



Exploring the City

Outdoors/Exploration

ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

This gives participants the opportunity to explore their city and feel closer to home! Whether they explore a familiar place or a new place, there's opportunity to experience sides of your city you may not have noticed before.

TIME

No time frames.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- No specific materials needed

INSTRUCTIONS

Include any instructions needed:

Woods/Park/Nature	Transportation	In the City	At the Beach
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Exploring the City

<ol style="list-style-type: none">1. Turn over rocks to see what lives underneath (be sure to put them back!)2. Look for animal tracks3. Watch the sunlight come through the trees4. Look for a bird nest and learn about the birds5. Look for leaves or rocks shaped like familiar objects	<ol style="list-style-type: none">1. Look out the window for things your participant has never seen before2. Stop at roadside attractions3. Take a route you've never taken before4. Get your participant a camera and let them take pictures through windows	<ol style="list-style-type: none">1. Visit the top of a tall building and look at the city beneath you; see if the participant can spot familiar spots or new places2. Choose a spot and see if you can navigate to it back on the ground3. Look out for cool/unique designs in the city4. Look for sculptures and other works of art	<ol style="list-style-type: none">1. Look for shells, crabs, sand dollars2. Explore tide pools and creatures that may be in there3. Find sea glass and driftwood4. Build a sandcastle and decorate with any found objects5. Sit and watch the waves
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RESOURCES

Include any helpful resources – like links to other instructions.

- Ideas for this activity were taken directly from *Family Field Trip: Explore Art, Food, Music, and Nature with Kids* by: **Austen Abbott**; page 86-87

SUPPORTS NEEDED

Include any supports an individual may need to help them complete the activity.

Supports needed will vary on the abilities of the participants. Please assess the needs of your supported participants and accommodate accordingly. Assistive settings are available, but instructions and options may vary by device.

OTHER THINGS TO NOTE

Include any other things that are helpful to note.

Please dress and plan accordingly for the weather