

Name: _____
Phone: _____
Email: _____



EXPLORE YOUR PARK CHALLENGE



The City of Rochester is encouraging families and children to play outside in their local parks! This nature passport will help you explore the nature all around you. As you complete each activity, color the bubble of the page you completed. When you finish all of the activities in the booklet, return the booklet to your local R-Center or Public Library or email a copy of your completed booklet to Stephanie.Benway@cityofrochester.gov. Everyone that completes the Play In Nature Challenge will receive a ~~FREE pass to the Strong Museum of Play~~, a T-shirt, and will be entered into a raffle to win a bike!



Nature Scavenger Hunt

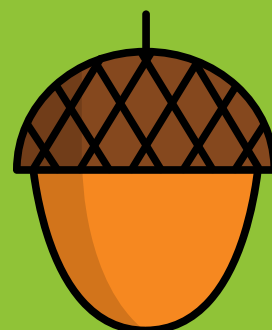
In a park near you, find the following. Check off the white boxes as you find each item:


☐

Bug


☐

Tree


☐

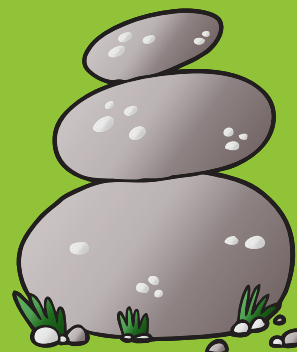
Acorn


☐

Cloud


☐

Leaf


☐

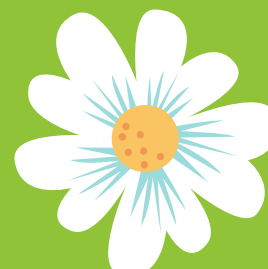
Pebble or Rock


☐

Patch of Grass


☐

Bumble Bee


☐

Flower

Draw your
dream park. Be
creative!

2



Need ideas? Think about:
-Slides-Swings-Lookout tower-
Castle-Sandbox-Monkeybars-Toys-
Tire swings - spaceships



Believe.



City of Rochester, NY
Lovely A. Warren, Mayor
Rochester City Council



What is your favorite park?

What do you love about the park?

If you could add something new to the park, what would it be?

Take care of your local park!



Parks are a very important part of the environment. What can you do to protect the Environment?

List 3 ideas below!

1. _____

2. _____

3. _____

BEING MINDFUL

Mindfulness is being here right now and beginning to notice everything happening around you.

GO TO A PARK NEAR YOU.....

LOOK UP AT THE SKY. WHAT COLORS DO YOU SEE?

LOOK DOWN AT THE EARTH. FEEL YOUR FEET BEING SUPPORTED.

WHAT SMELLS DO YOU SMELL RIGHT NOW?

CAN YOU FEEL THE WARMTH OF THE SUN ON YOUR BODY?

WHAT SOUNDS DO YOU HEAR?

CAN YOU FEEL THE WIND ON YOUR SKIN?

DO YOU SEE SOMETHING NEW IN THE PARK TODAY? IF YES, WRITE WHAT YOU SEE IN THE BOX ABOVE.

Animal Exercises



Pretend to be a frog and leap super high!



Crawl on all fours and roar like a bear



ASK SOMEONE THAT
YOU GO TO THE PARK
WITH TO SET A TIMER.

Run like a cheetah as fast
as you can.



Hop like a bunny

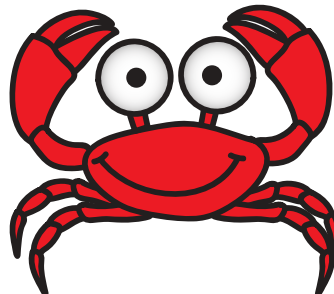


SPEND TWO MINUTES
ON EACH ANIMAL
EXERCISE.

Balance on one foot like a
flamingo.



Walk on your hands and
feet backwards like a crab!



WRITE YOUR FAVORITE
EXERCISE ON THE LINE
BELOW.....

Gratitude Tree

In each box below, write something
or someone that you are thankful for.



I am thankful for: _____

because: _____

I am thankful for: _____

because: _____

I am thankful for: _____

because: _____

I am thankful for: _____

because: _____

I am thankful for: _____

because: _____