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| Madelene McCann ma. HEAL Coordinator |Marin Child Care Council  |
| Together we can…. Collect some sticks and make a fort. A large fort and a small fairy home. Let’s hug a tree and feel the bark. Climb a tree and look for bird nests in them. Look up close at the bark and grain of the tree though a magnifying glass. Trace and shade the bark with colored pencils and paper. Let’s talk and explore trees and how they grow and how they make us feel, how they help us and how we use them in our lives.  |

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| Using the ideas: Create a conversation, curiosity and excitement with your child around projects to do together. Ask what will be needed to make this project possible? Incorporate your child in critical thinking and the process. The process of finding materials, using them and tidying away is important to develop self-help skills from children as young as two years old. Read the options and themes presented at the top of the pages as suggestions of things to do together. Use the space on the page to draw, write or glue items and photos. This nature connection journal is wonderful to revisit with children and remember time together you had. You can also share it with your school for the children to share with classmates what was done together at home.  |

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