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# Nature Alphabet

## Activity Sheet



Looking for items in nature and learning their names is fun! It also helps you connect to the plants, animals and life forms around you.

This activity explores how nature-based learning can boost your mood and support your overall well-being.

### Instructions

1. Set a goal to complete the nature alphabet by the end of the week (or month).
2. Challenge your class to find items in nature that start with each letter of the alphabet. Remind them how long they have to complete the activity (one week or month).
3. Give each student one or two letters to look for **or** give a few letters to groups of students (this will depend on the size of your class).
4. During the week of the challenge, spend time outdoors. Look for insects, plants, animals and more that start with each letter of the alphabet (e.g., "L" for leaf).
5. Track the letters completed in the challenge. Have students draw a picture of each item they find.
6. Display the art in a nature alphabet on your classroom wall, or in the school hallway.



You can treat your class with a freebie by using "me" for the letter "M." Draw a picture of yourself looking for letters, in your favourite nature spot, or anywhere outdoors!



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Connect Quest is all about building strong connections with yourself, others, and the world around you. When you feel connected, it's easier to make mindful choices about substances and device use.