



# My Winter WORKBOOK



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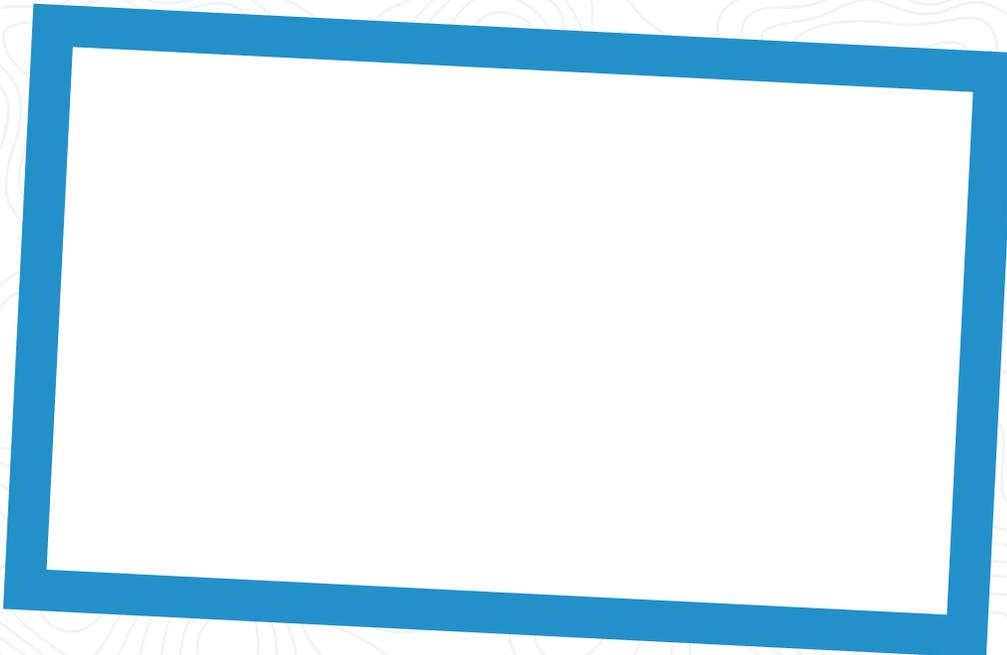
# THIS BOOK *belongs to:* \_\_\_\_\_

Welcome to winter! OutGrown brings you this winter activity workbook. We hope it helps you get outside more and grow your appreciation for the natural wonders that winter brings. Let's get outside!

Glue photos  
or draw  
pictures of  
your winter  
adventure  
buddies!



*my family*



*my exploring buddies*



# winter family SENSORY WALK



A winter walk can be a great learning experience for little ones. By encouraging your kids to engage their senses they develop a greater appreciation for nature.

*smell:*  tree bark  pine tree

snow  fresh air  rain/ozone

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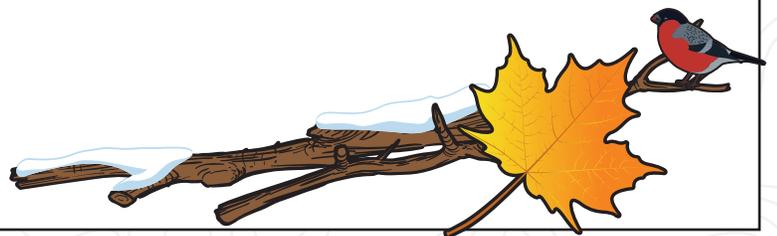
*listen for:*  wind  crunching ice

birds chirping  footsteps in snow or leaves

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*feel:*  cold noses  snowflakes

tree bark  ice  last year's leaves

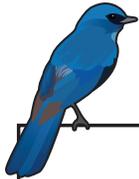




# winter SCAVENGER HUNT



By taking the time to explore your outdoor surroundings, kids of every age can create a deeper connection with nature.



|                  |              |           |               |             |
|------------------|--------------|-----------|---------------|-------------|
| pine cone        | snow-flakes  | bird      | puddle        | rock        |
| cloud            | foot-prints  | stick     | feather       | animal home |
| mittens & gloves | pointy leaf  | acorn     | flying bug    | round leaf  |
| twigs            | icicles      | frost     | moon          | wide tree   |
| holiday lights   | furry animal | tall tree | animal tracks | a trail     |



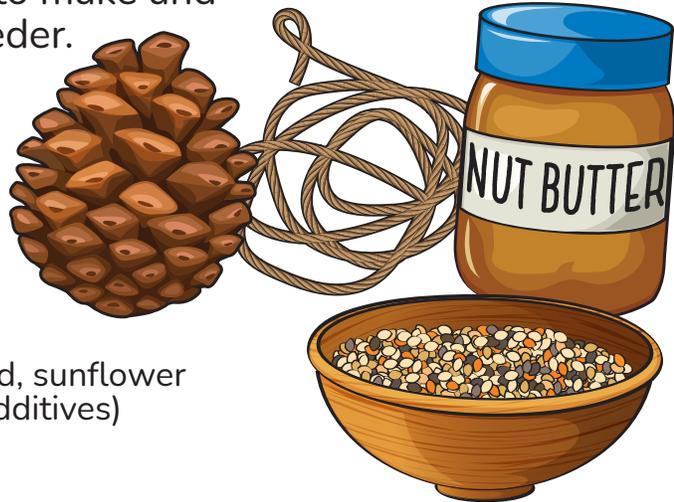


# DIY BIRD FEEDER

Make the birds feel at home in your backyard all winter long with this easy to make and eco-friendly bird feeder.

## Materials:

- a large, open pine cone
- piece of twine or string
- bird seed
- natural nut butter (peanut, almond, sunflower seed, cashew, etc. with no sugar or additives)



## Step 1:

Cut a 10-inch+ length of twine. Loop one end to the pine cone and tie it off so it can hang from a tree branch.

## Step 2:

Using a butter knife or spoon, spread nut butter along the scales of the pine cone.

## Step 3:

Dip the pine cone in a bowl or bag of bird seed and roll it around until bird seed has stuck to all of the nut butter.

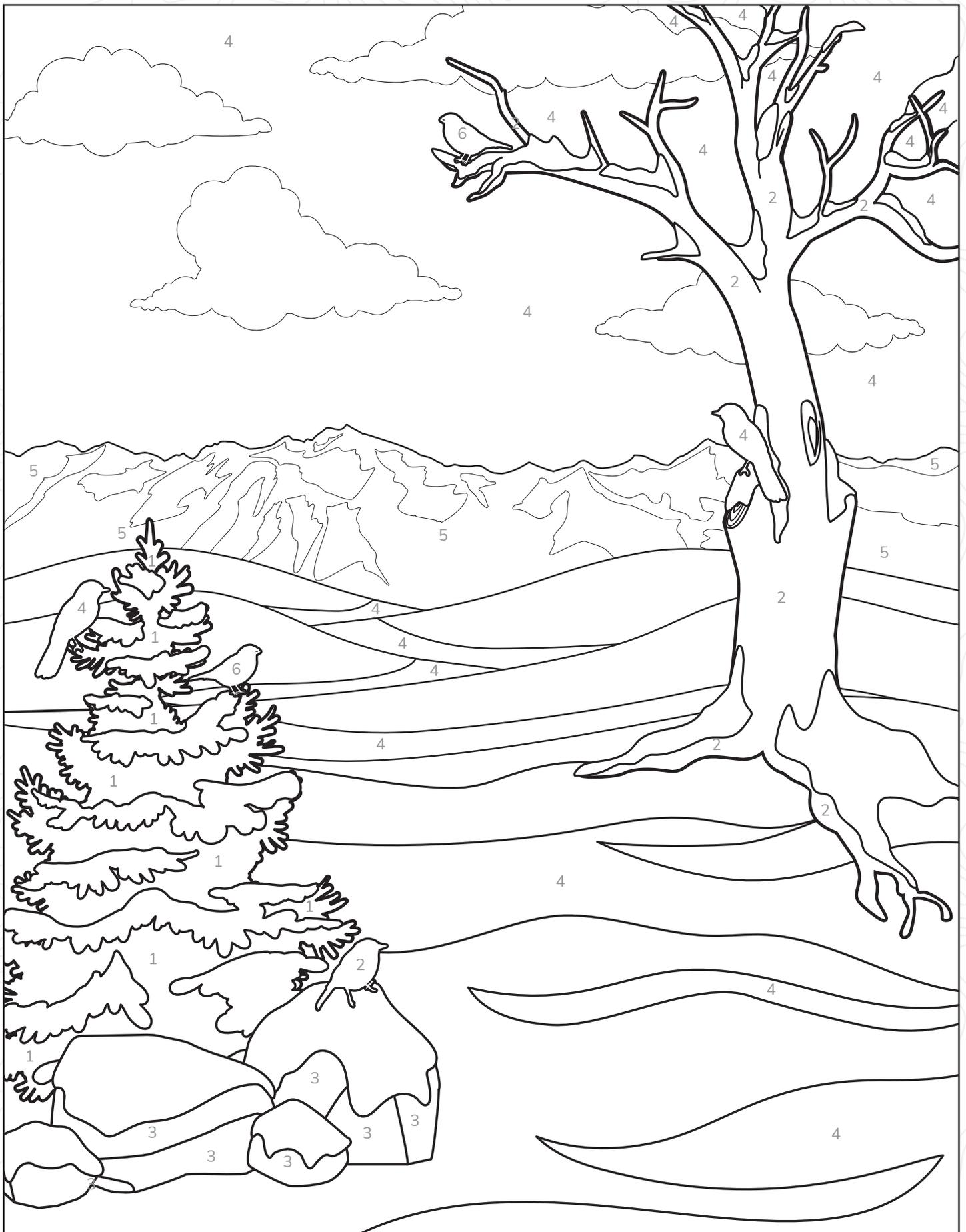
## Step 4:

To prevent birds from flying into your window, hang your feeder either within 3 feet or more than 30 feet away from your window.



## LEAVE NO TRACE TIP

To keep birds safe, it's important to not use any people food like cereal or bread in bird feeders.



Use the codes below to match the color to each space on the page. [weareoutgrown.org](http://weareoutgrown.org)  
1 - green    2 - brown    3 - gray    4 - blue    5 - purple    6 - red

# Shhhh, Nature is Sleeping!

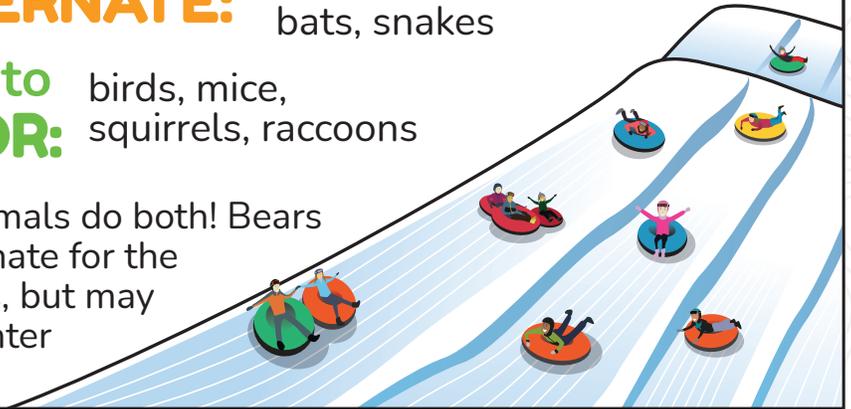
**Hibernation** is when an animal goes into a deep sleep to survive the cold winter months. Their body consumes less energy, and they often eat and drink very little during the winter when food is harder to find.

**Winter Torpor** is almost like mini-hibernation, or a really, really deep sleep, where animals become less active and sleep more during the daytime to help them survive the winter.

**Animals that HIBERNATE:** bees, turtles, bears, bats, snakes

**Animals that go into WINTER TORPOR:** birds, mice, squirrels, raccoons

*Did you know?* Some animals do both! Bears will hibernate for the winter in very cold environments, but may just go into torpor during the winter in more mild ones.



## Questions for Conversation:

- What is winter like where you live? Is it warm, cold, rainy, snowy?
- How does your family prepare for the winter?
- If you were an animal, where would you hibernate?
- Can you name an animal whose fur color changes to match the snow?

*Interested in learning more with your kiddos?*

Check out these books from your local library and read together:

