



Engaging with Nature

WEEKLY IDEAS FOR PARENTS, CAREGIVERS AND EDUCATORS

Questions to Guide Discussions

How could you include a pet in your nature experience?

Who would be your ideal hiking partner, if not a pet? Be creative! This could be anyone!



Have fun hiking with a human or four-legged friend this week!

No Tech Activities

No devices or apps needed

Create a Trail Map

Construct a detailed map as you explore with or without a dog! During your walk, note the tracks, rivers, creeks, landmarks, or other unique natural features. Maybe even pretend you are on a treasure hunt!

Maryland Park Service

<https://tinyurl.com/y2ampzpa>

Low Tech Activities

Mobile device/Wi-Fi access

Plan a Hike

Use the AllTrails app to plan a hike together. Here are some ideas to get your started on your next hike:

- Dog and kid-friendly
- Lots of wildlife.
- Memorable views

Start your next adventure here:

<https://www.alltrails.com>

High Tech Activities

Device/Internet Access/Online Tools

Explore the World Virtually

Check out Google Earth on a computer or mobile device and virtually explore the outdoors.

Google Earth Resources for Beginners to Gurus:

<https://www.google.com/earth/education/resources/>

Wellness Tips for Anxious Times

These can be stressful times. Here are some helpful suggestions for managing the pressure you may be feeling:

- Communicate with others
- Go for a walk
- Healthy habits and mindfulness



Depression and Bipolar Support Alliance

More info found here:

<https://tinyurl.com/yy9u8uv3>

KEEP SPACE BETWEEN YOU AND OTHERS

<https://www.cdc.gov/coronavirus/>





Assateague State Park

Visit Maryland's only oceanfront park located on Assateague Island. The marsh areas have a variety of wildlife, including deer, waterfowl, and feral horses.



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Summer Camps - For Kids

Chesapeake Bay Maritime Museum

Rising Tide Virtual Workshops

July 16 - September 30, 2020

<https://forms.gle/mX8VCAXaUFTVBd77A>

1-2 hour weekly virtual lessons designed to engage middle school students with maritime history, bay ecology, and at-home activities. This program runs weekly on Thursday afternoons.

Leaders of Tomorrow (LTYC)

LEARN Virtual Arts Camp

<http://ltyc.net/programs/>

Students participate in visual arts, dance, creative writing, theatre, and music for a few hours a day. The program serves students in 3rd through 8th grade, runs for 5 weeks and ends with a student created portfolio.

Ocean City Estuary Explorers

July 28-31, 2020 and August 25-28, 2020

<https://camps.oceancitymd.gov/estuary-explorers-camp/>

Explorers participate in engaging, outdoor investigations including critter samplings, STEM activities, watershed studies, kayaking, forestry and more! This camp offers one field trip during the week. One day will be spent kayaking on Ayers Creek.

Phillips Wharf Environmental Center

August Summer Fun Pack

https://www.flipcause.com/secure/cause_pdetails/ODgxOTE=

This month's box is designed for kids ages 7 to 11. There are two options: activity packet or activity packet and companion box, which comes with all the supplies you need to complete the activities in the packet. Ordering begins 7/13 and closes on 7/27.

For Adults

Enrichment

MD DNR Wildlife and Heritage Service

July 28, 2020

7:00 - 8:30 PM

<https://dnr.maryland.gov/wildlife/Page/s/habitat/wapublicevents.aspx>

Bats are fascinating yet highly misunderstood species. Learn basics of bat biology, interesting bat species around the world, and how to help bats with backyard wildlife habitat.

Free! Registration required. *This meeting will be recorded.*

Professional Development

Teachers on the Estuary (TOTE)

July 27-31, 2020

<https://www.fisheries.noaa.gov/event/teachers-estuary-workshop>

Featured App - AllTrails

This free app allows you to plan out your ideal hike based on different filters. Some of these filters include kid, stroller, wheelchair, dog, and horse friendly just to name a few.

<https://www.alltrails.com/>