

# Welcome to the



## For parents, teachers, and students

"The natural world and your own curiosity are great teachers," says Daniel McDougal McDouglas McFly. The activities on each of these pages can help you and your children engage with and explore the outdoors, gain a greater appreciation for nature, and make a positive difference in the future of our planet.

These activity pages are ideal for children ages 8–15. Some activities like the "Silent 60 Seconds" and "Recycling Relay Race" work well for younger children; while "Environmental Superhero Reporter" or "Plant a Tree!" might be better suited for older students or completed by wee ones with the guidance of a parent or teacher.

Kids can even write a letter to one of Daniel's favorite environmental superheroes, Dr. Jane Goodall!

Daniel believes that planting trees is a great way to improve and beautify our environment. He shows how to plant a tree on the final activity page in this book, and his [kinakilt.com](http://kinakilt.com) website features a fun, interactive map where readers can learn more about trees and "drop a pin" to track the progress of trees they and other young environmental superheroes have planted!

Finally, we'd love to hear from you! Please send us your own ideas for fun things children can do to engage with and improve nature and the environment. We'll feature a selection on the website and in future editions of the book. Keep them coming via the contact form at [kinakilt.com](http://kinakilt.com)!

Daniel says: You can purchase additional copies of my book at [PiercePress.com/bookstore](http://PiercePress.com/bookstore) (or scan the QR code here).



Jane Goodall Institute Nepal

[JGINepal.org](http://JGINepal.org)

We offer volume discounts for bookstores, teachers, and for nonprofits that benefit the environment. A portion of sales placed directly through the website will benefit the Jane Goodall Foundation/Nepal in recognition of the important wildlife and habitat conservation work being accomplished there by JGI/Nepal director Manoj Gautam and his team.







## Silent 60 Seconds

Find a place in nature, close your eyes, and be still for 60 seconds. What do you hear, smell, and feel? Write about your experience in your Nature Journal or discuss with friends. Did you hear, smell, or feel different things, or some of the same?

Post pictures of your art to our website,  
**[kidinakilt.com/activities](https://www.kidinakilt.com/activities) and tell us how you did it!**

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# Recycling Relay Race



**Quick!**

*Where would you recycle that jam jar?*

*That old phone? What would you do*

*with a styrofoam cup?*

Help your team grab from a mixed bin of (clean and safe) castoffs to put each one in the correct bin—plastic, metal, paper, compost, donation, hazardous waste collection, and trash/landfill (if necessary).

For more ideas and full guidelines, visit [kidinakilt.com/activities](http://kidinakilt.com/activities).



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# Be an Environmental Superhero Reporter!

Contact a Friend of the Earth (like a park ranger, oceanographer, zoologist, botanist or other environmental scientist) and ask them questions.

For example, you could ask them to describe their day on the job, how they became interested in nature and conserving the environment, and anything else you are curious about.

Don't be afraid to ask tough questions! Ask for their suggestions on how you and your friends can help make the world cleaner and more beautiful.

Write and edit your interview and give it to your teacher, send it to your local newspaper, or start a blog for your friends and neighbors!



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# Plant a Tree!

Trees help humans and other animals survive on Earth, so planting a tree is a really cool thing to do. It's important to choose a variety of tree that will thrive in your local climate and soil conditions. Choose a spot for your tree that has room for it to grow outward and upward for the next hundred years or more! Create a tree journal to take notes on your tree's progress. Finally, put your tree on the map. Take photos or videos of yourself planting and caring for your tree, and post them in the gallery on the website, then drop a pin in Daniel's interactive map for a chance to win new tree seedlings or seeds to plant!



You'll find easy tree-planting instructions, videos, and fun activities at [kidnakilt.com/activities](https://www.kidnakilt.com/activities).





**Dear Dr. Jane Goodall:**



**Write a letter to renowned primate researcher and environmental activist Dr. Jane Goodall. Tell her about**

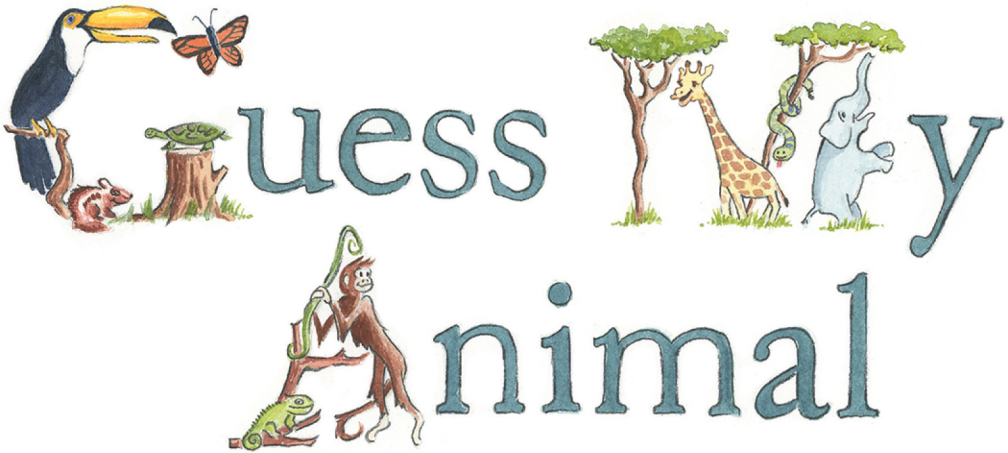
**your conservation efforts or ask her questions about how you can help the environment.**

**You'll get a response, either from Dr. Goodall, her staff at the Jane Goodall Institute, or an environmental superhero like Daniel!**

**For more details and guidelines, visit our website,  
[kidinakilt.com/activities](http://kidinakilt.com/activities).**

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# Guess animal

Show your friends clues about your animal.  
Ask them to guess which animal you chose.

Where in the world is it? \_\_\_\_\_

Habitat:

- ☐ land
- ☐ sea
- ☐ sky
- ☐ tree

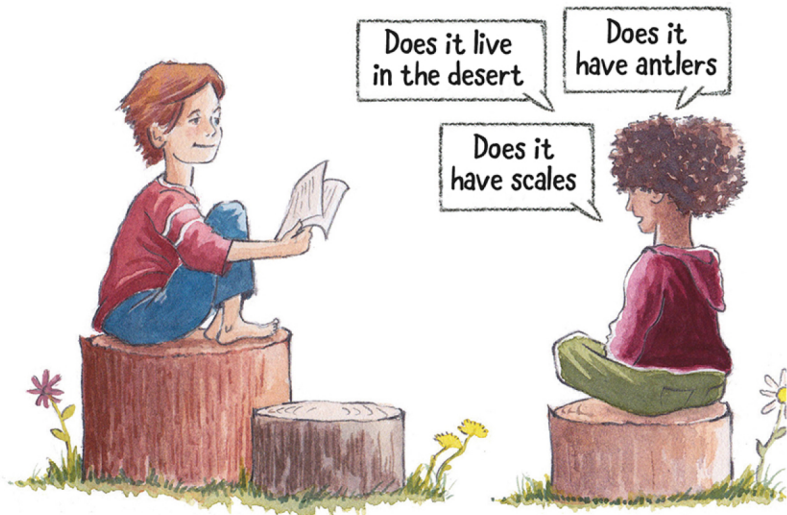
Is it a:

- ☐ Carnivore
- ☐ Herbivore
- ☐ Omnivore

Does it have:

- ☐ scales
- ☐ feathers
- ☐ fur
- ☐ shell
- ☐ other

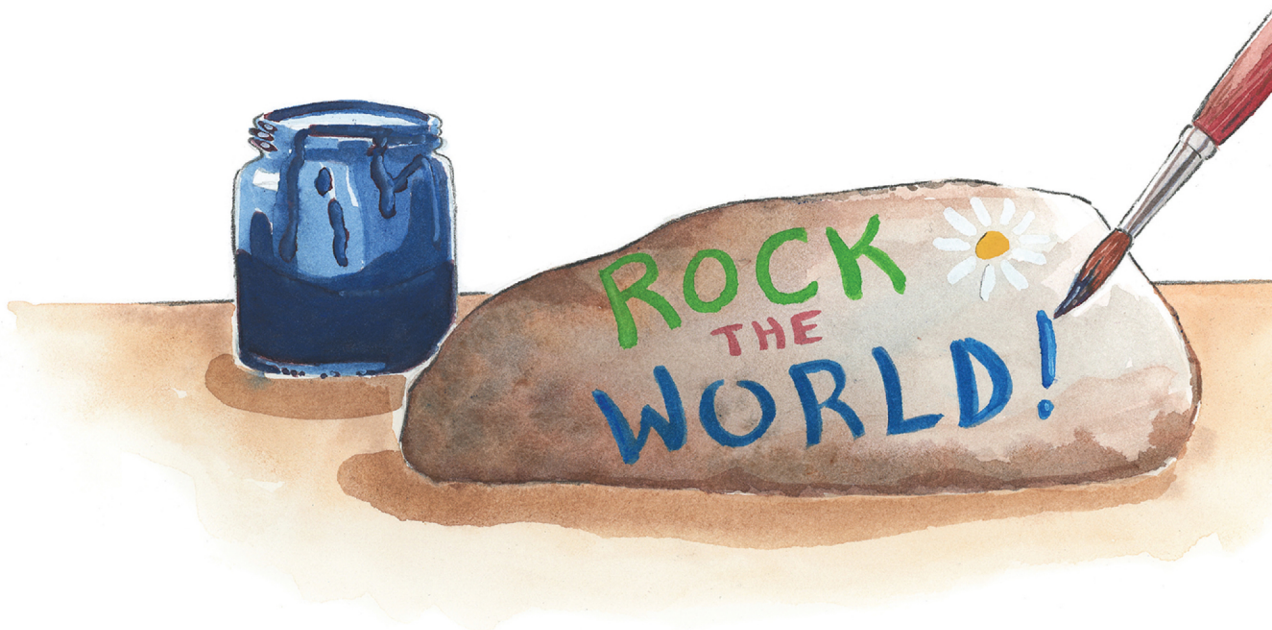
Draw your critter here:



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Here's a way to spread cheer and inspiration throughout your community. Use your creativity to paint "message rocks" and leave them around town. What do you want to tell the world?



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