

Nature - Inspired Activities

For Youth and Families to Engage at Home



Photo source: raisinghooks.com

Arts & Crafts

Younger Youth

- Nature Tree
- Earth day collage
- Bug hotel
- Nature paintbrushes
- Botanical sun catcher
- Maple seed dragonfly
- Playdough nature prints

Arts & Crafts

Older Youth

- Plant impressions in clay
- Paper tulips
- How to press flowers
- Making natural dyes with vegetable and fruit scraps
- DIY wind chime with sticks
- Up-cycled bird feeders



Photo source: mybrightideasblog.com

Scavenger Hunts

Younger Youth



Photo source: handmadecharlotte.com

- [Nature bingo printable](#)
- [Egg carton scavenger hunt](#)
- [Nature scavenger hunt printable](#)
- [Indoor scavenger hunt printable](#)
- [Color hunt for indoor/outdoor exploration](#)

Scavenger Hunts

Older Youth

- [Neighborhood scavenger hunt printable](#)
- [Nature scavenger hunt printable](#)
- [Nature journaling activities](#)
- [Indoor scavenger hunt printable](#)

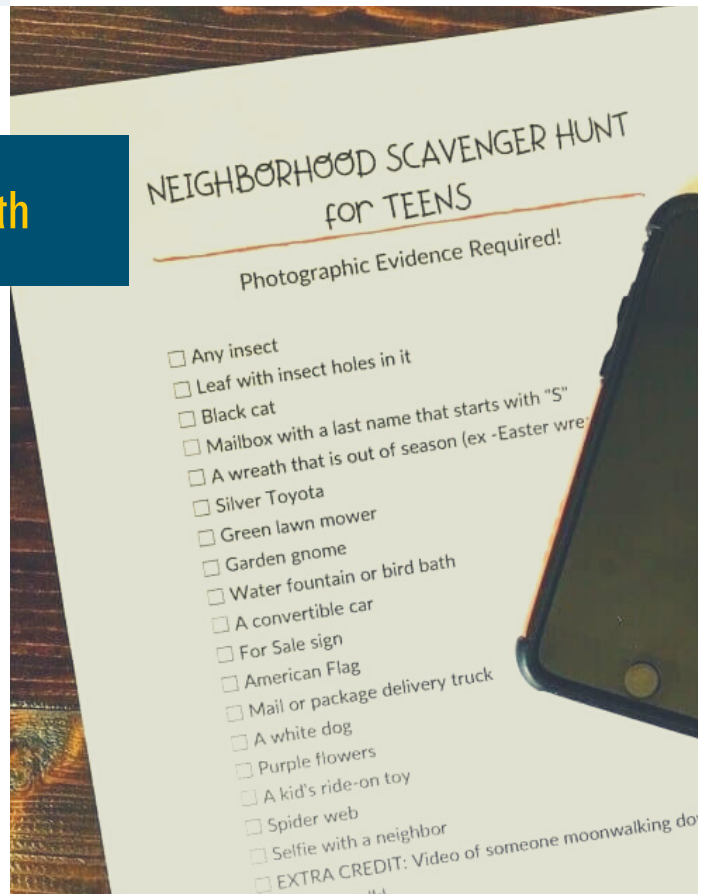


Photo source: thesavvysparrow.com



Photo source: handmadecharlotte.com

Natural Science

Younger Youth

- Stargazing activities
- Seed germination
- Leaf & bark rubbing journal
- Indoor bird watching
- Foam rain cloud experiment
- Homemade weather vane
- Nature facts, activities and online games
- San Diego Zoo online learning

Natural Science

Older Youth

- Re-growing food scraps
- Flower dissection activity
- 20 outdoor science experiments
- Biodiversity activity
- List of nature documentaries to watch free online
- Weather science resources



Photo source: eatingwell.com



Environmental Stewardship

Younger Youth

- Oil spill demonstration
- Water pollution experiment
- Compost experiment
- Which plastic is which?
- What is a carbon footprint?
- Recycling game printable
- Why is recycling important?
video for kids

Photo source: kitchencounterchronicle.com

Environmental Stewardship

Older Youth

- Soil erosion experiment
- Homemade rain gauge
- Build a landfill model
- Water purification project
- Recycling guide
- DIY recycled plastic bag projects



Photo source: lifeisagarden.co.za



Mindfulness Younger Youth

- [Preschool mindfulness in nature tips](#)
- [Engaging the senses outdoors](#)
- [Garden yoga positions](#)
- [Guided yoga video playlist](#)
- ["Mindful Walking" video](#)
- [DIY mindfulness glitter jar](#)
- [DIY zen garden for kids](#)

Photo source: preschoolinspirations.com

Mindfulness Older Youth

- [Practicing mindfulness in nature tips](#)
- [Gratitude scavenger hunt](#)
- [Guided yoga video playlist](#)
- [Guided online meditations](#)
- ["Campfire by the River" video for indoor meditation](#)



Photo source: greatergood.berkeley.edu



Fun & Games Younger Youth

- Nature memory_game
- Animal tag.
- Nature tic-tac-toe
- Trampoline activities
- Physical activities for young children to do outside
- 101 water activities
- Huge list of fun things to do outside for little or no cost

Photo source: rainorshinemama.com

Fun & Games Older Youth

- Backyard camping.
- Huge list of backyard games
- Free or low-cost games to play while camping
- How to engage nature from the indoors



Photo source: purewow.com