

TAKE A WALK OUTSIDE

Go anywhere that you can be outside while staying a safe distance away from others. When you look closely, you will notice that nature is all around us.



OKAY, LET'S GO!

Your walk can be as long or short as you would like it to be - it's all great exercise and just being outside will make you feel good!

A FEW THINGS TO WONDER ABOUT:

- How many shades of green do you see?
- How many different sounds can you hear?
- If you were a bird, where might you build a nest?

EXPLORE WITH SHAPES!

Nature is full of shapes. How many can you find?



EXPLORE WITH COLORS!



How many colors did you find?

LET'S TAKE A NATURE WALK



Look for birds, colors, animals, and more!



Wonder Connection is a nonprofit program that uses science and nature programming as tools to bring joy into patients' lives and to get them excited about science.



Wonder Connection activities (including volcano building, bird id, and flower arranging) are patient-focused and incorporate choice, creativity, and science as much as possible. We serve patients at UNC Hospitals aged 4-18, as well as families staying at the Chapel Hill Ronald McDonald House.

We rely on donations and volunteers for support. For more information about how you can help, please visit our website.

wonderconnection.org

**We are providing science kits for kids in the hospital during the covid19 situation.*

BIRDS

North Carolina is home to a wide variety of birds. These are a few of the more common birds. Check off the ones that you see.



- 1. Northern Cardinal (M+F)
- 2. Carolina Wren
- 3. Blue Jay
- 4. Red Bellied Woodpecker
- 5. Black-capped Chickadee
- 6. American Goldfinch



WILDFLOWERS

Spring is the time for wildflowers! Look out for these:



- 1. Carolina Jessamine
- 2. White Clover
- 3. Heal-All
- 4. Wild Violet

