



Helping PEOPLE, COMMUNITIES and the PLANET

# GET OUT & GET MOVING



# ACTION KIT: SPRING EDITION

Spring has sprung! Join Friends for Change and The Nature Conservancy's Nature Rocks Program to get out and get moving. From scavenger hunts to artsy adventures, here are some great ways to get outdoors, smell the flowers, and more!

===== SPRING FUN STARTS HERE! =====

## CREATE A PHOTO COLLAGE

Capture nature in photos! Grab some friends or family, head outside, and prepare to be inspired! Pick a theme like a certain color, animal, or landscape. Then print your pics and make a collage! Collages make great gifts or art pieces to hang in your room.

### FUN PHOTO IDEAS



- 1 Frame Your Subject Off-Center. Off center is interesting. Try it!
- 2 Get Up Close. Life looks different under a microscope. Get close to find cool patterns and details in nature (be safe and keep your distance from wildlife).
- 3 Be Creative. Explore shooting from different heights, angles, and distances to get different perspectives.

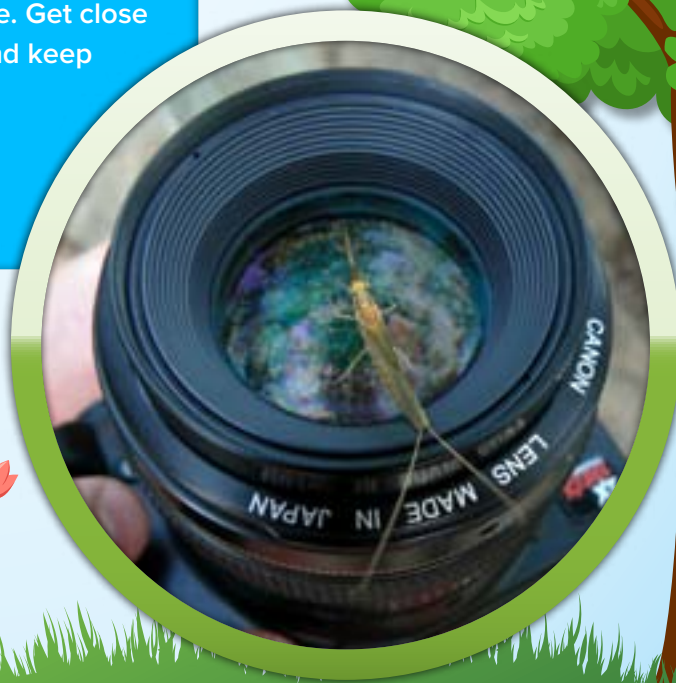
**TIP:** Going out? Wear sunscreen even when it's cloudy!



NATUREROCKS.ORG



NATURE.ORG



# GO ON A BIRD WATCH SCAVENGER HUNT

Want something to tweet about? Get outside for a Bird Watch Scavenger Hunt! Visit your local park, beach, or a National Park to find all kinds of feathered friends.

## SCAVENGER HUNT CHECK LIST

How many birds did you see? \_\_\_\_\_

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> A brown bird      | <input type="checkbox"/> A loud bird                | <input type="checkbox"/> Feathers                              |
| <input type="checkbox"/> A bird that swims | <input type="checkbox"/> A colorful bird            | <input type="checkbox"/> A nest                                |
| <input type="checkbox"/> A tiny bird       | <input type="checkbox"/> A bird singing or chatting | <input type="checkbox"/> Bird tracks                           |
| <input type="checkbox"/> A big bird        | <input type="checkbox"/> A bird flying              | <input type="checkbox"/> A bird carrying something in its beak |

SEE AN INTERESTING BIRD? Sketch a picture or write a note about this winged creature!

**TIP:** Be prepared. Bring a map, directions, and a cell phone. Always let someone know where you are going and when to expect you back.

## HINT: BRING THE BIRDS TO YOU

Want to bird watch from home? Bring the birds to you by making an earth-friendly bird feeder. Just roll a pinecone in peanut butter and sprinkle it with birdseed. Use string and hooks to hang and watch the birds flock to your feeder!

# FIND NATURE IN THE CITY

Live in an urban jungle? Nature is closer than you think! Here are a few things you can do to find trees, wildlife and room to roam in the city:

#1

## CHECK OUT A COLLEGE CAMPUS

Visit the local university campus and you'll find a lot more than students—like cool old trees, big grassy fields and squirrels. Go on a weekend to avoid the crowds.

#2

## VISIT A CITY PARK

Hidden pockets of nature are everywhere! You'll be amazed at the nature you'll find when you wander, look and listen.

#3

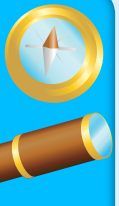
## GO FIND A GREENWAY

Many cities have trails where you can walk, jog, bike or blade through the trees or along the water. What greenways are near you?

#4

## EXPLORE HISTORIC SITES

Historic sites are often surrounded by nature. Now those are grounds for a good time outside!



**TIP:** Bring water to keep hydrated and healthy snacks like nuts, dried fruit, or trail mix to stay energized!





# NATURE TREASURE HUNT

Find nature's treasures by going on a hunt! Head out into the yard, a park, or a nature preserve to search for these wonders of nature.

## FIND:



- ☐ 1. Something round
- ☐ 2. Animal evidence (proof an animal was here)
- ☐ 3. Something that smells good (or bad)
- ☐ 4. A place where an animal has made its home
- ☐ 5. A seed
- ☐ 6. Two items that all living things need to survive
- ☐ 7. A place where a plant-eater would be happy
- ☐ 8. A pattern in nature
- ☐ 9. A bug
- ☐ 10. Something that can live in water

Remember to check out local events and activities happening this spring. Maybe there's a local park cleanup event? Do have outdoor concerts or fairs? How about a dog park? Pets can come too!

**TIP:** Spring weather can change in an instant. Wear clothes according to the forecast but bring some extra gear in case it heats up or cools down.

