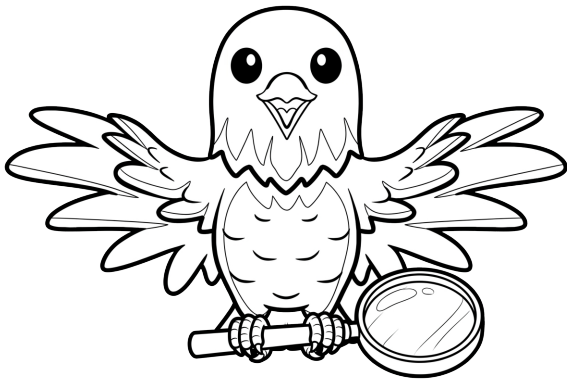


PARENT RESOURCE



NATURE RUBBING

Can you find hidden patterns in nature?

WHAT YOU'LL NEED:

- Another piece of paper
- A crayon, pencil, a dandelion leaf or flower
- A leaf, tree bark, a rock, or another fun find from nature

LET'S MAKE A RUBBING!

1. Put your paper on top of your item
2. Hold your paper still
3. Rub the dandelion leaf or flower back and forth across the paper
4. Watch the hidden pattern appear

EXPLORE NATURE TOGETHER

A nature scavenger hunt is a fun way to spend time together while building curiosity, observation skills, and a love for the outdoors. Encourage your child to slow down, look closely, ask questions, and talk about the plants, animals, and other treasures you discover along the way.

NATURE SAFETY TIPS

Help keep outdoor adventures safe by reminding children to:

- Stay on marked trails when possible
- Walk carefully on uneven ground
- Never touch or eat unknown plants, berries, or mushrooms
- Wash hands after exploring
- Drink water, wear sunscreen, and dress for the weather
- Use insect repellent when needed
- Stay with a trusted adult
- Watch wildlife from a safe distance and leave nests and animal homes alone

TALKING TOGETHER

Use these questions to help your child explore and learn.

Leaves

What colors and shapes do you see?
Which leaf feels the smoothest?

Flowers

What colors do you see?
Do you see any bees or butterflies visiting the flowers?

Trees

How tall do you think this tree is?
What animals are using the tree?

Tree cones (like spruce, pine, or alder)

How are these cones the same, and how are they different?
Do you think these cones came from the same tree?

Rocks

What colors or patterns do you see?
How do the rocks feel?

Birds & Wildlife

What sounds do you hear?
How can we watch animals without disturbing them?

Bugs & Insects

Where are the bugs hiding?
Why are bugs important?

KEEP EXPLORING

The best adventures start with curiosity.
Encourage your child to safely explore with
their senses, ask questions, and enjoy
discovering the world around them together.

LEARN MORE

Visit health.alaska.gov for additional
mental wellness resources for families.

