

Take a Walk in the Woods...

Conversation Starters to Use with your Child on the Park Trail

For younger nature enthusiasts, ages 2 to 4 who are developing language skills and are not ready to use a written journal, here are some questions you could ask to help your child appreciate the park during your walk and have a great chat together.

LOOK: What do you see?

What color is the tree? The flower? The bug?

What shapes do you see? Circle? Triangle? Square? Oval?

LISTEN: What noises do you hear?

What do you think is making that sound? A bird? A bug? The wind?

SMELL: Tell me what the flower smells like? What does it remind you of?

ENOY: What surprised you? What was your favorite thing you saw today?

Elementary students can draw a picture to describe something they have seen in the park and write a story or poem or a song to talk about their visit.

GRADES K-2

- What animals and plants did we see in the park? What do you think they eat and need?
- Why do you think they choose to live in this park?
- Why do you think there many kinds of trees in the park and how are they different?
- Did you find an interesting rock?
- What did you wonder about ?

GRADES 3-5

- How do you think Mt. Diablo came to be? How many kinds of rocks are in the park?
- How do you think the plants and animals help each other to survive in the park?
- Who were the original people who lived in the park? Journaling in nature is a fun way to explore the world around you!

TEENS

- Bring a notebook and a pencil (silence your phone).
- Find a cozy spot outside, like under a tree or by a stream.
- Look around and notice the plants, animals, and sounds.
- You can write about what you see, draw pictures, or even describe how the fresh air feels.
- Remember, there are no rules—just let your imagination flow!