Get Up & Move!

Family Activity

Series 1: September

Enjoy Nature Together

This month you have learned about activities you can do in order to incorporate more physical activity into your life. You have also learned about how physical activity can be combined with the time you spend with your family. This month you and your family can learn about nature while being active together!

Fall is a season of change when it comes to the weather and can be a great time to explore the outdoors. You and your family can take time this month to go on a nature walk to a nearby park or just around your block to see how many types of different trees and leaves you can identify. You can also do a nature scavenger hunt on your walk. You might want to invite your friends and their families to join you on your walk. You might also want to consider inviting newer members of your 4-H club so they can make new friends early in the year.

You and your family might consider taking a “field” trip to your local library to check out a book about tree and leaf identification. Some books that you might want to consider are Looking at Trees and Leaves, by Lara Bergen and Backyard Explorer Kit, by Rona Beame and Lionel Kalish. If you would like to do the scavenger hunt, a list of items that you can find is available on the 4-H website at www.4-h.uiuc.edu.opps/move. Remember that you can look and pick up the items you see on your walk, but you should return them to nature. You could also bring a camera and a notebook on your to walk to take pictures of the trees and leaves and make notes about them. After your walk, you and your family could organize your pictures and their descriptions into a nature scrapbook. Remember to record the minutes you spend on your nature walk in your September physical activity calendar. This activity shows you that being active can also be educational and creative!