

3C: Trail Activities

To help kids get the most out of communing with nature, Lizette Castano at the Children's Nature Institute suggests packing a canvas bag with a few of simple items.



Photo: FamilyFun Magazine

What you'll need

- Egg carton
- Paint & paintbrush
- Magnifying glass
- Magnets
- Water-filled spray bottle
- Homemade soil slides
- Natural Materials (stones, leaves, soil, seeds)

How to make it

Step 1. Egg Carton ID:

1. Paint the bottom of each egg carton compartment a different color (pictured above).
2. Challenge kids to find natural souvenirs safely to handle, touch and collect in a matching hue.
3. ID Materials together using [field guides](#), [SEEK App](#) or [iNaturalist App](#).

Step 2. Introduce a Magnifying Glass:

4. Encourage your family to take a closer look at things and discover treasures hidden in plain view, such as the silvery veins on a leaf or tiny mites on a decaying log.

Step 3. Magnets

5. Run a strong magnet across the soil to see if iron bits are lurking about (they'll stick to the magnet).
6. For an even greater wow factor, bring a paper plate, top it with soil, then run a magnet underneath it to make the iron bits dance.