

# Tread lightly, look closely

## Let's play and talk together

- ❖ Invite your child on a nature walk through a field, park, patch of woods or backyard. Explain that you are going to stop and look closely at interesting things along the way.
- ❖ Talk about the saying, "Take only memories, leave only footprints" and explain that on your walk you will be looking and listening, but leaving everything just as you found it.
- ❖ On your walk, look and listen carefully. Take turns pointing things out and describing them to each other.
- ❖ Help your child learn new words for patterns, colours, shapes, textures and sounds.



## A good read-together book



**Look Closer** by Brian and Rebecca Wildsmith

This activity is good for learning to enjoy outdoor physical activity, looking and listening carefully, observing details, and learning new words.

## Hints for success

- ❖ Stop from time to time to look closely at plants, insects, rocks or other details.
- ❖ Listen for sounds made by birds, animals, machines and people.

Did you notice the spots  
on that ladybug?

What sounds can you  
hear now?

## Ways to say it

# More ideas for Tread lightly, look closely

## Try this way

- ❖ Take a camera on your walk, and photograph some of the interesting things you see. Encourage your child to find interesting details for you to photograph.
- ❖ Look at the pictures together when you get home. Try to find more details when you study the snapshots.

### Healthy eating

When berries are ripe, go out together and gather enough to make a smoothie or a berry parfait. Chant the "Blackberries" poem as you pick. Change the words when you are picking different kinds of berries. When you get home, wash and sort the berries together.

Find the LEAP BC activity card for **Let's Make! Berry Smoothie** at [www.2010legaciesnow.com/LEAP\\_BC/](http://www.2010legaciesnow.com/LEAP_BC/). Make the recipe together, and share and enjoy a Berry Smoothie.

### Early literacy

Read **The Butterfly Alphabet**. Make a game of finding patterns in nature that have the shapes of alphabet letters and numbers.

### Book links

**The Butterfly Alphabet** by Kjell B. Sandved  
**Green Fun: Plants as Play** by Marianne Haug Gjersvik



### Blackberries

**Blackberries, blackberries on the hill.  
How many pails can you fill?  
Briers are thick and briers scratch,  
But we'll pick all the berries in the blackberry  
patch.**

**Anonymous**