

HEARTLANDREWILDING

30 WAYS TO REWILD WITH KIDS

Explore a new place	Make a pollinator station	Practice your animal calls	Watch a summer storm come in	Go bird watching
Climb a tree	Clean up litter at a park	Paint rocks with water to see what happens	Watch a nature movie	Blow dandelion fluff
Plant native wildflowers	Do a leaf rubbing	Compare the seeds of different plants	Learn about your local wildlife	Catch and release fireflies
Roll down a grassy hill	Watch a spider web, record what you see	Make and throw seed bombs	Make a birds nest	How many shades of green can you find
Put out a bird feeder	Howl like a coyote	Go star gazing	Observe a rotting log	Find animal tracks
Build a bug hotel	Hug a tree	Sit by a creek or pond and observe	Listen to birds and try to identify them	Read a book outside

