



MS@home: Bringing MOUNTAIN SCHOOL to You!

During this time of school closures and stay-at-home guidelines, North Cascades Institute is sharing lessons and activities from our talented Mountain School instructors. We hope these will inspire students of all ages to continue to learn about the natural world and discover new connections to the outdoors from home.

Discover more learning adventures at ncascades.org/ms-at-home.

LESSON 12: I Spy Nature

by Bre Harris

Sensory Adventure

Get in touch with your senses to find items in nature that match these descriptions! Print the list and check them off as you explore nature in your backyard or local green spaces!

SIGHT

- Find something **white**
- Find something **purple**
- Find something **tiny**
- Find something **fragile**
- Find something **big**
- Find something **beautiful**
- Find something **bright**

TOUCH

- Find something **bumpy**
- Find something **wet**
- Find something **smooth**
- Find something **cold**
- Find something **fuzzy**
- Find something **prickly**

SMELL

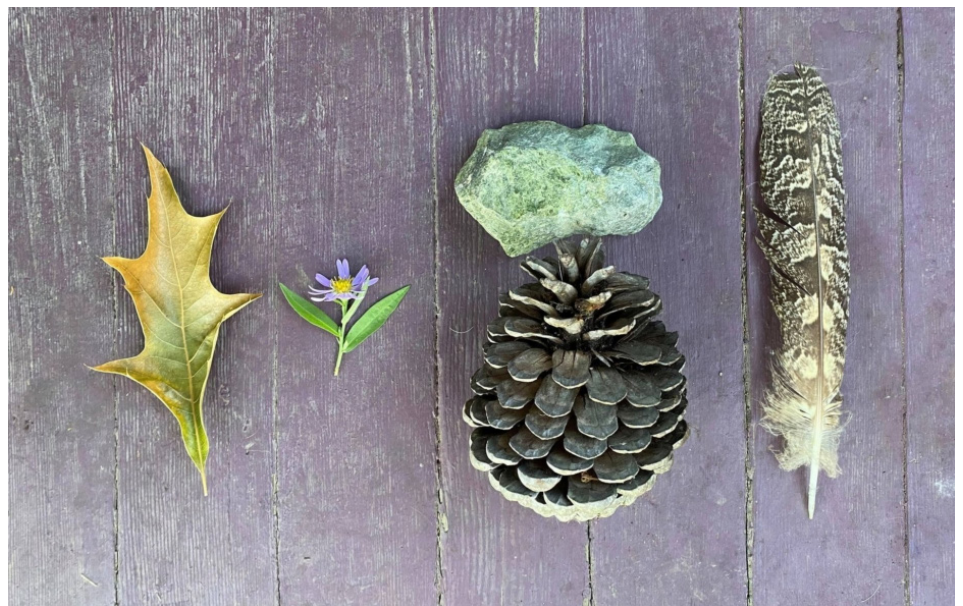
- Find something **that smells good**
- Find something **that smells bad**
- Find something **that smells fresh**

SOUND

- Find something **quiet**
- Find something **loud**
- Find something **to make music with**
- Find something **that crunches**

TASTE

- Find something **a squirrel would eat**
- Find something **a bear would eat**
- Find something **a worm would decompose**



Happy Birthday Mountain School!

For 30 years, this transformational school program has taught kids that they are part of the natural world and has helped jump-start their lifelong engagement with the environment.

Help us celebrate by sharing your Mountain School story at ncascades.org/ms30-blog.

Meet Nature's Objects

As we go about our daily lives, we rely heavily on our vision to tell us what is going on in the world. In this activity you will be blindfolded and forced to use senses other than your vision to identify objects in nature.

Step 1: Grab a friend or family member.

Step 2: One person will be blindfolded while the other person will be the careful guide.

Step 3: The guide will lead the blindfolded person to various objects outside and the person with the blindfold on will try, using their sense of touch, sound and smell, to identify the object.

Step 4: Once the person with the blindfold has given their best guess, they can take off their blindfold and verify whether their guess was right or not.

Step 5: When the blindfolded person has had the opportunity to try identifying 5 different objects, switch roles.



An important note to the guide: Before you jump into the activity, ask the person you are about to blindfold how they would like to be given directions. And remember, as the guide you are tasked with keeping the blindfolded person safe. Give the blindfolded person clear instructions on where and how to move, and perhaps link arms or put a hand on their shoulder if they are comfortable with that.

Objects found in nature to guide the blindfolded person to:

Plant	Moss
Tree	Lichen
Rock	Fern
Pinecone	Dirt
Seed	Water
Feather	Stick
Dead leaf	Acorn
Live leaf	Dandelion
Worm	Blade of grass

Reflections

- Draw something beautiful you found.
- Describe the bumpy object you found.
- Where was the quiet sound coming from?
- What did the good smell you found remind you of?
- How did it feel to lose your sense of vision when identifying objects in nature?
- What sense did you rely upon most?

THANK YOU for helping us offer these at-home lessons for transformative learning experiences in nature by making a gift at ncascades.org/give