Nature Break Tip: Summer Scavenger Hunt

Look for signs of Summer to tune into the season's energy.

☐ Listen to the language of the birds. Baby birds with their scruffy voices begging loudly at poor mothers for food. Angry squawks of males protecting territory and nests. Soft coos of contentment or nearby conversations. And the lovely mating calls and aerial displays of courtship. It's all a wonderful show to savor and enjoy.

☐ Look closely at the flowering plants as their fertilized seeds begin to swell and ripen. Plants have developed very interesting methods to successfully disperse their seeds: cones, pods, berries, cattails, burrs, wind catching fluff. Make a collection throughout the summer of these different forms to appreciate their diversity of forms.

☐ Fill a vase with as many different types of grasses you can find to enjoy the graceful differences of how they display their seeds. Try making a quick sketch of each one.

☐ Pay attention to the little crawly animals. Can you find a beetle, a caterpillar, or capture a butterfly or moth? Watch a slug or snail make its way up and over everything. Find an ant nest and watch their industriousness. Find and study a spider making a web. Put your eyes close to the ground and search for tiny creatures moving in the grass or leaf litter. All little crawly things are not always insects. Find out what they are.

☐ Listen to the songs different trees make as the wind blows through them. Notice how each type of tree has its own characteristic dance in the wind.

☐ Pay attention to the position of the sun at sunrise and sunset, notice how it moves from it's furthest northern point.

☐ Explore what summer smells like? Ripening fruit, fresh cut grass?

☐ Feel the heat of summer. Notice how the sun feels as you step out of the shade, the soft brush of a summer breeze or the cool luxury of resting on the grass. What are the different sensations of summer?

☐ Make sure to experience, with all your senses, the coming of a summer storm. Describe it, how you felt and what your senses told you.