



Second Nature - *Finding Nature Near You!*

Today we learned

People live in urban, suburban, and rural environments. **Urban** environments are cities that have lots of people living close together along with buildings like skyscrapers, apartment buildings, and shops. **Suburban** environments are towns outside of a big city, and they usually have fewer people with more room for homes, shops, and people to spread out. **Rural** environments, located outside of both cities and towns, usually have very few people and homes and shops are spread quite far from one another.

The best part is that no matter what type of environment you live in, nature is all around you!

Now at home

Activity 1 - Nature Relaxation

Being in nature is good for our bodies and our minds. Have a discussion with your child about how nature makes them and you feel. Do you like to go on runs or hikes? Or would you rather sit in the grass or on a beach and read a book? What activity makes you feel the most relaxed and happy when in nature?

If possible, go outside and partake in your favorite activity out in nature. Alternatively, you can guide your child through a meditation exercise indoors! Start by asking your child where they would like to mentally visit, then instruct your child to sit or lay with their eyes closed. Start to narrate this meditation by setting the scene. Where are you? Is it warm or cold? What do you smell, see, and hear? Are there other people around? Next, take your child through the activity they picked. If they're hiking, how is the view changing as they go up the mountain? If they're exploring the woods, what types of animals do they see? If they're at a lake, are they skipping rocks in the water?

Activity 2 - A New Environment

Have a discussion with your child about the environment you live in and whether its an urban, suburban, or rural area. What characteristics does your environment have that makes it fit into one of those three categories? How big is the population? Do people live close to one another or are they spread out? How far do you have to travel to get to the store? Are you surrounded by nature or do you have to drive or walk to be in nature?

Next, have your child imagine what it would be like to live in the other two types of environments. What would your family home be like? Where would you get food? Are there a lot of parks around? Can you walk to different places, or would you have to take some sort of transportation (car or bike)? Ask your child to describe to you what they imagine or have them draw it out!

To send us any photos, videos, or questions, email us at education@sproutup.org!

