

Nature activities for Metro parks

Observe nature.

New point-of-view

Exploring your favorite trails and local parks is a great way to exercise, relax, and connect to nature. Finding new perspectives in these places can be an energizing way to help work out a problem, meditate, or simply take in the change of view.

1. Hike to the overlook atop a hill, climb a fallen tree, take in the sky while lying on the ground, or view the world upside-down using a bench or play equipment.



Deer ears/sit spot

1. Enjoy nature in one spot! Pick a comfortable spot and sit quietly. Observe your surroundings.
 1. Are you surrounded by trees?
 2. Or are you in an open field?
 3. What sounds do you hear?
 4. Do you hear birds? The wind?
2. Cup your hands behind your ears to make deer ears.
 1. What do you hear now?
 2. Can you hear better than you did before?
3. Look around.
 1. What do you see?
 2. Have any animals come out from their hiding places?

Stay safe:

- Remember to stay safe by considering potential hazards, respecting park rules, and traveling with a friend when possible.

