

CENTENNIAL PARKLANDS NATURE PLAY

Stop and spot

Sit and observe the world around you!

What you need:

A special place in nature

Let's get started!

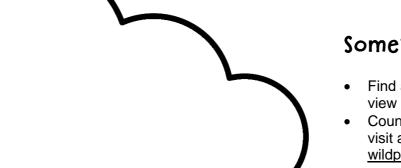
Prepare: Sit down and make yourself comfortable

Observe: Stay still and start to notice what is around you. Pay attention to all your senses!

- What can you see?
- What can you hear?
- What can you smell?
- What can you feel?

Create: Make something that tells a story about what you discovered. Draw, paint, or used leaves and sticks to create your own story with nature!





Something extra!

- Find a 'sit-spot' with a good view of some flowers
- Count how many pollinators visit and tell the scientists at wildpollinatorcount.com

