



Nature Activities: Week 2, Water

Build a Watershed

A *watershed* is an area of land where all of the water drains into the same place. We live in the Columbia River Basin Watershed. All the water that falls in this area will reach the Columbia River and drain into the Pacific Ocean. Watersheds help us by storing water and filtering pollution. The little spaces in the soil hold water and release it slowly, like a sponge. Watersheds also help clean pollution and small sediment from our water by trapping the particles. This activity models watersheds and the flow of water on the landscape.

1. Everyone needs a sheet of paper and three different color *washable* markers
2. Crinkle the paper into a ball and carefully open it enough so that it looks like a 3-D map of mountains. This is the model of a watershed.
3. Use a marker to highlight the ridges, the tops of the mountains on the model. Ridges are the physical features that separate one watershed from another. Take several minutes to highlight as many ridges as possible.
4. Use a new marker to trace all of the low places where a river might run or a lake might be.
5. Use a third colored marker to mark where pollution might happen. Maybe it's a road covered in oil and exhaust, a broken septic system, a field with too much fertilizer. Maybe it's a park with a lot of dog poop, or where people are throwing trash on the ground.
6. Look at the model and predict how many large watersheds are on the model. One watershed would mean that all the water would run off to the same place; two watersheds, two places, etc. Label the watersheds 1, 2, 3, 4, etc.
7. Now it's going to rain. Set your paper on the ground and use a spray bottle to spritz rain onto the watershed model. Watch where the water flows. Did it make rivers and lakes where you thought it would? Where is your pollution going?
8. Check in to see how many watersheds people had. Was it the same or different than they predicted?



Questions? Contact Kim Kogler at kimberly@okanogancd.org

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Resources for outdoor learning and exploration

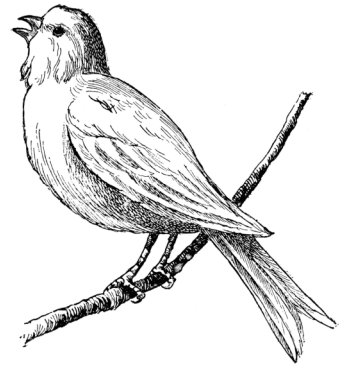
Nature Activities: Week 2, Nature Awareness

Sounds & Colors

A lesson from Joseph Cornell's *Sharing Nature with Children*

These activities focus attention and increase sensory awareness. They are a wonderful way to make us aware of the sounds and the stillness of nature.

Gather everyone together after they have had an opportunity to run out some of their energy, either through free play or a group walk. Find a space where everyone can sit or lie down while keeping both fists in the air. Every time a person hears a natural sound, they lift one finger. Spend a minute listening to the sounds of nature.



Vary the game by listening for only bird songs. Then, listen for sounds that are not made by animals, like the wind or running water. Can you follow the wind as it blows across the landscape? Can you keep track of a bird as it moves from tree to tree? Continue adding variations to the activity, incorporating suggestions from the group.



To enhance the group's visual awareness, ask everyone how many different colors or shades of colors they can see in front of them without moving from where they are.

More resources:

Cornell, Joseph (1998) *Sharing Nature with Children*. DAWN Publications.

Cornell, Joseph (1989) *Sharing Nature with Children II*. DAWN Publications.

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