

Recreational Activities

This document offers resources to help instill and enhance love for nature, promote civic involvement, and increase leadership skills. Service providers may find these resources helpful as part of their psychosocial support plan for children, youth, and families experiencing challenges with the problematic use of digital technology.

National/Provincial Organizations

- Nature for All: <http://natureforall.global/>
- Child and Nature Alliance of Canada: <http://childnature.ca/>
- Outdoor Play Canada: <https://www.outdoorplaycanada.ca/>
- Get Outside & Play: <https://getoutsideandplay.ca/>
- Canadian Parks and Wilderness Society (CPAWS) Northern Alberta Chapter: <https://cpawsnab.org/>
- CPAWS Southern Alberta Chapter: <https://cpaws-southernalberta.org/>
- Outdoor Council of Canada: <https://www.outdoorcouncil.ca/>
- Interpretive Guides Association: <https://interpretiveguides.org/>

National and Provincial Parks

- Parks Canada Xplorers: <https://www.pc.gc.ca/en/serapprocher-connect/xplorateurs-xplorers>
- Parks Canada Learn-to Camp: <https://www.pc.gc.ca/en/serapprocher-connect/ltc-dlc>
- Alberta Parks Nature As a Second Language: <https://www.albertaparks.ca/albertaparksca/visit-our-parks/inclusion-accessibility/nature-as-a-second-language/>

Schoolwide Initiatives

- Take Me Outside: <http://takemeoutside.ca/>
- David Suzuki Foundation The One Nature Challenge: <https://david Suzuki.org/take-action/act-locally/one-nature-challenge/>
- Government of Alberta Agricultural Education – School Gardens: <https://www.alberta.ca/agricultural-education-school-gardens.aspx>
- Alberta Council for Environmental Education Alberta Green Schools: <https://www.abcee.org/albertagreenschools>
- Canadian Wildlife Federation – Wild Spaces: <https://cwf-fcf.org/en/explore/wild-spaces/>

Community Partnerships

- Nature Alberta Nature Kids: <http://naturealberta.ca/nature-kids/>
- Canadian Wildlife Federation- Wild Family Nature Club: <http://cwf-fcf.org/en/explore-our-work/connecting-with-nature/in-your-community/wild-family-nature-club/?src=cww>
- Scouts Canada: <http://www.scouts.ca/>
- Girl Guides of Canada: <https://www.girlguides.ca/web/ab/>
- Boys & Girls Clubs of Canada: <https://www.bgccan.com/en/>
- YMCA Canada: <https://ymca.ca/What-We-Offer/Camps/>
- Sierra Club Foundation Prairie Chapter: <https://www.sierraclub.ca/en/prairie>

Indigenous Organizations

- Rediscovery International: <http://rediscovery.org/>
- Miskanawah: <http://www.pathwayscsa.org/#pathwayscsa>

LGBTQ2S+ Youth

- Camp fYrefly: <https://www.ualberta.ca/camp-fyrefly>
- Tumblr Queer Scouts: <https://queerscoutsyeg.tumblr.com/>

Nature Activities

- Sharing Nature – Nature Activities: <https://www.sharingnature.com/nature-activities.html>
- Alberta Recreation & Parks Association: <https://arpaonline.ca/children-in-nature/>

Mental Health Organizations

- Mood Walks: <https://www.moodwalks.ca/>
- ASSOCIATION OF Nature & Forest Therapy GUIDES & PROGRAMS: <https://www.natureandforesttherapy.org/>

Applications

- The Wild Network – Persil Wild Explorers: <https://www.thewildnetwork.com/inspiration/persil-wild-explorers-app>
- iNaturalist.ca: <https://inaturalist.ca/?src=wfn>
- Merlin (bird application): <http://merlin.allaboutbirds.org/>

Screen Time

- Nature Canada Screen Time vs. Green Time: <https://naturecanada.ca/enjoy-nature/for-children/screen-time-vs-green-time/>

- Screen Free Week: <https://www.screenfree.org/>
- Bunch Live: <https://bunch.live/>
- Caribu: <https://caribu.com/>
- House Party: <https://houseparty.com/>
- Messenger kids: <https://messengerkids.com/>
- JusTalk Kids – Safe Video Chat & Messaging: <https://kids.justalk.com/>
- Catan Universe: <https://catanuniverse.com/en/>

Classroom Resources

- Learning with Nature Lesson Plan: <https://www.globalonenessproject.org/resources/lesson-plans/learning-nature>
- Play Again Activities for Educators: <http://playagainfilm.com/wp-content/uploads/2015/02/Play-Again-New-Study-Guide-1-copy.pdf>
- The Wild Network Project Wild Thing: <https://www.thewildnetwork.com/inspiration/project-wild-thing>

Games (Considerable)

- The rules to all your favorite card games: <https://www.considerable.com/entertainment/card-games/card-games/>
- Pen and Paper Games: <https://www.considerable.com/entertainment/games/pen-and-paper-games/>

Physical Activity (YouTube)

- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- Yoga Ed.: <https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A/about>
- Kids Workouts: <https://www.youtube.com/playlist?list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa>
- Mini-Workouts: <https://www.youtube.com/playlist?list=PLC2C841486EB885F1>
- Strong Nation: <https://www.youtube.com/channel/UCQkaczRlyBjI3UKBH59W3XQ>

Coloring and Craft

- Rec Therapy Today Therapeutic Coloring Book: http://www.rectherapytoday.com/wp-content/uploads/2020/02/therapy_coloring_book.pdf
- Super Coloring: <http://www.supercoloring.com/>
- Crayola: <https://www.crayola.com/featured/free-coloring-pages/>
- Kids up front: <https://kidsupfront.com/kidsathome/>