



NatureHood is a signature program of [Nature Canada](#). Its goal is connecting people of all ages to nature right where they live - which, in Canada, increasingly means urban centres. NatureHood inspires urban residents to connect with nature through innovative programming, celebratory events and stewardship activities set in urban green spaces and [Important Bird and Biodiversity Areas \(IBAs\)](#).

Nature Saskatchewan offers fully funded field trips to urban green spaces in or around Regina as well as to the Last Mountain Bird Observatory. All activities are free of charge!

Outdoor Activities

Natureblitz- A NatureBlitz, simply put, is observing nature in a given area. It's quite easy to do, anywhere, anytime, by anyone. It's a time-bound event in which citizen scientists (i.e. the students!) try to identify and inventory as many different living things as possible in a given area.

Migration Obstacle Course- Students pretend to be migratory birds as they make their way through the course avoiding threats as they go.

Pond dipping- Students use nets to fish out invertebrates and other aquatic bugs in the pond. Students will learn about the importance of healthy wetlands.

Plant Press- Students will learn about diversity of native wildflowers as they collect and press them to take home.

Bird Watching- Each student will learn how to use binoculars and the 4 keys to identifying birds

Geocaching- An international treasure hunt.

Yardmap- is a citizen science project designed to cultivate a richer understanding of wildlife habitat, for both professional scientists and people concerned with their local environments. We collect data by asking individuals across the country to literally draw maps of their backyards, parks, farms, favorite birding locations, schools, and gardens. We connect you with your landscape details and provide tools for you to make better decisions about how to manage landscapes sustainably. www.yardmap.org

Story Walk- pages of a story about migration are placed along a nature trail.

Guided Nature Meditation- students find a quiet spot to relax and connect to nature as they are guided through a meditation.

Junior Birder Journals- Students complete activities in their own journal such as sketches and checklists

Bird Banding- A rare opportunity for youth to see many bird species up close ... to observe catching, handling and banding techniques, and to learn about our natural heritage.

Nature Scavenger Hunt- Students must mark off items they find in nature such as bird's nest, spider web, and plant and animal species.

Indoor Activities/Presentations

Bird Beak Adaptation game- Students test out three beak shapes and three food sources. What beak shape is better adapted to eat a large variety of food?

Shorebird Adaptation presentation- students learn about the many special adaptations shorebirds have to survive in their habitat.

Species At Risk Gameshow- a Jeopardy style gameshow where student roll a large die and answer questions corresponding to categories around species at risk in Saskatchewan.

Project Feeder Watch- a winter-long survey of birds that visit feeders at backyards, nature centers, community areas, and other locales in North America. FeederWatchers periodically count the birds they see at their feeders from November through early April and send their counts to Project FeederWatch. FeederWatch data help scientists track broadscale movements of winter bird populations and long-term trends in bird distribution and abundance

Climate Change Board game- to help teach participants about the effects that climate change may have on birds. The game requires players to assume the role of a bird, and then figure out how climate change is affecting their lives in their Food, Habitat, and Migration.

Prairie Board Game- Students roll a die and answer questions regarding prairie grasslands as they move around the board.

Nature Colouring Sheets- Saskatchewan species at risk and prairie habitat

Bird Feeders- create bird feeders out of milk cartons and toilet paper rolls

Bird Masks- create masks out of paper plates and feathers

National Wildlife Area/habitats and bird banding presentation- Powerpoint presentation

Naturewatch and Climate Change presentation- NatureWatch is your home page for fun, easy-to-use environmental monitoring programs that encourage you to learn about the environment while gathering the information that scientists need to monitor and protect it. NatureWatch monitoring program are suitable for all levels and interests, designed to develop your scientific observation and data collection skills so that you can actively contribute to scientific understanding of Canada's environment.

To book a field trip or classroom visit please contact Lacey Weekes at: 306-780-9481 or lweekes@naturesask.ca