Engaging with Nature
WEEKLY IDEAS FOR PARENTS AND CAREGIVERS

Weekly Questions to Guide Discussions

This week's theme - Outdoor Independence Day - Independent Exploration

How can we celebrate the national holiday while maintaining social distance?

How can we experience nature independently?

No Tech Activities
No devices or apps needed

What is your dream tree house or campsite?

Describe/draw your ideal dream outdoor treehouse/campsite. Use your imagination and be creative!

• Location - Where is this location? Is it somewhere you've been before or just seen/imagined?
• Who - Who would you bring to this space with you? OR would it be a top-secret place?
• When would be an ideal time to adventure to this place? Winter, Spring, Summer or Fall?

High Tech Activities
Device/Internet Access/Online Tools

Independent Exploration

Take photos of animals you see around your home in the outdoors and upload it to the app/website to find what kinds of animals or plants you can discover!

iNaturalist website: https://www.inaturalist.org

COVID-19 PARENTING RESOURCES
From the World Health Organization

#HealthyAtHome - Healthy Parenting
https://tinyurl.com/y9bmdq3c

Proven parenting tips and activities Multiple languages!
https://tinyurl.com/ybjrhcaw

There are many ways you can help your family eat well and stay active while at home. Check out these resources from the University of Maryland Extension's SNAP-Ed program.

English Version
https://tinyurl.com/ybk9wwox

Spanish Version
https://tinyurl.com/y7ph6bqe

Subscribe to our mailing list for regular updates: https://tinyurl.com/y6wqjlu3k
Create Your Own State Park Summer Challenge

The Maryland Park Service
Check out these two statewide programs for families to participate in this summer.

"DIY" Do-It-Yourself Park Quest

Summer Camps - For Kids

Bringing Nature Home:
Summer Adventure Camp at Alice Ferguson Foundation
https://fergusonfoundation.org/summercamps/

Echoes of Nature Virtual Summer Camps 2020
https://www.echoesofnature.org/summer-virtual-camps

Family Camp at NorthBay Adventure This Summer
https://northbayadventure.org/familycamp/

Pickering Creek Audubon Center
EcoCamp From Home!
https://tinyurl.com/y9rdn75c

Evergreen Heritage Center
https://tinyurl.com/yc46xke8
Evergreen Camp
July 27-31 from 9 am to 4 pm

Smithsonian Environmental Research Center (SERC)
https://tinyurl.com/y8lw843
Summer Science Series

July 7 to August 4 (every other Tuesday) for 5 to 7-year-olds
July 16 to August 6 (every other Thursday) for 8 to 12-year-olds

For Adults

Cornell Lab of Ornithology
Virtual Educator's Retreat
https://tinyurl.com/y87slbh4
July 6-August 9, 2020
To register:
https://tinyurl.com/y9bfd4hr

SERC Virtual Training & Certificate Programs
https://tinyurl.com/y8vg8uw
- July 7, 17, 24: Understanding & Teaching Climate Change
- July 28 and 29: River Otters of the Chesapeake Bay
- July 7: Wildlife & Fish of the Chesapeake Bay
To register:
email mcdonald@si.edu

Teachers on the Estuary (TOTE)
July 27-31, 2020
https://www.fisheries.noaa.gov/event/teachers-estuary-workshop

Featured App - iNaturalist - Free!
Take a break to get out in nature and take photos of plants and animals on this identification app. Interact while maintaining social distance digitally with others in your area. You can use this application on both plants and animals, and it works great! If you are new to the outdoor world you could use it as a fun way to discover new plants or animals. Or, if you’re more experienced as a way to test yourself.
Website - https://www.inaturalist.org

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