

Backpack #1: Nature, up close and personal (S,E,G)

Notes: This activity pack works best in an outdoor setting with access to a natural water source – pond, creek, river, lake, etc.

Backpack Contents:

- Bug Jars
- Bug Nets
- Field Guides:
- Magnifying Glasses
- Stakes & String

You will need:

- Pencils
- Colouring supplies (crayons or pencil crayons)
- Clipboards (optional, but helpful)

Program Connections:

	Nature Connections	Our Shared Planet	My Mighty Mind	My Physical Self	Art Studio	Science Lab	Canadian Connections
Dragonflies & Damselflies	✓						
Life in a Square		✓				✓	
Plant Friends	✓		✓		✓		✓
Poetry	✓		✓		✓		
Pond Dipping	✓			✓		✓	
Prairie Lily Colouring	✓		✓				✓

Brief Description of each activity

- **Dragonflies & Damselflies** – use the field guide to learn about the differences between the two. Space in the workbook to draw a picture & write about them (~10 minutes)
- **Life in a Square** – Youth use the sticks and string to mark off a 1m square. In the workbook, they will draw the life in their square, using the magnifying glass, count the different things they find in it (20-30 minutes)
- **Plant Friend** - Using your 'Plants Growing Along the River' book, youth will identify, read about the traditional uses, and sketch four different plants in their workbook and describe something they love about each one. Then they use crayons to make rubbings of different natural items. (20-40 minutes)
- **Poetry** – Make an acrostic poem with the word “insect” in their workbook (~10 minutes)
- **Pond Dipping** – Using the nets, youth try to catch insects or other critters in the water (or just in the air if you don't have water handy). Once caught, they can put them in the bug jars to draw in their work books and try to identify them
- **Prairie Lily Colouring** – just a coloring sheet in the workbook

Backpack #2: Feathers and Fur (all branches)

Notes: This activity pack works best in a large “wild” outdoor setting. Access to natural water is not required.

Backpack Contents:

- Binoculars
- Wildlife Scat & Prints Identification Scarves
- Field Guides:

You will need:

- Pencils
- Colouring supplies
- Clipboards (optional, but helpful)

Program Connections:

	Nature Connections	Our Shared Planet	My Mighty Mind	My Physical Self	Art Studio
Follow in their Footsteps	✓			✓	
Who Am I	✓				
I Spy	✓				
Bird Bingo	✓				
Talk to the Birds	✓				
Nature Scavenger Hunt	✓			✓	
Nature Journalling	✓		✓		✓

Brief Description of each activity

- **Bird Bingo** – Using the field guides and/or the suggested apps (Merlin BirdID), youth try to find as many of the birds as possible (this should be introduced at the very beginning of the meeting to give as much time as possible to locate the birds).
- **Talk to the Birds** – Youth try a variety of bird calls (described in the workbook) (~ 5 minutes)
- **Follow in their Footsteps** – Search for animal footprints and scat, and then use the scarves to help identify what you find (~ 20 minutes)
- **Who am I** – using the nature guides, youth find the missing words in the workbook activity (~10 minutes)
- **I Spy** - using the binoculars, youth try to find at least one object for each of the colours on the workbook activity sheet (~20 minutes)
- **Nature Scavenger Hunt** – An alternative to the bird bingo, go for a walk in your outdoor area and look for the items on the scavenger hunt sheet in the workbook (30 – 40 minutes)
- **Nature Journalling** – using the prompts and space in the workbook, youth journal (in words, pictures, or a combination of both) about their experience in nature (15 – 30 minutes)

Backpack #3: Ecolab: Watershed Explorers (S,E,G)

Notes: This activity pack requires in an outdoor setting with access to a natural water source – pond, creek, river, lake, etc. **This is a great activity pack to add a litter pick up service project!**

Backpack Contents:

- Water testing kits (thermometer, testing strips)
- Water sample reaching stick & water sample cup
- Magnifying glasses
- Field Guides:

You will need:

- Pencils
- Colouring supplies (crayons or pencil crayons)
- Clipboards (optional, but helpful)

Program Connections:

	Nature Connections	Our Shared Planet	My Mighty Mind	My Physical Self	Art Studio	Science Lab
Life in a Square	✓	✓				✓
Nature Journalling	✓		✓		✓	
Nature Word Search	✓		✓			
Sketch it!	✓				✓	
Senses Connection	✓		✓			
Water Quality		✓				✓

Brief Description of each activity

- **Life in a Square** – Youth use the sticks and string to mark off a 1m square. In the workbook, they will draw the life in their square, using the magnifying glass, count the different things they find in it (20-30 minutes)
- **Nature Journalling** – using the prompts and space in the workbook, youth journal (in words, pictures, or a combination of both) about their experience in nature (15–30 minutes)
- **Nature Word Search** – just a quick and easy word search in the workbook
- **Sketch it!** – Using pencils and colouring materials, youth sketch the shoreline in their workbooks (10-15 minutes)
- **Senses Connection** – Youth find a spot in nature and sit quietly for a few minutes, using their senses to take in the environment around them. Then, in their workbooks, they will use their senses and record what they see, hear, smell, and touch (20–30 minutes)
- **Water Quality** – using the water sample cup and the materials in the water testing kits, youth will collect a sample of water, test the temperature and pH and record. Encourage them to use the magnifying glass to see if there is anything in the water. If you have time and space, move to a second location and see if there are any differences in the data (15-20 minutes per location)

Backpack #4: Ecolab: Watershed Explorers (P,R)

Location: This activity pack requires in an outdoor setting with access to a natural water source – pond, creek, river, lake, etc. This is a great activity pack to add a litter pick up service project.

Note: Details on how to use the different equipment can be found [here](#).

There is also an opportunity for citizen science here – Water Rangers gets groups to test water in the same location once per month and submit the data. If your group is interested in this as a service project, please reach out to skpc@girlguides.ca for more information.

Backpack Contents:

- Water testing backpack
- Field Guides:

You will need:

- Pencils
- Colouring supplies (crayons or pencil crayons)
- Clipboards (optional, but helpful)

Program Connections:

	Nature Connections	Our Shared Planet	My Mighty Mind	My Physical Self	Art Studio	Science Lab
BioBlitz	✓	✓				✓
Nature Journalling	✓		✓		✓	
Nature Word Search	✓		✓			
Sketch it!	✓				✓	
Senses Connection	✓		✓			
Water Quality		✓				✓

Brief Description of each activity

- **BioBlitz** – a BioBlitz is a A BioBlitz is a volunteer-led count of the biological species found in an area. Using your identification guides, you can get "snapshot" and biodiversity. Over a pre-determined period (30 minutes is ideal) youth identify, count, and record as many plants/animals/birds/insects as they can in a designated space (30-40 minutes)
- **Nature Journalling** – using the prompts and space in the workbook, youth journal (in words, pictures, or a combination of both) about their experience in nature (15–30 minutes)
- **Nature Word Search** – just a quick and easy word search in the workbook
- **Sketch it!** – Using pencils and colouring materials, youth sketch the shoreline in their workbooks (10-15 minutes)
- **Senses Connection** – Youth find a spot in nature and sit quietly for a few minutes, using their senses to take in the environment around them. Then, in their workbooks, they will use their senses and record what they see, hear, smell, and touch (20–30 minutes)
- **Water Quality** – using the tools in the backpack, youth will test and record a variety of water conditions. If you have time and space, move to a second location and see if there are any differences in the data (15-20 minutes per location). **Note:** Details on how to use the different equipment can be found in the field guide in the backpack or [at this link](#).