

# 10 nature activities you can do with kids

## 1. Play a nature game

Try Active for Life's list of [homemade hiking games](#) that will keep little ones entertained and engaged.

## 2. Keep a plant journal

[Susan J. Tweit](#), plant biologist and author of *Walking Nature Home*, offers this suggestion: "Get to know a tree or shrub in your neighborhood intimately by observing it over the course of a growing season. Every week, check your adopted tree or shrub and note any changes."

## 3. Go on a moon walk

Visiting one of your regular outdoor spaces [in the moonlight](#) will create a whole new experience. Look for Lightning bugs, hooting owls, or swooping bats!

## 4. Be a photographer

Bring along a camera or phone to take photos of wildlife, then post to [iNaturalist.ca](#) to add to Canada's growing database of biodiversity. You can share what you see in nature, meet other nature watchers, and learn about Canada's wildlife.

## 5. Practice orienteering skills

Learn how to [use a compass](#) and [get active](#) at the same time!

## 6. Bring a nature gear bag

My son received a backpack similar to [this one](#) when he turned seven this year, and since then it's come along with us on all our adventures. The "bug collector" jar is perfect for keeping treasures like leaves and small stones, and then they don't all end up in my pockets!

## 7. Engage your senses

Ever wondered who was making that twittering noise? With [this webpage](#) you can identify some common birds by the sounds they make. Though there are no guarantees that you'll hear a penguin in the woods!

## 8. Walkie talkies

We already had a set of walkie talkies at home, and they've made our nature walks quite the adventure as the boys hide behind logs and make secret "kid-only" plans. If you're looking to buy some, check out this roundup of [great sets for kids](#).

## 9. Pick up supplies for a DIY insect house

First, make sure that you're allowed to take away pine cones, bark, or twigs from your location. If yes, bring them home to make a [sanctuary for beneficial bugs](#).

## 10. Go [plogging](#)

As the winter snow melts, not just grass is being uncovered. Bring along a pair of gloves and garbage bags to pick up litter along the trail.

[Active For Life](#)