



Fall 2025



Walking In Nature

A nature walk is a great way to explore and appreciate the outdoors. It can be as simple as a **walk in a park or a hike**.

Whether you are in your neighborhood, a state park, or wildlife center it's fun to see what grows and lives around you. Being outside and surrounded by nature allows you to **see, hear, and smell** the ever changing environment.

There are many different species in nature. Perhaps you and your family can choose one of them and make or draw a collection.

Birds, rocks, bugs, trees, leaves or clouds are all examples. You can bring paper and crayons to draw what you see or take a bag for things that you are permitted to touch. Or you can have someone take photos of your findings.

If you don't have any trails or parks nearby, this can also be done on a neighborhood walk or even in your backyard.



In nature you can explore, move about, and even make some noises. Feel free to **run, jump, hop, skip, climb, roll, and sing**. In nature, you will get plenty of **fresh air** and **exercise** too.

New Jersey is rich in natural resources and habitats. A few of the closest sites worth exploring are:

- Goffe Brook Park, Hawthorne,
- Celery Farm, Allendale
- DeKorte Park, Lyndhurst
- Ramapo reservation, Mahwah
- McFaul Environmental Center, Wyckoff
- New Jersey Botanical Gardens, Ringwood
- Ringwood State Park, Ringwood



Here are some fun activities:

- Look for Animal Tracks. ...
- Go on a Scavenger Hunt. ...
- Write down the Sounds you hear
- Record how many different kinds of species you can locate: squirrels, birds, rabbits, insects, fish, deer, etc.
- 'I-Spy' - Take turns trying to guess what each other spies.
- Look for Colorful Flowers
- Look for Feathers
- Skip, hop, walk backward, gallop, sing and have fun!

Take a nature walk in different seasons and compare the differences.

