



Seeking Out Nature with Children

When we spend time in Nature with our children, we instill a sense of stewardship. We ignite curiosity about the wild world around us, and build connections to our Earth. Here are some simple ways to introduce your small child to the wonder of the natural world:

- Venture outside your house together often. Take a short evening walk around the block or have a snack together on the back patio every day.
- Help your child notice the living things outside. (Even a trail of ants on the sidewalk will generate so much excitement!)
- Encourage quiet observation of animals. Help your child notice how birds, squirrels, and insects interact with their environment. What noises do they make? Where do they go?
- Spend a little time each day looking out at the sky together- Are there clouds? Is it windy? Do you see the Moon?
- Look for nature guides and non-fiction books about local wildlife at the library- even if they are written at a high reading level. Talk about the pictures together.
- Invite Nature to your yard using bird-feeders, butterfly-friendly flowers, and bird baths.
- Allow your child to keep small treasures from Nature- like a beautiful rock for the garden, or a perfect pinecone to keep in the window sill.
- Allow your child free play in natural settings. Be present with them as they explore at their own pace.



Hawaiian Chicken Kebabs

*15 min. prep, 1 hr. refrigerate, 10 min. cook
Makes 8 kebabs*

- 1 c. teriyaki sauce
- ¼ c. pineapple juice
- ¼ c. honey
- 2 T. oil, plus more for grill or grill pan
- Salt and freshly ground black pepper
- 1 ½ lb boneless, skinless chicken breast, chopped into 1-inch cubes
- 2 cans cubed pineapple
- 1 large green peppers, diced into 1-inch pieces
- 1 large red onion, diced into 1-inch pieces

In a large mixing bowl whisk together teriyaki sauce, pineapple juice, honey, oil, salt and pepper. Add chicken, pineapple, green pepper, and red onion to the bowl and toss to combine with the marinade. Cover bowl and refrigerate 1 hour (Meanwhile soak 10 wooden skewer sticks in water for 1 hour).

Preheat a grill or grill pan to medium/high heat. Thread red onion, bell pepper, pineapple and chicken onto skewers until all of the chicken has been used. Brush grill grates with olive oil then place skewers on grill. Grill kebabs approximately 10-12 minutes, turning once (until chicken registers 165 degrees in center.) Serve over rice.