

## Core Skills Analysis

### Science

- Identified various natural elements such as plants, insects, and animals in their environment.
- Observed different types of ecosystems and learned basic characteristics of each.
- Understood seasonal changes and their effects on plant and animal life.
- Noticed patterns in nature, such as plant growth, animal behavior, or weather conditions.

### Physical Education

- Engaged in physical activity through walking, promoting cardiovascular health.
- Developed motor skills and coordination by navigating different terrains.
- Improved endurance and stamina during the sustained outdoor activity.
- Experienced the benefits of outdoor exercise for mental and physical wellbeing.

### Art

- Enhanced observation skills by noticing colors, shapes, and textures in nature.
- Inspired creativity by connecting natural elements to artistic expression.
- Practiced drawing or describing natural scenes based on direct experience.
- Developed an appreciation for the beauty and diversity of the natural world.

### Tips

Nature walks can be expanded into rich learning experiences by incorporating journaling or sketching sessions where your child records observations in detail. Encourage identifying and classifying plants, insects, or birds to develop scientific inquiry skills. Try seasonal nature walks to compare and contrast environmental changes over time. Integrate sensory activities such as listening carefully to bird songs or smelling different flowers to deepen connection and awareness.

### Book Recommendations

- [The Lost Words](#) by Robert Macfarlane and Jackie Morris: An illustrated book that celebrates nature's vocabulary, perfect for inspiring children to notice and appreciate the natural world around them.
- [Outside Your Window: A First Book of Nature](#) by Nicola Davies: Introduces children to the seasons and various animals and plants, encouraging exploration and curiosity about the outdoors.
- [A Walk in the Woods: Exploring Forests with Grandad](#) by Julie Lacome: A gentle story that invites children to experience the wonders of forest life through the eyes of a child on a nature walk.

### Learning Standards

- NGSS 3-LS4-3: Construct an argument with evidence that in a particular habitat some organisms can survive well, some survive less well, and some cannot survive at all.
- CCSS.ELA-LITERACY.RI.4.3: Explain events, procedures, ideas, or concepts in a historical, scientific, or technical text, including what happened and why, based on specific information in the text.
- PE.3-5.MS.1: Participate regularly in moderate to vigorous physical activity that increases heart rate and endurance.
- CCSS.ELA-LITERACY.W.4.8: Recall relevant information from experiences or gather relevant information from print and digital sources; take notes and categorize information, and provide a list of sources.

### **Try This Next**

- Create a nature journal with drawings and descriptions of plants, insects, and animals seen during walks.
- Develop a scavenger hunt checklist for common natural items to find on future walks.

### **Growth Beyond Academics**

Nature walks often foster curiosity and calm as children engage with their surroundings. This activity promotes patience through observation and can boost confidence as children identify and learn about their environment independently. It also nurtures mindfulness and an appreciation for peaceful outdoor time.