

Unplugged

National Day of Unplugging
March 2021

What does it mean to unplug?

National Day of Unplugging is all about getting away from our TVs, computers, video games or phones. It gives us a chance to connect with the people and things around us and what better way to do that than to get outside!

iSPY Nature Walk

- A Puddle
- Two Similar Rocks
- Nuts or Seeds
- A Tree with Smooth Bark
- A Green Leaf
- A Brown Leaf
- A Cloud
- Something Round
- A Y-Shaped Stick
- A Bird
- A Bug
- Something Purple

Nature Garland Activity

Go for a walk in your neighborhood or a park with a 5- or 6-foot piece of string. While you are walking around, collect some small objects such as twigs, grasses, flower, nuts, bark and small rocks. Tie the first object close to the end of the string. As you walk along and find another interesting object, tie it on a few inches down the string. Keep walking until you have several objects that catch your eye. When you get back home, look at each special object you collected and think about where you found it. Keep your Nature Garland and use it as decoration in your room. (Taken with permission from pg. 60 of JMG Level 1 Gardener Handbook)