**NATURE NAVIGATORS**

Monthly Campaign Announcements:

| Day 1 | Good morning, Nature Navigators! This month, we’re kicking off our exciting new theme where we’ll explore the amazing benefits of being in nature and spending time outdoors. To get started, let’s have some fun with a "Nature Moves" challenge! **You have two options for our Nature Move - The Tree Pose:**Option #1: Stand on one leg, placing your other foot on your calf or inner thigh, and stretch your arms up like tree branches. Gently sway your arms like branches in the wind, and don’t forget to switch legs when I count to 5. Option #2: Explore what the tree pose can look like when you are sitting on a chair or on the floor.Ready? Pick your option. Here we go! 10, 9, 8, 7, 6, 5, 4, 3, 2, 1…Fantastic job, everyone! You’re off to a great start for our Nature Navigators adventure! |
| --- | --- |
| Day 2 | Greetings, [school name]! Ready to unlock the power of nature for your mental well-being? Spending time outdoors can reduce stress, ease anxiety, and boost your happiness! Today’s challenge: **aim for one full hour (that’s 60 minutes!) outside.** Add up the time you spend at recess and with your class, then see how much more you can enjoy after school. Let’s make the most of nature, both at school and at home! |
| Day 3 | Hello Nature Explorers! Did you know that being outside can boost your energy and help you feel refreshed? Think about your favourite outdoor activity or what you love most about nature. This week, make sure to stop by the bulletin board at [INSERT BULLETIN BOARD LOCATION] to discover what your friends and classmates enjoy about the great outdoors. Let's get inspired together! |
| Day 4 | Greetings [school name] Nature Artists! Did you know that spending time in nature can boost your creativity? Nature provides an environment that offers unique shapes, colors, and patterns that can inspire artistic and creative ideas. After being in nature either at school or after school, **draw or write about the things that caught your eye,** such as the trees, flowers, animals and the sky. Enjoy your time in nature and let it fuel your artistic ideas.  |
| Day 5 | Good morning, Outdoor Enthusiasts! Let’s take a quick energy break and connect with nature. **Today’s activity is Skipping Rocks!** Stand up, push in your chair, and imagine picking up the perfect flat stone from the ground. Feel how smooth and flat it is in your hand. Now, crouch down slightly and swing your arm to the side. On the count of 3, flick your wrist and skip the rock across the pond! Ready? 1, 2, 3... [Pause] Great job! Now, share with a classmate a time when you skipped a rock or spent time in nature. |
| Day 6 | Good morning, Nature Explorers! Rise and shine, outdoor friends! Today, let’s start our day by thinking about the wonders of nature. Maybe it's the fresh air, the trees, the sunshine, or the sounds of birds. How does nature make our lives better? Think about how it helps us feel calm, energized, or even inspired. Now, turn to 2-4 classmates and take a moment to **share one thing you truly appreciate about the great outdoors**. [Give 1-2 minutes for this activity] Great job, everyone! Let's carry that appreciation with us throughout the day, and remember, nature is always here to help us grow and thrive. |
| Day 7 | Hello, Outdoor Learners! Today is an exciting day because we have our very first recess challenge, and it’s all about teamwork and creativity! **Your mission: Find a partner and work together to build a mini nature sculpture** using whatever you can find—sticks, leaves, rocks, and anything else that inspires you in the great outdoors. Be as creative as you can and see what kind of masterpiece you can design together! Whether it's a tiny tower, a leafy animal, or something entirely new, we can't wait to see what you come up with. Don't forget, when you are finished playing, leave what you find: Leave rocks, sticks, and other natural objects where you found them as this is part of environmental stewardship. Have fun, and let your imaginations run wild! |
| Day 8 | Good morning, Outdoor Connectors! Today, let's dive into outdoor mindfulness. **Mindfulness is all about focusing on the present moment.** When you're outside, take a mindful break inspired by nature. Find a quiet spot on the playground, sit down, and close your eyes. Take three deep breaths, and pay attention to what you can smell, hear, and feel around you—this is called “Forest Bathing.” After recess, share with your class what stood out to you during your mindful moment. What did you notice in nature that you hadn’t before? |
| Day 9 | Good morning, Outdoor Explorers! Did you know that dressing for the weather helps you enjoy the outdoors even more? What does dressing for success look, sound and feel like in the outdoors? How does this change for the different seasons throughout the year? Make sure you're prepared so you can enjoy the outdoors all year long! |
| Day 10 | Good morning, Nature Lovers! Today, let’s explore listening. During recess, find a peaceful spot outdoors, close your eyes, and take a few deep breaths. **Focus on the natural sounds around yo**u—maybe it's the rustling of leaves, birds singing, or the wind whispering through the trees. This mindful moment can help you feel calm and refreshed. When you return to class, share with your teacher and friends the nature sounds you experienced and how they made you feel. |
| Day 11 | Good Day, [school name]! Take a walk inside the school grounds today and **see** **how many different types of rocks you can find**. Notice their shapes, sizes, and colors. **Can you find any that have interesting textures or unique patterns?** Rocks may seem ordinary, but each one has a unique story to tell! |
| Day 12 | Hello, Outdoor Adventurers! Today's recess challenge is to explore and gather natural materials like leaves, rocks, and sticks around the schoolyard. Once you’ve collected your treasures, use them to **craft a nature-inspired masterpiece** on the tarmac or in the field. Let your creativity shine as you build something beautiful from the wonders of the outdoors! Make sure you show someone your masterpiece either a friend, classmate, or the supervisor outside. |
| Day 13 | Good morning, everyone! They say laughter is the best medicine, so let's kick off our day with some nature-themed jokes to brighten our spirits. Here are a few to get you started:What do you call a fish wearing a bowtie? (Pause for effect) Sofishticated!Why did the mushroom go to the party? Because he’s a fun-guy!What do you call a bear with no teeth? A gummy bear!How does a bee brush its hair? With a honeycomb!What kind of tree fits in your hand? A palm tree!Got a funny nature joke of your own? Share it with your classmates and see who can come up with the funniest one. Let’s have some laughs and enjoy the start of our day! |
| Day 14 | Hello, Nature Lovers! Today, let's embark on a mindfulness adventure with our **‘Five Senses Scavenger Hunt.’** During recess, use your senses to explore the outdoors. Find something you can see, hear, touch, smell, and taste in nature. Once you're back inside, share your discoveries with your classmates. Let’s see what nature has to offer! |
| Day 15 | Today, I’ve got a fun nature riddle for you! Think you can solve it? Be the first to share the correct answer with your teacher. Here’s the riddle:**“I’m not a bird, but I soar high, fluffy in the sky. Sometimes a shape, sometimes a swirl; What am I that makes you twirl?”** Give it a go and see if you can figure it out! Answer: A Cloud |
| Day 16 | Good morning, Active Outdoor Explorers! Outdoor activities are great for boosting physical health while keeping your body moving and your heart pumping every day. **Your challenge for recess today is to participate in a game of “Cloud Tag”**! In this game, one person is “it” and tries to tag others, who are “clouds” floating around. Once tagged, the “cloud” must perform 10 quick “puddle jumps” (jump over pretend puddles) before rejoining the game. This activity will get your heart pumping and make recess super fun! Let’s enjoy the outdoors and stay active! |
| Day 17 | Good morning, [school name]. Did you know that it’s important to wear sunscreen all year round? Even in the winter, the sun’s rays can be strong, especially when reflecting off snow. As you embark on your outdoor adventures, whether you’re exploring a snowy landscape or basking in the sunlight, make sure to layer your clothes appropriately and apply sunscreen to protect your skin. Stay safe and enjoy the beauty of nature! |
| Day 18 | Good morning, Nature Explorers! Today, let’s celebrate our connection to nature by coming up with ways we can protect the environment. After the announcements, work together as a class to brainstorm three actions you can take to make a positive impact. Think about simple yet meaningful steps like picking up litter, recycling, or caring for plants. Remember, every small action contributes to a healthier planet! |
| Day 19 | Hi, [school name] Adventurers! Today at recess, **become nature detectives.** Find the coolest leaf, the tiniest bug, or the rock that looks like a superhero mask. Be sure to leave nature where it is and use your memorization skills to remember what you saw. Share your discoveries with your friends or a supervisor outside! |
| Day 20 | Ahoy, Nature Navigators! It's "Hopscotch Adventure" day. **Draw a hopscotch board with chalk and hop your way to the end.** Don’t have chalk? Can you use sticks or leaves to make one instead? Remember…there are a lot of ways to enjoy the outdoors! |
| Day 21 | Hello everyone! As part of our outdoor learning adventures, we are going to get up and move first thing this morning by doing **10 ‘flower power lunges’.** When I say go, I want you to push your chairs in, and take big steps (lunges) around the classroom pretending to pick flowers up off the ground. Ready... Go! [Slowly count] 10, 9, 8, 7, 6, 5, 4, 3, 2, 1...Great job picking flowers, friends!  |
| Day 22 | Hey, Outdoor Crew! Today at recess, let's try the "Log Roll Challenge." **Find a grassy area at recess and roll like a log for three rotations.** Then, try rolling the other way 3 times! This way, you won’t get dizzy. It's fun and a great core workout! |
| Day 23 | Hello, Nature Seekers! As our month-long exploration comes to an end, **take a moment to reflect on your newfound appreciation for nature.** Share one memorable experience or lesson learned during this campaign. Thank you for joining us on this journey! |

Extra: Good Morning, Nature Navigators! Today, let’s try doing "Animal Charades" during recess. As a reminder, animal charades is when you choose an animal and act it out to your friends without using words. Based on your actions and movements, your friends will have to guess what animal you are, once they get it right or give up, give another friend a turn to act out their animal. Let’s do this!

Extra: Did you know that what you put on your feet matters? Wearing winter boots in the winter can help keep your toes warm to avoid getting frostbite. Wearing rain boots when it’s raining will keep your feet dry. In the summer, it is important to wear footwear like running shoes, to keep your feet cooler in the summer heat.

Sources: [Why Kids Need to Spend Time in Nature](https://childmind.org/article/why-kids-need-to-spend-time-in-nature/)

[How to Dress for the Weather Guide](https://getoutsideandplay.ca/wp-content/uploads/2020/05/How-to-Dress-for-the-Weather-STANDARD.pdf)

[Get Outside & Play](https://getoutsideandplay.ca/)

[OPHEA - Beyond the Walls: Activities for the Outdoors](https://ophea.net/beyond-walls-activities-outdoors)