



Nature Walks

Outdoor Activity

ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Fresh air, outdoor walks are a great way to stay physically active, enjoy nature, spend time with loved ones and learn about plants and animals. Planning a walk in nature can take place in your neighborhood, community or at a Provincial park. Being on a nature walk helps you to learn about your environment.

TIME

Nature walks can be short 30 minutes, or a few hours.

MATERIALS

Include any necessary or suggested materials needed for the activity.

- Binoculars (\$30-200)
- Camera (\$50-200)
- Comfortable walking shoes
- Clothes that are based on the weather (sun, rain, snow)
- Drawing supplies-sketch pad, pencil crayons, etc.

INSTRUCTIONS

Include any instructions needed:

1. Plan a day/time for your nature walk
2. Choose a place to go on your nature walk
3. You can choose a local park, your neighborhood, or a provincial park



Nature Walk

4. Plan for some activities that you may do while on your walk
5. Activities such as look for animal tracks, spend a moment listening to the sounds and identify what you hear, look for nests, homes of birds and animals
6. If you bring a camera you can take pictures of different sights that you see
7. You can draw or sketch different landscapes or outdoor objects
8. Collect items to make a collage out of things you found on your walk that you use in an art project

RESOURCES

- <https://www.ontarioparks.com/en>
- <https://www.destinationontario.com/en-ca/things-to-do/outdoors>
- <https://www.todocanada.ca/25-nature-and-wilderness-adventures-in-ontario/>

SUPPORTS NEEDED

When going on a nature walk its best to go with a friend, or family member that you can share the experience with.

OTHER THINGS TO NOTE

If you are going on a long nature walk, pack snacks and water to have along the way.

Be aware of weather and dress according to what the weather reports. (may need sunscreen, umbrella, hats, etc)