

OUR relationship WITH PARKS

A Place for Fun & Adventure

rebecca clapperton law



GOING ON A HUNT

Here's a little extra fun for your adventure—challenge the kids to a scavenger hunt and offer them their favourite ice cream as a reward. How many of these items can you spot? Add your own too!

- | | |
|-----------------|-----------------|
| Something . . . | And... |
| » red | » a spider web |
| » wet | » a mushroom |
| » prickly | » animal tracks |
| » moving | |
| » noisy | |
| » smelly | |

Don't forget to visit the park's website before you go for more family-friendly resources and activities.

Enjoy your time at the park!•



Every year, on the third Saturday of July, we celebrate National Parks Day across the country, recognizing parks as an essential part of Canada's natural heritage.

PARKS & GREEN SPACES

What parks do you live near—a city park, provincial or territorial park, or a National Park? Who were its original inhabitants? These are special places for us and our wildlife friends. They are green spaces crucial to maintaining healthy and resilient ecosystems, protecting critical habitats for species at risk, and supporting environmental and human health and well-being.

This summer, why not visit a new park with your family and create some memories outdoors? Many parks have been carefully maintained to ensure safe access for everyone. There are many outdoor activities to enjoy while you disconnect from your technology and the stress of everyday life. Allow your children to take the lead by providing a park map to ignite their navigation skills, and don't forget to introduce yourself to any park interpreters or ambassadors that may be available to guide you further into exploring and learning about the nature that's all around you.

Whatever you choose, remember to take responsibility for your visit and keep the space clean, green, and peaceful.

Cool Things To Do

- » Explore the trails on a walk or hike
- » Bring a picnic for family and friends
- » Swim, kayak, or canoe in the water close by
- » Spot wildlife that is local to the area
- » Cycle the low roads or challenge yourselves with an incline
- » Learn to camp overnight for the first time this year
- » Find a spot to sit, and take a deep breath with an expression of gratitude



© Can Stock Photo Inc. / [Maria_Sbytova] © Can Stock Photo Inc. / [LightFieldStudios]

The Exploration Club for Families... NatureKids BC helps children get outdoors to play, imagine and explore in nearby nature. Join a family nature club near you or become a free-range member. Find out more at www.naturekidsbc.ca. If you are already a member you can use this activity as part of your Action Awards Quest!



Top: © Can Stock Photo Inc. / [yandscrapers] Bottom: © Can Stock Photo Inc. / [MonakoArtStudio]