



Gifts of Green

Indoor/Outdoor • 5–25 minutes • Limited materials



Overview

Take a slow, mindful walk through nature and use your senses to notice trees, animals, plants, and other natural elements.



Get Ready

Suggested Supplies

Nature provides all you need for this activity, though you can also use:

- ✓ Construction paper
- ✓ Drawing utensils (crayons, markers)
- ✓ Binoculars, magnifying glasses



Set up the Topic

Today we're going on a special walk. We'll use our eyes, ears, and noses to notice trees, animals, and other parts of nature and talk about the many ways they make our lives healthier and more enjoyable. We'll practice gratitude, which is when we feel happy about something and want to say thank you.



At a Glance Steps

Step 1:

Take a slow walk in a natural space, using your senses to notice sights, sounds, textures, and smells.

Step 2:

Pause to talk about gratitude, sharing things in nature you are thankful for.

Step 3:

Practice giving thanks by speaking words of gratitude out loud—like thanking trees for shade or birds for their songs.



Step 4:

Create a thank-you card by drawing or writing about something you appreciated.

Step 5:

Share your cards and reflect on what you enjoyed, how you felt, and ways you might care for trees in your community.



Children Are Working On

Expressing gratitude and empathy

Using their senses to observe and describe the natural world

Telling stories through drawing, writing, or dictation

Presenting knowledge and ideas

Showing care and curiosity about living things

Try This!



Visit two different places—one with fewer natural elements, like a blacktop or lawn, and one that's rich with trees and plants. Invite children to compare the experiences: Which space did they enjoy more? How did each place make them feel?