**Appendix 4**

**Outdoor Walk (forest or shore of the ocean, a river, or a lake)**

***Any outside activities should be considered carefully with the safety and well-being of participants in mind, and recognizing any related First Nations’ directives about staying at home***.

The purpose of this activity is to notice things that haven’t caught your attention before, to ask questions about them, and to share your observations. Below are some examples to get started, but open yourself up to observe and notice other parts of nature specific to your community.

***Please remember to maintain social distancing when you are out of your house.***

Materials:

* Notebook
* Pencil / pencil crayons / markers etc.
* A sense of adventure
* Camera or smartphone to take pictures (if available)

**Forest:**

Notice the mosses.

* How many different kinds of moss can you find?
* Draw each one
* Talk about what is different
* What are two questions you have about the mosses?

Notice the branches on the trees and the kinds of needles on them.

* How many different kinds of branches with needles can you find?
* Draw each one
* Talk about what is different about them
* What are two questions you have about the branches and their needles?

Notice the creek that runs through the forest.

* List three things you notice about the creek
* What are you curious about? List as many questions about the creek as you can
* Share your observations and questions with an adult

**Shore:**

Notice what makes up the shore. Sand? Rocks? Driftwood? Plants?

* What do you notice about the sand or pebbles etc.?. ... Draw what you notice
* Write two questions you have about the sand or pebbles etc.

Notice the Rocks on the shore.

* How many different kinds of rocks can you find? How might you categorize them? Large or small? Smooth or rough? Dark or light?
* Draw one rock from each category
* List one similarity and one difference
* What are two question you have about the rocks?

Notice the driftwood on the shore.

* + What are 3 things you notice about the driftwood?
  + Draw your favourite piece of driftwood
  + What does the driftwood remind you of? (tell someone)
  + What are two questions you have about the driftwood?
  + Tell an adult (parent / teacher / EA) about your observations and questions

Notice the plants on the shore.

* + What do you notice?
  + What questions do you have about the plants?
  + Where else have you seen these plants?

Other possible activities:

* Students can harvest traditional medicine, *if appropriate*, and learn how to properly and respectfully prepare it. Where possible, students could discuss the benefits of different types of medicines.
* If it is appropriate, students might reach out to an Elder of community member to learn about how to harvest medicinal plants and where they are located.
* Students can gather medicines for Elders who are not as mobile, *if it can be done safely and delivered later* *at a time when it is safe to do so.*