

30 Days of Giving Thanks to Nature – November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 Start a nature journal. Record your thoughts, feelings, and observations. Take 5 minutes to make a list of things in nature you are grateful for.</p>	<p>2 Be supportive. Help a neighbor by performing an outdoor chore for them.</p> 	<p>3 Go birding. Check out the Thornapple Birding Trail. Explore eBird.org to find birding spots near you. Download Merlin Bird ID app to identify the feathered friends you find.</p>	<p>4 Go hug a tree! Reflect on everything trees provide for us: wood, oxygen, shade, erosion control, and much more! Need help? Check out: https://bit.ly/treeUP</p>	<p>5 Look up at the night sky. What is the shape of the moon? Can you find any constellations? Download a free smartphone app to help you find celestial objects.</p>	<p>6 Discover Geocaching. Download the Geocaching app to find hidden treasures in nature. Find the Institute's geocache or one near you. Learn more at Geocaching.com.</p> 
<p>7 Make music with natural objects. Bang sticks on a log drum. Crunch dry leaves. Need inspiration? Check out this video: http://rebrand.ly/naturalSOUND</p>	<p>8 Be a nature ambassador. Tell a friend a nature or science fact you learned recently.</p> 	<p>9 Reflect on your water usage today. Try one new way to reduce water usage this month. Need ideas? Check out: http://bit.ly/H2Osave</p>	<p>10 Appreciate the small things in life. Look down and focus on the tiniest of details on the ground. What do you observe? What do you wonder?</p>	<p>11 Feed the birds. Buy a bird feeder or make one from pine cones, nut butter, and seeds.</p> 	<p>12 Think of a special place outdoors. Maybe a bench that overlooks Cedar Creek or a favorite tree. Visit that place, find or take a picture of it, or draw it.</p>	<p>13 Go on a fall bingo hunt. Make your own or print these cards (http://rebrand.ly/fallBINGOcards). See if you can be the first to find all the items in a row or column.</p>
<p>14 Be creative. Visit the Institute's Holiday Gift Show. Then head outside inspired to make your own nature art. One idea: make a bark or leaf rubbing with crayons and paper.</p>	<p>15 Institute trails are closed Nov. 15-30 for hunting season. Focus on your plate today. Where does the food come from? What pollinators do you have to thank for those foods?</p>	<p>16 Be an active listener. Close your eyes, and make a sound map by writing down all the sounds you hear and from what direction they are coming.</p>	<p>17 Celebrate National Take a Hike Day. Discover a new outdoor place to take a hike. Need help? Check out AllTrails.com.</p> 	<p>18 Make eye contact. Look for nocturnal animals by their eyeshine. Learn more with this activity sheet: http://rebrand.ly/eyeshine</p>	<p>19 Celebrate National Camp Day. Set-up a tent or fort. If you are outside, try making a fort out of natural materials.</p> 	<p>20 Go on a gratitude nature walk. Take 20 minutes to slowly and quietly walk only 20 paces. Use all of your senses to take in nature.</p>
<p>21 Combine stewardship and nature. Go on a litter clean-up walk.</p> 	<p>22 Look for nature's rainbow. See how many different colors you can find outside today. Are some easier to find? Why?</p>	<p>23 Happy Fibonacci Day! Discover patterns in nature. Look at ferns, pine cones, shells, bark, and tree branching.</p>	<p>24 Be curious. Think about what animals you are grateful for. Reflect on its cares and concerns. How could you help it?</p>	<p>25  After your big meal, take a walk outside.</p>	<p>26 Write a letter saying thank you to something or someone in your life. No need to send the letter unless you want to.</p>	<p>27 Watch a nature or science documentary. Or visit the Institute's YouTube Channel for past programs: http://bit.ly/PCCYouTube.</p>
<p>28 See the forest for the trees. Go outside and see how many different trees or leaf shapes you can find.</p>	<p>29 You rock! Lift up a rock and see what is living underneath.</p> 	<p>30 Today is #GivingTuesday. Join the movement and give your time, a donation to your favorite non-profit, or the power of your voice on an issue you care about. Take today to do something good and pay it forward.</p>		 <p>Pierce Cedar Creek Institute for environmental education</p>		