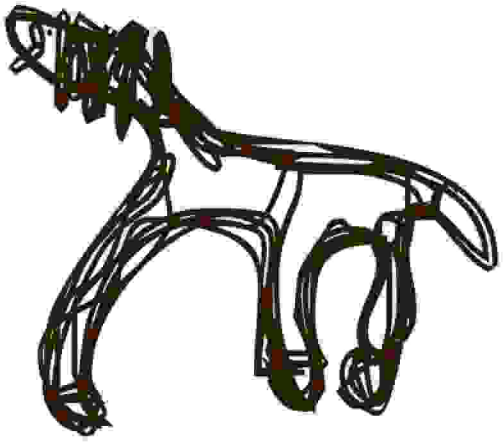
Animal Track Plaster Casting

What types of animals play in our play spaces? Many we never see, but we may see their tracks briefly and then they are gone! Animal tracks disappear when they are blown away in the wind or washed away in the rain. Children can locate animal tracks and keep a collection of track prints with a few steps.

Time Needed: 30 minutes of prep, time to locate tracks, 1 hour for plaster to set
Supplies: plaster of Paris, mixing bowl, water, card stock strip 3 inches wide and 12 inches long, scissors, mixing spoon, paperclips

1. Have children locate animal tracks and gently brush away leaves and debris around them.
2. Make the card stock into a ring and use a paperclip to secure the ring.
3. Place the ring on the animal tracks and press it gently into the soil. Make sure the ring has no gaps so the plaster of Paris doesn't escape.
4. Make a plaster of Paris mixture with water, adding water slowly and mixing until it is thick like cake batter.
5. Pour the plaster mix into the cardstock ring, smoothing the surface.
6. Wait for 1 hour for the plaster to set: if it is firm, lift it up with the ring still attached.
7. Let the plaster set inside for a day to completely dry, then remove the cardstock ring.

Keep collecting tracks as they are found. Can the children identify the animal that made the tracks?



Additional Animal Resources

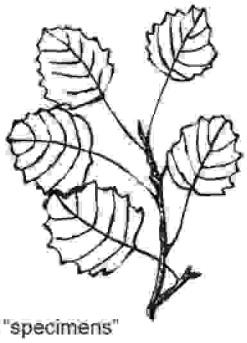
Websites

http://www.njaudubon.org
http://www.newjerseybirds.com
http://www.wildbirds.com
http://www.state.nj.us/dep/fgw
http://www.wildnj.com

Books

The Picnic by Chris Baines
Beast Neighbors, All about Wild Things in the City by Mollie Rights
Bird Wide by Pamela M. Hickman
Never Grab a Deer by the Ear by Colleen Stanley Bare
The Signs Animals Leave by Frank J. Staub
The Kids' Wildlife Book by Warner Shedd
City Beats: A Hip-Hoppy Pigeon Poem by S. Kelly Rammel

Activities: Trees and Leaves



Tree Sleuths

Can the children identify the trees in the neighborhood?

Time Needed: time to explore the outdoor play space and collect tree "evidence"
Supplies: tree field guides, access to the internet or other reference materials
Natural Materials: items from trees such as fallen leaves, barks and seeds

1. Have the children explore the outdoor play space and collect various fallen leaves, bark, twigs, etc.
2. Set up a table to display these items with blank note cards under each object.
3. Using the field guide and other reference materials, ask children to spend time looking up information to identify the collected "specimens"
4. On the card, they should write their observations about the items and their guesses about what type of tree the specimen is from.
5. When outside, ask the children if they can identify the tree the specimen came from.
6. Tack the completed note cards to the tree to identify it and give information about the tree.

Have the children be tour guides for the trees in the outdoor play space.

Leaf Crowns

Make colorful headdresses from collected natural items

Time Needed: 15 minutes to collect natural items from outside, 30 minutes to make crowns
Supplies: a piece of sturdy paper or cardboard, cut at least 3 inches wide and long enough to go around a child's head, glue, stapler, tape
Natural Materials: leaves, twigs, seeds, grasses, bark and pinecones

1. Cut the strips and staple or tape the strips two ends together, this will be the base for crown
2. Ask the children to go on an adventure to collect natural items from the outdoor play space that are colorful, flat, lightweight and on the ground.
3. Bring the items inside and have the children glue their collections to the crowns.
4. Encourage the children to try on the crown as they build so that it can be balanced, sturdy and lightweight.

Fairy Houses

Children build small dwellings to attract fairies and wood nymphs.

Time Needed: at least 15 minutes a day to work on building
Natural Materials: fallen twigs, leaves, moss, nuts, rocks, grasses and pinecones are just a few examples

1. Choose an area where fairy houses can be left undisturbed. A location close to the ground is best, against trees is ideal.
2. Have children explore for fallen twigs, leaves, moss, nuts, rocks, grasses and pinecones or whatever dry materials they choose.
3. Remind children to be careful not to use or disturb any of nature's materials that are still living, because fairies do not like to disturb or destroy anything that is growing in nature.
4. Children then use the materials to build the fairy houses. They should look so natural that they are almost hidden. Fairy houses can be worked on all week long.

Fort Building

Imagine having to build a shelter to survive in the wilderness. Many children's books fictionally explore survival in "the wild." The stories can be lived out in real life by going out into a wooded area to create woodland shelters.

Time Needed: 15 to 30 minutes each day
Natural Materials: non-living fallen items, an area where shelters can stay up, undisturbed

1. Using only non-living fallen items, children prop materials against trees to create a low-lying shelter or fort.
2. Have children work in teams of 2 to 5 to build forts from branches, leaves and mosses.
3. With supervised construction, forts can be worked on all week long.
4. Walk around to teams that are building and discuss how they made decisions about how to build their fort.
5. When forts are complete, have each team give a fort tour.

The teamwork and energy of fort building will be a wonderful cooperation lesson for the children. The imaginative play is endless.

Growing Spring Buds

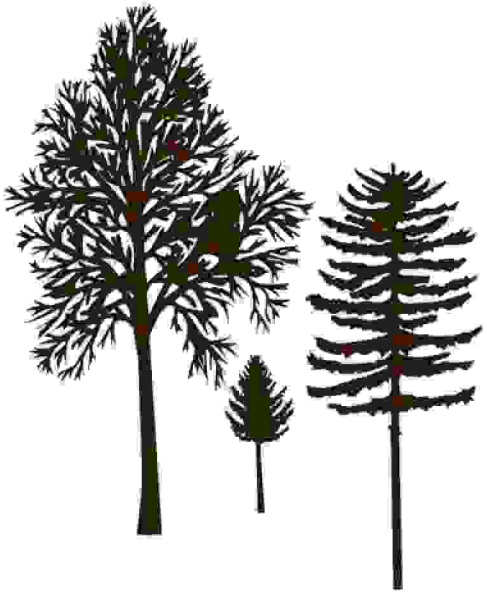
In the early spring, trees begin to produce buds that will become new leaves and flowers.

Time Needed: 15 minutes
Natural Materials: twigs with unopened buds

1. Have children explore the play space to locate twigs with unopened buds on a variety of trees. Tell them to alert an adult when they have found a good twig with unopened buds.
2. Cut a length of twig, at least 12 inches long.
3. Bring the twigs indoors and place them in a container with water in a warm and sunny spot.
4. Children can watch as the leaves begin to grow and new shoots break out of the buds.

Have a contest about budding predictions, have the children draw the buds every day to see if there have been changes. Can the children predict when the buds will open or what color the sprouts will be? Have the children take turns changing the water to keep it fresh.

Activities: Trees and Leaves



Tree and Leaf Rubbings

Art can be made from simple copying of nature's patterns and textures.

Time Needed: 15 minutes or more
Supplies: light colored paper, tape, crayons
Natural Materials: a tree or fallen leaves

1. Give each child time to find a tree or collect leaves to copy.
2. Tape a sheet of paper to the tree or lay a sheet of paper on top of leaves.
3. Using crayons, rub the crayon on the paper to replicate the texture of the bark or pattern of the leaf. How many textures can the children collect?
4. Cut out the rubbings and glue to a larger piece of paper to show the various textures in nature.

Nature Bookmarks

Collected items make a beautiful bookmark.

Time Needed: 15 minutes to explore and collect, 15 minutes for the project
Supplies: scissors, yarn, hole punchers, contact paper cut into 6-inch-wide strips
Natural Materials: flat materials collected from outdoors

1. Ask children to collect dry flat leaves and grasses from outdoors.
2. Peel back one half of the backing on the contact paper and place collected items on the sticky surface. Press hard to make sure they stick.
3. Peel back the remaining backing on the contact paper and fold over the rest of the sticky paper onto the items to secure them.
4. Press firmly on both sides of the contact paper.
5. Children can cut the edges in decorative borders.
6. Punch a hole at one end and add pieces of yarn to decorate.

Additional Trees and Leaves Resources

Websites

http://www.arborday.org
http://www.fairyhouses.com
http://www.spokaneoutdoors.com/fairy.htm
http://www.enature.org
http://www.exploringnature.org
http://www.realtrees4kids.org

Books

New Jersey Audubon's Bridges to the Natural World
Look What I did with a Leaf! by Morteza E. Sohi
Field Guide to North American Trees from the National Audubon Society
Leaf & Tree Guide by Rona Beame
Looking at Trees and Leaves by Lara Rice Bergen
The Giving Tree by Shel Silverstein
Fairy Houses ... Everywhere! by Barry Kane
Tell Me, Tree: All About Trees for Kids by Gail Gibbons

Activities: Outside Play Adventures

Tree Tag

A great old fashion game of tag, where any and all trees are base.

Time Needed: 15 minutes or more
Supplies: an area with trees

1. A player is selected to be "it"
2. With all other players surrounding her, she begins counting to 10 and everyone runs as far as they can away from her (staying within the boundaries).
3. The "it" player tries to tag players to get them "out".
4. If a player tags a tree, they are safe and cannot be tagged.
5. They can only stay at a tree for 5 seconds, once the "it" player spots them and counts down from 5 to 1.
6. After the person has counted down from 5 to 1, they must leave the tree. The next person that is tagged, becomes "it".

Frogs, Insects, and Flowers (from ultimatecampresource.com)

Time Needed: 15-30 minutes
Supplies: none

1. Divide the group into three large circles, one inside the next. The people in the outer circle are flowers, and remain standing stationary. The players in the inner most circle are insects, and begin the game with one knee to the ground. The players in the middle circle are frogs -they begin the game standing.
2. When the whistle sounds the insects have ten seconds to run and tag a flower (base). They may avoid capture (being tagged by one of the frogs) by flying (touching one knee to the ground). Frogs chase the insects and can "follow" an insect by turning 360° pivot during which the insect can dash off.
3. After each round, the results are noted. A successful animal remains as that animal for the next game. A captured animal becomes the same animal as his captor. An unsuccessful but uncaptured animal dies and becomes a flower .
4. Each round creates changes in populations and inter-relationships can be easily observed. A balanced game can go on indefinitely, but if frogs become too efficient, the insects are wiped out whereupon the frogs ultimately die. If the frogs are inefficient they may be wiped out and large uncontrolled fluctuations can result in the insect population.

Countdown Tag

A game of hide and seek, when there aren't many places to hide.

Time Needed: 15 minutes or more
Supplies: none

1. Children start out surrounding the player that is "it". Be sure to note the number of players, because that is the number the "it" player counts up to. (10 players, count to 10)
2. The person that is "it" closes her eyes and begins counting.
3. Everyone runs to a location that where they can't be seen.
4. The player that is "it" opens her eyes and anyone who she can see from her position (she can only move 360 degrees) is out of the game.
5. Note the number of player that are left in the game, that is the number that the "it" player will now count up to.
6. The person that is "it" closes her eyes and begins counting again.
7. The left over players now try to make their way back to the "it" player and tag her to get her out.
8. If she counts to the final number and sees any players, she can point at them, and they are out.

The goal is to tag the "it" player without getting caught.

Scavenger Hunt

There are many types of scavenger hunts to have outdoors. Use the scavenger hunt to help children with observing their surroundings and recognizing new elements in their environments.

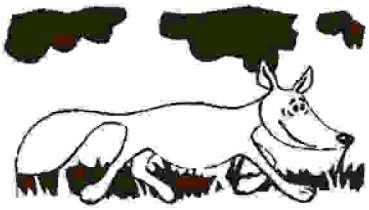
Time Needed: 30 minutes
Supplies: a list of the items to be scavenged, containers to hold findings like paper bags or shoe boxes

1. Make a list of nature bits to be found, such as: 3 pinecones, a smooth stone, 5 seeds, 1 dandelions, etc.
2. Have children collect colors - can they find 10 green items or 5 yellow or brown objects in their play space?
3. Give children half of an egg carton and have them find 5 similar items and a 6th that is different. Have the children take turns guessing which items are the odd ones out.
4. Have children make 3 mystery rubbings (see tree and leaf rubbings), then come together to take turns guessing what the objects are.

Children can develop their own scavenger hunts. Have a new one every day!

Activities: Outside Play Adventures

Fox and Rabbit



A game of tag in which the rabbit runs from the fox and is safe in the "Rabbit Hole."

Time Needed: 15 minutes
Supplies: space for running

1. Organize the children into a large circle.
2. Then pair the children off with the person next to them.
3. The pairs of children then each link hands and hold their arms up to form the "rabbit hole."
4. One of the sets of partners is chosen to be "it."
5. One of the "it" players is the "fox" and the other "it" player is the "rabbit."
6. When the games starts, the fox has to catch the rabbit and if the fox does, the roles reverse so that the fox now becomes the rabbit and the rabbit the fox.
7. To be safe, the rabbit will have to "come up" between the partners' linked arms or "rabbit holes."
8. When a rabbit comes up a "rabbit hole," whomever the rabbit's back is to becomes the rabbit and runs from the fox.

Additional Outside Play Adventures Resources

Websites

http://www.ultimatecampresource.com
http://www.gameskidsplay.net
http://www.creativekidsathome.com/games/outdoor_games/
http://www.fungameskidsplay.com

Books

The Amazing Outdoor Activity Book by Angela Wilkes
Activities for Anyone, Anytime, Anywhere by Jeri Robinson
Nature's Playground: Activities, Crafts, and Games to Encourage Children to Get Outdoors by Fiona Danks and Jo Schofield
Kids & Weekends: Creative Ways to Make Special Days by Avery Hart and Paul Mantell
Summer Fun!: 60 Activities for a Kid-Perfect Summer by Susan Williamson
The Secret Shortcut by Mark Teague
Go Outside! by Nancy Blakey

Activities: Gardening

Giant Seeds

We can observe how seeds grow by watching a very large seed sprout.

Time Needed: 10 minutes to set up the seed
Supplies: one or more avocado seeds (the brown seed inside of the avocado), 3 toothpicks per seed, one jar per seed and fresh tap water

1. Place three toothpicks point in, into the avocado, about 2/3 of the way down from the point of the seed. The toothpicks will support the seed, that will rest in the jar or glass and keep it from falling in. Space them apart in a triangle formation.
2. Rest the seed in the container, pointed end up.
3. Fill the container with water so that water is touching the seed.
4. Watch the seed daily to see what happens.
5. Refresh the water weekly and always add water so that it is touching the seed.
6. Be careful not to let the seed dry out.

In a week, the seed should crack open and a sprout may appear. Try the same activity with a potato.

Sprout Heads

Use sprout seeds to grow hair in an egg!

Time Needed: 30 minutes
Supplies: 1 egg per child, permanent markers, cotton balls and sprout seeds

1. Make a hole at the pointed end of the egg, leaving ¾ of the egg shell remaining. The hole should be wide enough to place a cotton ball inside.
2. Drain and rinse the egg shell, being careful not to crack it.
3. Use the markers to make a face on the egg shell.
4. Place a cotton ball, moistened with water, into the egg.
5. Sprinkle a pinch of seeds onto the cotton ball.
6. Place the eggs into an open egg carton and place the carton somewhere light and warm

Hair should begin to sprout in a few days! Keep the cotton moist or the sprout head will have bad hair days!

City Sidewalk Garden

Add bursts of color along the edges of a sidewalk.

Time Needed: a minimum of 15 minutes
Supplies: forks, seed packs of alyssum and sedum, a designated area of sidewalk

1. Give each child a fork, and instruct them to gently poke holes into the dirt along the sidewalk.
2. Give the children seeds. Have them put one seed in each of the poked holes.
3. Water daily and watch for growth.

Seeds like alyssum and sedum, both have tiny flowers, soft roots and grow quickly. Can sprouting time be predicted?

Indoor Salad Garden

Prepare green sprout salad toppers with quick growing salad ingredients. Inside!

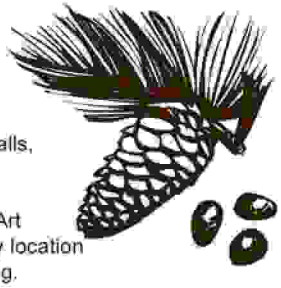
Time Needed: 20 minutes to prepare garden for growing, time to watch it grow
Supplies: a shallow dish, paper towel, plastic wrap, wire strainer, seeds (choose wheat grain, alfalfa seeds, cress seeds, mustard seeds or mung beans)

1. Soak the seeds overnight in water and rinse them off in a strainer the next day.
2. Lay 4 sheets of paper towel onto the shallow dish and spray them with water to moisten through.
3. Sprinkle one type of seeds on the paper towel. Make sure to label the dish to know which kind of seeds were planted.
4. Wrap the dish loosely with plastic wrap to keep the seeds moist.
5. Put the dish in a warm dark place and check it daily.
6. As soon as the seeds sprout, remove the plastic and move the dish to a location with light and spray the sprouts daily with water.

Most seeds sprout in 2 to 3 days, and they will be ready to eat in 5 to 7 days from planting. Snip them off of the paper towel and put the spouts into a salad or onto a cracker with cream cheese. Kids will enjoy eating what they grew.

Seed Searching

It's more fun and less expensive to explore seeds found in nature than the seeds from the store.



Time Needed: 15 minutes, space with trees, bushes, grasses or flowers
Supplies: container to hold findings

1. Give the children time to find and collect seeds found in the environment.
2. Show pictures of samples: Some include maple tree helicopters, dogwood berries, sycamore balls, acorns, seed pods, seeds hidden in pinecones and even seeds from the fruit children eat.

Make the seed search a scavenger hunt and see how many can be found. Use seeds for Nature Art (see Nature Art Activities), or plant the seeds in a cup with potting soil. Place in a warm and sunny location and observe the seed sprout. Once sprouted, transplant the new plant outside to continue growing.

Activities: Gardening

Build a Terrarium

A terrarium is a wonderful way for children to observe collected plants and natural items while indoors.

Time Needed: 30 minutes and time to collect plants and seeds
Supplies: a jar that a child's hand can fit in comfortably with a lid (candy bowls and jelly jars work well), potting soil, a clean sponge
Natural Materials: collected small rocks, plants, mosses and seeds, fallen bark and pinecones

1. Have children collect items to be planted in the terrarium (mosses, small shoots with roots).
2. Laying the jar on its side, add small rocks, at least 2 layers.
3. On top of the rocks, add the potting soil. It can be arranged with hills and bumps to give the terrarium more depth.
4. Children arrange the collected plant materials in the terrarium. Poke small holes with toothpicks to plant shoots. Seeds can also be planted.
5. Water when planting is done by squeezing water from the sponge into the terrarium. Add the cover and put the terrarium in a shady spot for 3 days.
6. After 3 days, move the terrarium to a sunny location, not in the direct sunlight.
7. Keep the terrarium moist but not wet. The key is not over watering.

Have children volunteer to maintain the terrarium, weeding and adding new elements as needed.

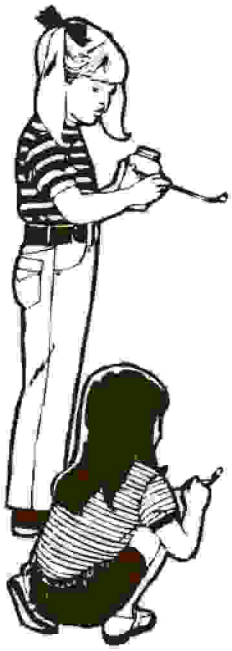
Additional Gardening Resources

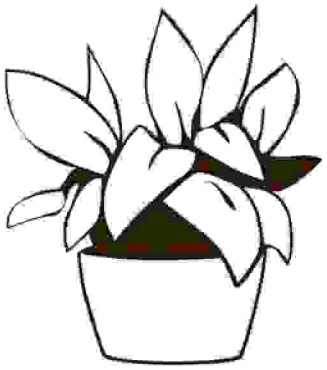
Websites

http://www.homeandgardensite.com/ChildrensSite/index.htm
http://www.kidsgardening.com
http://www.42explore.com/gardening.htm
http://www.ngb.org/index.cfm
http://aggie-horticulture.tamu.edu/kindergarden/kinder.htm

Books

Down to Earth, Garden Secrets, Stories and Projects you can do! by Michael J. Rosen
Roots, Shoot, Buckets and Boots by Sharon Lovejoy
Plants for Play by Robin C. Moore
Learn and Play in the Garden: Games, Crafts and Activities for Children by Meg Herd
How a Seed Grows by Helene J. Jordan
Gardening Wizardry for Kids by L. Patricia Kite
The Gardening Book by Jane Bull
City Green by DyAnne DiSalvo-Ryan
101 Nature Experiments by David Burnie





Activities: Weather Exploration

Weather Tracking

How accurate is the weather forecast?

Time Needed: A few minutes each day to collect information and observe the weather
30 minutes to make and decorate the Weather Tracker
Supplies: Large sheet of poster board or a desk calendar for one month, a newspaper (daily)

1. Make a calendar grid for one month period of time on the poster board. Weather can also be tracked for a one week period.
2. Divide each day in half with a diagonal line across the square.
3. Above the line, draw a picture of the weather prediction for the day, taken from the newspaper for the next day
4. Below the line, draw the picture of what the actual weather is on the next day.
5. At the end of the time period, make a ratio of the times the weather forecast was correct versus the actual weather

Have a contest and ask the children how many times the weather person will be wrong or right.
Ask the children to make predictions about the weather.

Wind Tree & Crepe Paper Wind Tails

A colorful decoration for a tree that helps to measure the wind.

Time Needed: 30 minutes
Supplies: crepe paper, scissors, rubber bands, paper clips, a tree
Natural Materials: a tree to hang wind tails from

1. Cut 6 strips of crepe paper that are at least 3 feet long and 2 inches wide.
2. Gather the strips, side by side.
3. Bind the ends of the strips of paper together with a rubber band, like a ponytail, to make a "wind tail."
4. Use the paper clip to hook the wind tails from the rubber banded end to the end of a tree branch to make the wind tree. The more wind tails, the better.
5. Watch the wind tree to observe the direction and strength of the wind by the way the wind tails are blowing.

Check out the Beaufort Wind Scale to get the names and classifications of the wind.
Printable Beaufort Wind Scale available at: http://www.k12science.org/curriculum/weatherproj2/en/popup/beaufort.shtml

Cloud Spotting

Clouds make up nature's abstract art gallery. Take children outside to observe clouds. Cloud spotting is a relaxing and imaginative activity.

Time Needed: at least 10 minutes
Supplies: paper, drawing material (optional)

1. Bring kids outside and choose a location with good sky visibility.
2. Have kids lie down or sit down to observe the sky.
3. Ask them if they see any shapes in the clouds. Wait 5 minutes and ask the children again if they see any shapes in the clouds.
4. Give children paper and drawing tools to draw what they see. Use this opportunity to talk about cloud structure (cumulus, stratus, cirrus). This is also a great activity to help children relax if upset.

Tornado in a Bottle

Create an indoor tornado.

Time Needed: 15 minutes
Supplies: plastic soda bottle, water, 4 to 6 small balls of aluminum foil, dishwashing liquid

1. Fill the bottle with water.
2. Place 3 drops of dishwashing liquid into the bottle.
3. Drop in the aluminum foil balls and screw the cap tightly onto the bottle.
4. Rotate the bottle to produce a swirling effect. It will take some practice.
5. Set the container up on a table to observe it. The force of the foil should keep the water in motion. The action resembles the rotations of air in the atmosphere from a tornado.

Activities: Weather Exploration

Brown Bag Kites (from kinderart.com)

Making kites to fly on good wind days according to the Beaufort Wind Scale.

Time Needed: 30 minutes or more to prepare the kites, and time for flying
Supplies: large brown paper grocery bag (one per child), strong string, scissors, hole punchers, 4 paper reinforcements (the kind you use on paper in binders - from any office supply store or substitute masking tape) ,glue, paint, crayons markers, paper streamers or crepe paper that you can cut into strips, decorations like bits of paper and glitter (nothing heavy)

1. Start by decorating the paper bag kite using paint and markers. Paint designs on the kite or turn the kite into a fish by adding eyes, gills and fins. Glue different items to the kite but don't load the kite down with heavy items, or it will have a hard time staying up in the air.
2. Use paper streamers as kite tails and glue them to the bottom of the paper bag. Make your own streamers by cutting crepe paper into strips.
3. When decorations are dry, take a hole puncher and make four (4) holes in the top of the paper bag, one in each of the corners. Add paper ring reinforcements to the holes, or put a small piece of masking tape over the hole and poke through with a pencil. This will ensure that your holes don't tear through.
4. Next, cut 2 lengths of string about 30" each.
5. Tie each end of the strings through a hole in the bag. The goal is to create two loops, like shopping bag handles.
6. Next, cut another piece of string – again around 30". Loop this new piece of string through the two loops you created and tie in a knot. This piece of string will become the handle of your kite.
7. Hold on tightly to the string handle and run so that the wind catches the kite. When the bag fills with air it will float and flutter behind you.

As a variation, you can add a longer handle string to the kite so it will fly higher in the air.

Weather Monitors

Children can observe and track the weather in a few simple steps.

Time Needed: a few minutes each day to observe weather indicators
Supplies: wind tree and wind tails or a wind sock, paper, markers, poster board, rain gauge, rulers

1. Make a wind tree or hang a wind sock in a location outside that is visible to the children.
2. Make a rain gauge (use a clear container with inches marked along the side; place the container in a safe place outside).
3. Make a chart with the following columns: Days of the week across the top, and along the side, label the observable weather signs: Clouds, Wind, Rain, and Snow.
4. Assign children the responsibility of checking the status of each of the observable weather signs.
5. Write their findings on the chart to keep of track of the weather. Can the children make predictions for the next day?

Additional Weather Exploration Resources

Websites

Printable Beaufort Wind Scale available at:
http://www.k12science.org/curriculum/weatherproj2/en/popup/beaufort.shtml
http://www.wildwildweather.com/clouds.htm
http://www.weatherwizkids.com/
http://www.theweatherchannelkids.com

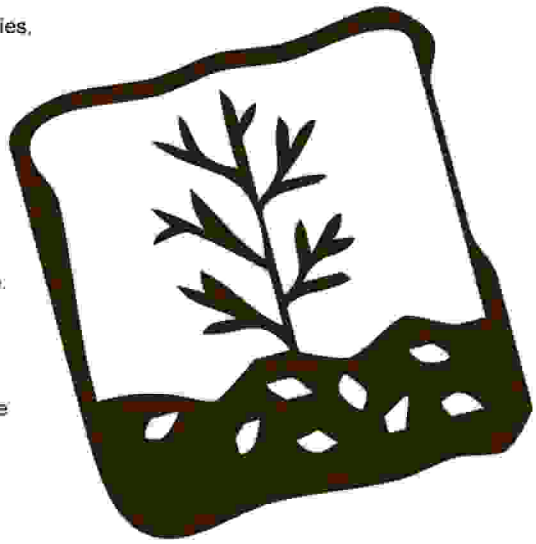
Books

Peterson First Guide to Clouds and Weather by John A. Day
The Cloud Book by Tomie dePaola
Making Kites (Step-by-Step) by David Michael
Weather Forecasting by Gail Gibbons
Nature in a Nutshell by Jean Potter
The Kids Book of Weather Forecasting with Meteorologists Mark Breen & Kathleen Friestad

Activities: Nature Art

Afterschool Made Tie Dyes and Ink

Time Needed: 10 minutes to several days
Supplies: a place for adults to heat water, a pot, wooden spoon, blueberries, tea bags, cranberries, yellow onion skins, dandelions,



1. Bring 2 cups of water to boil in the pot for each ingredient.
2. Once boiling add 1 ingredient, reduce the heat and let simmer for 5 minutes.
   Turn the heat off and let the dye sit.
   Do not strain the ingredient. The longer it sits, the richer the color will be.
3. Store dyes in glass jars with lids
4. Use dyes to tie dye light colored fabrics or to dip brushes and paint on watercolor paper.

What other items can the children collect to make dyes with? Experiment with grasses and flowers outside.

Nature Collages

Time Needed: 10-15 minutes to collect natural materials, 20-30 minutes or more to create the collage
Supplies: construction paper and drawing tools, glue
Natural Materials: items collected from nature

1. Have the children draw a picture of an object or a scene in nature on the construction paper.
2. Take the children outside to collect materials they can use to "color" their picture.
   Can they find leaves of various shades to be the colors of the picture? Twigs to be the lines? Pine needles for hair?
3. The children then glue their findings to the picture, trying to conceal as much of the paper as possible with the natural materials.

Put the pictures on display in a nature art show.

Pet Rocks

Briefly popular in the 70's, these characters are simple to create and many families wouldn't mind this new addition.

Time Needed: time to find each child's perfect rock, 30 minutes or more to decorate
Supplies: acrylic paint, brushes, wiggly eyes, yarn and fabric scraps, small empty boxes and shredded newspaper
Natural Materials: rocks that are smooth or have one smooth side that can fit in the palm of the child's hand.

1. Have the children explore the play space for a rock. Explain it should have a flat or smooth side and be able to fit inside a small box.
2. Wash and dry the rocks.
3. Paint and decorate the rocks like animals or original colorful creations.
4. Paint and decorate a home for the Pet Rocks from small empty boxes.
5. Line the box with shredded newspaper (collected from the Recycle Round up on page 19).
6. Place the pet rock inside it's "carrier" and make sure the kids take good care of it!

Activities: Nature Art

Mud Painting

The Senufo peoples living in Africa's Ivory Coast traditionally paint pictures of animals on cloth using black mud. The final product is called a Bogolanfini, a symbol of African culture and heritage.

Time Needed: 30 minutes to make mud, 30 minutes to paint
Supplies: containers to mix mud paint, brown paper bags or any paper for painting, paint brushes, water, spoons, strainer, coffee cans or containers, brown and blue tempera paint
Natural Materials: dirt or mud, collected natural painting materials like pine needles and leaves

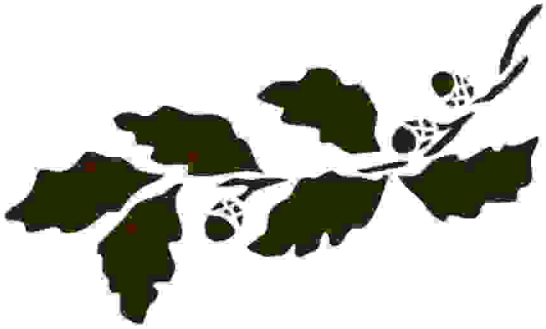
1. Give children an area to make mud, pouring water into the dirt and mixing (there may be an area to collect "naturally made" made mud as well).
2. Scoop mud into the strainer placed over a can and pour water on it, letting mud settle into the container.
3. Throw out debris from straining and repeat until mud is clear of debris.
4. Make enough mud to fill ½ the can or container.
5. Add in drops of blue and brown tempera and stir well.
6. While children are making mud, others can collect painting tools like branches, twigs, rocks and leaves to apply the mud paint.
7. Cut open paper bags for "canvases."
8. Use collected tools to paint designs on the canvas with the mud paint, which dries quickly.
9. Use container caps to store paint overnight. Add water and stir the mud paint if needed.

Nature Mobiles

When children are outside in nature and collecting treasures like leaves, pinecones, maple helicopters or seed pods, items can be used to make a mobile to keep children's collections.

Time Needed: 15 minutes for collecting, 30 minutes for the project
Supplies: string, a long sturdy twig, scissors, hammer and thin nail or tapestry needle to make holes
Natural Materials: collected items from nature

1. Tie a length of a string to each end of the sturdy twig. This will be the base of the mobile.
2. Cut 3 additional lengths of string, at least 12 inches long. These will be used to string the collected natural items.
3. Adults can use the hammer and nail or tapestry needles to poke holes through the natural object for easy stringing.
4. Children string collected items onto the 3 lengths of string.
5. Items can also be tied to the string.
6. Once items are strung, attach each of the 3 lengths of string to the twig.



Activities: Nature Art

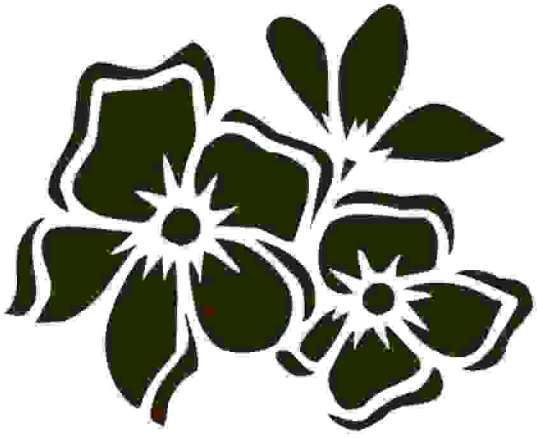
Nature Painting

Natural items can be used to make painted prints.

Time Needed: 10 minutes to collect natural materials and 20 minutes to paint
Supplies: tempera paint, paper, paint brushes
Natural Materials: items collected in nature (leaves, small stones, seed pods, acorn caps, etc.)

1. Children should choose the items they would like to print with.
2. Give each child a large piece of paper.
3. Children paint the natural item on one side and press the painted side onto the piece of paper.
4. Lift the item up to reveal the nature print.
5. Put more paint on the object for another print or change object.

Can the children make a pattern or prints with their natural printing materials?
Will leaves from the same tree make the same print?



Additional Nature Art Resources

Websites

http://www.naturenet.com/NatureNetNews/crafts.htm
http://www.crafts.kaboose.com/nature-crafts.html
http://www.bhg.com/crafts/nature
http://www.makingfriends.com/nature%20crafts.htmp

Books

Organic Crafts by Kimberly Monaghan
Nature Crafts for Kids by Gwen Diehn & Terry Krautwurst
Snips and Snails and Walnut Whales by Phyllis Fiarotta
Nature's Art Box by Laura C. Martin
Nature Crafts by Joy Williams

Activities: Being Green

Engaging children in activities that connect them with the outdoors is a natural way to instill caring for the environment. The activities included will help to teach children that it is important to treat our environment well. They can do this by not littering, recycling, using recycled materials for activities and being less wasteful. Being "green" can be fun, creative and rewarding. Doing activities that teach children to respect the plants and animals in their neighborhood can lead to environmental awareness and stewardship.

Recycle Round-Up

Establish the afterschool program as a recycling center

Time Needed: 30 minutes to make bins, time each day to recycle
Supplies: boxes with lids or large bins with lids, poster board, markers and paints

1. Talk with the children about what types of recycling can be done within the afterschool program.
2. Ask them to agree upon what they want to collect for crafting and recycling.
   Some examples are: scrap paper, yogurt cups, newspapers or tinfoil.
   Items collected should be reused within program activities or taken to an appropriate recycling center.
3. Children can decorate the boxes and bins with slogans and pictures to encourage recycling.
4. Place recycling bins in a place that will remind everyone to participate.
5. Make posters and fliers to announce the recycling round-up to the afterschool program host site, community and families.

Ask the children to predict how much waste they can round up for recycling in one week. Is there a way to measure?

Newspaper Ned

Make a stuffed person from newspaper

Time Needed: 30 minutes to 1 hour
Supplies: 10 sheets of newspaper per child, stapler and staples, glue and scrap paper, yarn and fabric

1. To make Ned's body, lay 4 sheets of newspaper on top of each other and fold down the center. (if possible, use the natural fold of the newspaper)
2. Staple or glue the paper together across the bottom (short side) and along the side (longer side).
3. Crumple up 4 sheets of newspaper, one by one and stuff them into the open end of Ned's body.
4. Staple or glue the last open side shut, after it has been stuffed.
5. Fold a sheet of paper back and forth into a 2 inch strip. Then, cut it in half and glue one half to the left side of the body and one half to the right side of the body. These will be Ned's arms.
6. Repeat step #5, gluing each piece to the bottom of the "body". These will be Ned's legs.
7. Use the scrap paper, yarn and fabric to add eyes, nose and mouth, hair and clothes.

Children can name their Ned's whatever they choose, write a story about it or create a play about recycling.

Newspaper Collages

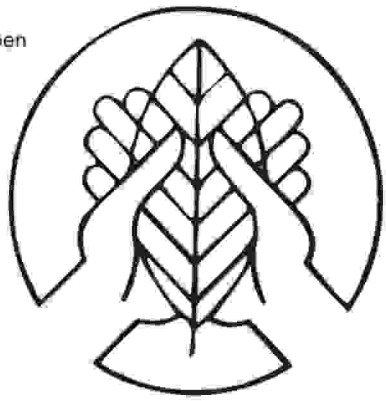
Time Needed: 15 to 30 minutes
Supplies: colored construction paper or white paper and tempera paints, pencils, lots of newspaper, glue

1. Paint a piece of paper the color of choice, this will be the background of the picture
2. Using a pencil, draw and object on the paper
3. Rip small sections of newspaper to fill in the drawing, gluing the small ripped pieces one by one to create a collaged picture
4. Ask the children to pay attention to the various shades of color in the newspaper and use the shades to "color" their picture.

4. Ask the children to pay attention to the various shades of color in the newspaper and use the shades to "color" their picture.

Activities: Being Green

Recycle Art



Children love to play with open ended art materials. As part of 'Recycle Round Up', collect other items that are great for open ended crafts like making toy models, robots, dolls or games.

Time Needed: 15 minutes or more
Supplies: collected materials from 'Recycle Round Up', glue, scissors

1. Make bins to collect recycled materials from home, around school and afterschool (see 'Recycle Round-Up').
2. Find items such as: paper towel tubes, yogurt containers, tinfoil, paper bags, clothes pins, cardboard, scrap paper and fabrics, egg cartons, Styrofoam meat trays, baby food jars, tin cans and more.
3. Collect for two weeks, then lay out the materials to see who can create the most creative structure or craft project.

Musical Instruments

Music is great way to engage children. Make instruments to dance, sing songs or imitate rain.

Time Needed: 20 minutes to 45 minutes
Supplies: recycled containers with lids, paper towel tubes, dried beans, uncooked rice, pebbles, markers, scrap paper, glue, tape

1. Each child should have one container with a lid or use paper towel tubes and close one end of the tube with strong paper and tape.
2. Fill the instrument with a combination of dried beans and rice.
3. Close and seal the container, decorate with collected scrap paper, markers and paint.
4. Shake the instruments to the beat of music or have the children create their own rhythms.

Additional Earth Friendly Resources

Websites

http://www.epa.gov/recyclecity
http://www.epa.gov/kids/index.htm
http://www.healthy-kids-go-green.com
http://greenguideforkids.blogspot.com
http://www.tesco.com/greenerliving/kids/landing.page
http://www.gogreeninitiative.org

Books

Teaching Green, The Middle Years Edited by Tim Grant and Gail Littlejohn
Kids Care! 75 Ways to make a difference for people, animals and the environment by Rebecca Olien
Ecoart!: Earth-Friendly Art and Craft Experiences for 3-To 9-Year-Olds by Laurie Carlson
Good Earth Art: Environmental Art for Kids by MaryAnn F. Kohl
Where Does the Garbage Go? By Paul Showers
The Adventures of an Aluminum Can by Allison Inches

Field Trips

Rutgers Gardens: Learn and Explore in New Jersey's Secret Garden

Connect with nature and experience hands-on learning through a field trip to Rutgers Gardens, on the Cook Campus at Rutgers, The State University of New Jersey. The Gardens is a 180-acre outdoor teaching classroom, horticultural research facility and arboretum. Field trips are 1.5 hours or 3 hours and are designed for up to 25 students. Your time will be a jam-packed, investigative journey through the Gardens. Field Trips are held year-round Monday through Friday. Rutgers Gardens: School of Environmental and Biological Sciences, Rutgers, The State University of New Jersey. Website: www.rutgersgardens.rutgers.edu; Ph: 732.932.8451.

Natural Science at the Newark Museum

Visit the Newark Museum for the study of natural sciences. Bring children to the museum for exhibits like Dynamic Earth: Revealing Nature's Secrets, Smart Bugs: Insect Societies and the Mini Zoo, home to more than 100 live animals. Visit the Alice and Leonard Dreyfuss Planetarium, Look/Touch/Learn: Nature & Art exhibit, and special exhibit, Insecta Fantasia: A Centennial Commission by Jennifer Angus. Keep an eye open for the new Discovery Garden, due to open this coming spring/summer. Many education programs can be brought to you. For more information, contact 973-596-6690 or e-mail: SchoolGroupReservations@NewarkMuseum.org

The New Jersey Marine Sciences Consortium

The New Jersey Marine Sciences Consortium (NJMSC) was founded in 1969 as a cooperative center for the study of marine and environmental science. NJMSC Education Programs provide equal opportunity for all New Jersey students to learn about the marine environment. The Coastal Experience is NJMSC's collection of Marine Science field trips for school-aged children. Programs are offered year round and all programs include active, "hands-on" participation in marine science activities.
Website: www.njmsc.org Contact: Brian Harris, Pre-College Field Trip Coordinator, Ph: 732-872-1300 X 16.

Local, State and National Parks

Check with your programs municipality and county office for local park information and amenities.
Division of Parks and Forestry: www.state.nj.us/dep/parksandforests
National Park Service, New Jersey: www.nps.gov/state/NJ/

NJ Environmental Centers

Provides a link to various trips and lists New Jersey environmental centers:
http://www.fieldtrip.com/nj/index.html#Environmental

Camden Children's Garden

The Camden Children's Garden is a special place to explore and discover the natural world. The four-acre garden provides horticultural experiences for creative and imaginative play. Enjoy a day in our themed gardens such as the Dino Garden, Pizza Garden, and Storybook Gardens. Visitors can see live butterflies in the Philadelphia Eagles Four Seasons Butterfly House and Education Centre and take a ride on our three amusements. Field trips can be enhanced by scheduling a Garden Lesson available on a variety of topics including butterflies, soil, biodiversity, tropical rainforests, and nutrition our lessons are designed for students K-12. For more information visit our website: www.camdenchildrensgarden.org, call (856)365-8733 and ask for the Garden Educator or e-mail: education@camdenchildrensgarden.org.

The Frelinghuysen Arboretum: Trees In Your Own Backyard

Learn about plants, trees and the natural world at The Frelinghuysen Arboretum, part of the Morris County Park Commission in Morristown, NJ. Afterschool field trips include exciting hands on activities combined with plenty of outdoor exploration in this 126 acre park in Morris County. Young explorers will learn about New Jersey plants and environment and take home a plant of their own. For more information: www.morrisparks.net or call 973-631-5004.

New Jersey Audubon Society

The NJAS has been fostering environmental awareness and a conservation ethic while preserving wildlife and natural systems since 1897. NJAS education centers and staff serve as a community resource for nature information and environment-based learning experiences and recreation. Every NJAS center provides these essential services: Access to a professional naturalist to answer nature-oriented questions, onsite and offsite programming for a diversity of audiences, nature-based recreational activities, educational and interpretive displays, wildlife observation window or area and wildlife gardens, walking, strolling or hiking trails – long and short, onsite or nearby. NJAS Department of Education. Website: www.njaudubon.org, Ph. (609) 861-0700.

Find your local New Jersey Audubon Society Center:

Weis Ecology Center
Ringwood, NJ
(973) 835-2160
E-mail: weis@njaudubon.org

Rancocas Nature Center
Mount Holly, NJ
(609) 261-2495
E-mail: rancocas@njaudubon.org

Lorrimer Sanctuary
Franklin Lakes, NJ
(201) 891-2185
E-mail: patrick.scheuer@njaudubon.org

Cape May Bird Observatory
Cape May Court House, NJ (609) 861-0700
E-mail: cmbo2@njaudubon.org

Scherman-Hoffman Wildlife Sanctuary
Bernardsville, NJ
(908) 766-5787
E-mail: scherman-hoffman@njaudubon.org

Nature Center of Cape May
Cape May, NJ
(609) 898-8848
E-Mail: nccm@njaudubon.org

Sandy Hook Bird Observatory
Highlands, NJ
(732) 872-2500
E-mail: shbo@njaudubon.org

Cape May Bird Observatory
Cape May Point, NJ
609-884-2736
E-mail: cmbo1@njaudubon.org

Plainsboro Preserve
Cranbury, NJ
(609) 897-9400
E-mail: plainsboro@njaudubon.org

Essex County Environmental Center
Roseland, NJ 07068
(973) 228-8776

Events

Celebrating Your Afterschool Program

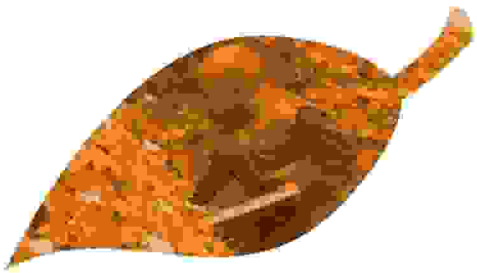
Attract attention to quality activities in your program by inviting guests to your program. Use the campaign as an opportunity to build relationships and partnerships in the community. Invite community members and organizations, kids and their families, program board members, school faculty and administrators, business and community leaders and your policy makers.

Introducing the Children to the Celebration

- Read books and poetry about nature and being outdoors, read outside.
- Post a "Nature Fun Fact" each day and discuss over snacks.
- Do a "Nature In Minutes" activity each day.
- Use pictures and posters for children to look at to bring nature indoors.
- Play sounds of nature music.
- Eat snacks outside every day.
- Bring children on a nature walk (collect natural materials for projects).
- Ask children what they know about nature and their experiences with nature.

Activities to Celebrate Your Program

- Have a party. Invite special guest speakers and guests: parents, local elected officials, the superintendent, youth, mayor, members of Congress, local celebrities, etc.
- Have a nature project for guests to make.
- Read poetry written by children.
- Provide a snack or pizza dinner.
- Designate children in the program to be Nature Guides, giving tours to program guests.
- Offer an afterschool program tour for guests, led by children.
- Children can speak about the impact of the afterschool program on their life.
- Parents can speak about their need for quality afterschool programs.
- Program staff can speak about the positive effects the program has on the children they serve.
- Hold a neighborhood and play space clean-up party.
- Plant a garden or a tree.
- Hold a nature art show (do activities in Nature Art section).
- Invite elders for a game of chess/board games outside.



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