

Discover the Power of Forests

Forests provide so much, from the air we breathe to the water we drink to shady places to rest on a hot day. These easy adventures will help little learners explore the power of forests.



1 Learn the Leaves

Trees have a superpower: they create the air we breathe with their leaves! Take a walk in the forest, a nearby park or down your street. Collect the leaves you find and examine them closely: Are they soft or spiny? Are they round or jagged? Can you tell what kind of tree they came from?

Look up the leaves you don't recognize in a field guide or with an app like iNaturalist or PlantSnap!



2 Turn the Page

Books can help you meet all kinds of forest creatures—and even travel to forests far from home! Find a cozy spot outdoors or by a window and read a book about who lives in trees out loud. Here are some of our favorites to look for at your local library:

What special creatures do you meet in these books? How many have you seen in your own park or neighborhood?

 *"Little Owl's Night"* by Divya Srinivasan

 *"Secrets of the Forest"* by Alicia Klepeis

 *"The Hike"* by Alison Farrell

 *"I am a Bunny"* by Richard Scarry



3 Focus on Forest Sounds

Sit quietly in a nearby forest or park for a few minutes and listen to all the sounds around you—birds chirping, wind rustling and leaves falling. Try to identify where the sounds are coming from: "I hear birds in the tree on the left," or "I hear wind by the big rock."

How many sounds can you identify? How do you think sound helps animals that live in the forest?



4 Build an Animal Shelter

If it's not a good day to go outside, you can still enjoy the forest indoors. Find a shoebox or other small box; gather natural materials you have collected (like pinecones or acorns), and toy trees and wildlife and use them to create your own diorama forest! Then, think about each tree you created: Who nests inside? Who burrows underneath? Who eats the berries or acorns the tree makes?

Draw birds, bats and other wildlife on paper, cut them out and add them to your diorama!