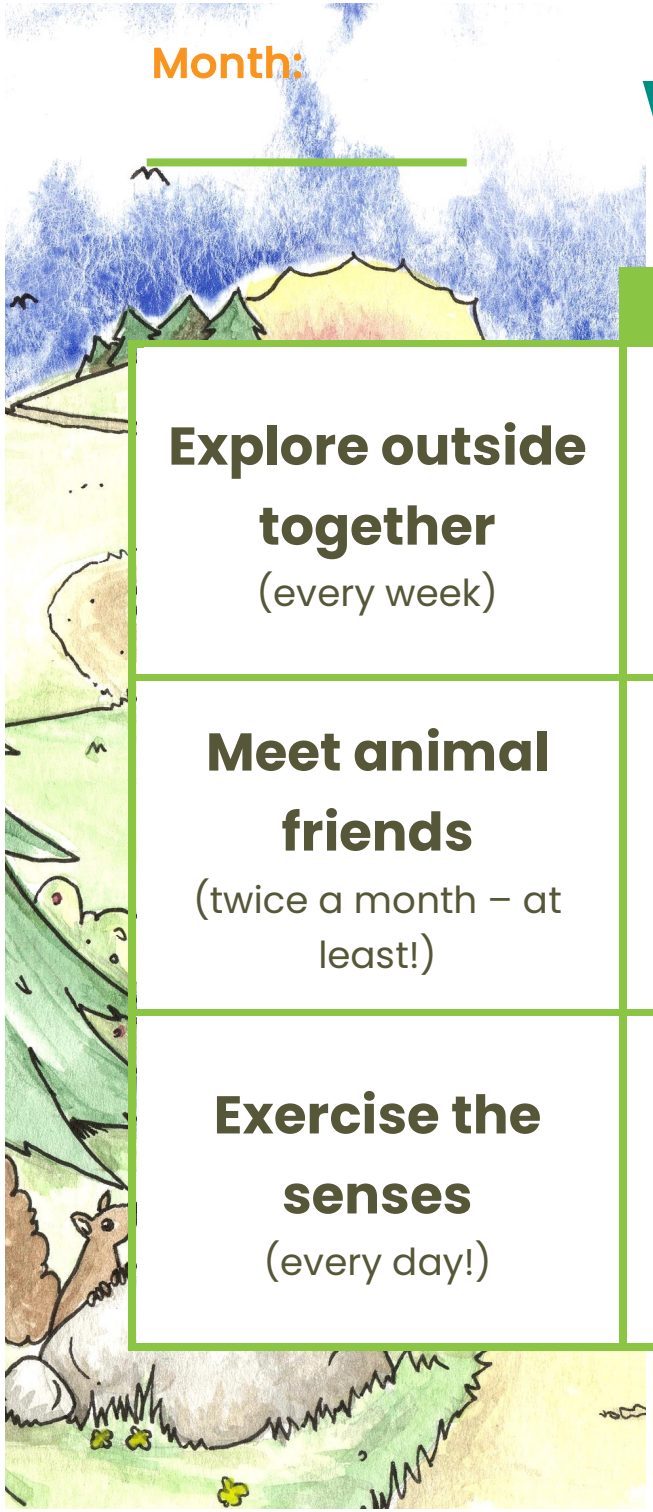

Month: _____

We're on the Pathway!

I am 0 to 3 years old. NAME _____ FAMILY _____

	Stamp or Check √	What we did
Explore outside together (every week)		
Meet animal friends (twice a month – at least!)		
Exercise the senses (every day!)		

Pathway to Stewardship & Kinship

Explore outside together (every week)

INFANTS

- Lie on a blanket and watch the clouds; lie in the grass and look into the branches of a tree
- Hold a feather, a stick, a rock, a flower, a leaf
- Watch the birds fly by
- Be "stroller explorers" with a parent or older friend; explore your neighbourhood and local park

TODDLERS/PRESCHOOL

- Turn over rocks and logs to see what is underneath (put them back when you're done)
- Watch ants, beetles and other insects to see where they go
- Dig in soil, wade in water, pick up sticks, roll in the grass, squeeze and play with mud
- Climb, jump, hop, roll, laugh!
- Enjoy "puddle duck days" in the rain together
- Play make-believe, explore and imagine.

Meet animal friends (twice a month – at least!)

INFANTS

- Meet gentle dogs, cats and other pets
- Watch birds come to a window-mounted birdfeeder
- Make animal sounds
- Visit zoos and parks and watch the animals

TODDLERS/PRESCHOOL

- Care for pets; talk about what their needs are
- Follow an insect for as long as you can; what is it doing?
- Visit farms and zoos; pretend you are the animals you see
- Look for worms and hold them in your hand
- Watch birds, squirrels and other animals; try to learn the names of common birds and animals together with parents or other adults
- Read books with stories and pictures about animals

Exercise the senses (every day!)

INFANTS

- Swing on a swing
- Put your toes in the water
- Watch kids playing in the park
- Touch the things in your yard; sit or crawl in the grass with bare feet
- Smell flowers, smell the rain, smell the grass and the earth
- Clap your hands, bang sticks together, shake a rattle

TODDLERS/PRESCHOOL

- Cup your hands behind your ears – what do you hear?
- Be an "all around watcher" – what can you see by looking on all sides?
- Make mud pies and decorate with flowers, grasses and leaves; sing songs
- Experience rain and snow, smell flowers, splash in mud, feel tree bark, catch insects, dance together!
- Read and look at picture books together, make animal sounds, make and taste foods, pick and taste berries (at a Pick-Your-Own farm or with a knowledgeable adult)
- Jump in leaves, play hide and seek
- Listen for bird song in the spring and insect song in the fall; can you imitate their sounds?
- Help to create a sensory garden with plants such as lemon balm, chives, peppermint, bee balm, oregano, lamb's ears