

OCEAN'S DAY WONDER WALK

YOU CAN DO THE ACTIVITIES IN ANY ORDER YOU'D LIKE.
JUST CHECK THEM OFF AS YOU COMPLETE THEM.

PLEASE BE MINDFUL OF WILDLIFE
(INCLUDING PLANTS) AND OTHER HUMANS



WARM UP:

- BREATHE. TAKE 3 DEEP BREATHS OF CLEAN OCEAN AIR.
- LOOK ALL AROUND YOU. WHAT DO YOU SEE?
- WHERE IS THE OCEAN FROM HERE? YOUR HOME? YOUR SCHOOL?
- WHICH WAY IS THE WIND BLOWING?
- WHAT'S ONE THING YOU HOPE TO SEE/DO ON THIS WALK?



DISCOVER:

- SOMETHING YOU'VE NEVER SEEN BEFORE. YOU GET TO NAME IT.
- LEAVES THAT LOOK LIKE YOUR HAND, A BUTTERFLY AND A FEATHER.
- WHETHER THE TIDE IS HIGH OR LOW OR SOMEWHERE IN BETWEEN.
- HOW MANY DIFFERENT BIRDS ARE SINGING? (TRY CLOSING YOUR EYES AND LISTENING).

FEEL:

- HUG 3 DIFFERENT TREES. THEY'VE BEEN WAITING FOR YOU.
- MOSS ON A LOG (WHAT DOES IT FEEL LIKE?)
- SOMETHING PINK & SOMETHING YELLOW (HOW DOES PINK FEEL? HOW ABOUT YELLOW?)
- GRATEFUL FOR THE FOREST, ESTUARY AND OCEAN(SING A "THANK YOU" SONG)



WATCH:

- WATER MOVING UNDER A BRIDGE. GUESS WHICH WAY IT'S FLOWING.
(DROP A STICK FROM ONE SIDE OF THE BRIDGE TO TEST YOUR HYPOTHESIS)
- A FALLING LEAF. CATCH IT AND MAKE A WISH.
- A BEE POLLINATING FLOWERS.
- CLOUDS GOING BY - FIND ONE THAT LOOKS LIKE AN OCEAN ANIMAL.



DRAW:

SEARCH FOR A LEAF YOU'D LIKE TO DRAW. GET OUT YOUR PAPER AND PENCIL.
(YOU CAN ALSO DO THIS AT HOME)

1. TAKE A GOOD LOOK AT THE LEAF. TRY NOT TO DAMAGE IT.
2. DRAW THE LEAF WITH YOUR EYES CLOSED.
3. TRACE THE LEAF.
4. DRAW THE LEAF THE BEST THAT YOU CAN.
5. DON'T FORGET TO TAKE PICTURES OF YOUR LEAF AND DRAWINGS!



PLEASE SHARE PHOTOS OF YOUR ADVENTURE WITH US AT:
Squamish River Watershed Society Facebook Messages