



## Growth Happens

Learn how to start a garden out of kitchen scraps and examine natural growth in unusual places!

The world around us has changed. Our lives may appear to have slowed, but it's Mother Nature's time to flourish. We see plants popping up in unusual places and animals wandering into new spaces. Wind patterns are changing and the hole in the ozone layer has even started to repair itself. This level of growth is a great reminder that, despite our calls to stay at home, life (all life, not just human life) goes on. These activities are designed so that you can examine the growth that continues to occur, even in the most improbable spaces.

- How does growth parallel life?
- How does nature inspire you?
- How can we minimize our negative impact on the natural world?
- How can we allow nature to flourish?

### Nature Always Wins

"In every walk with nature, one receives far more than he seeks." - John Muir

As we sit in front of our devices and explore the world virtually, talk to friends or family in other parts of the country, or even take a walk in our neighbourhood, we can see the evidence of nature all around us. The sun shines, rain falls, and things grow. This short activity asks you to explore the natural world and find evidence of where nature wins. How does growth parallel life?

### Instructions

Go outside and explore your environment, whether it's urban, suburban, or rural. Look out for nature in unexpected places, inhabiting spaces previously reserved for people.

Take three photos, or find some online, of where you see nature overcoming the human presence. Find one element in your photos that reflects on how natural growth parallels your life. Share your reflection in one paragraph or a 30-second video.



## Animal and Nature Cams

Although we may not have the luxury of going camping or visiting animals in their natural environment right now, we can still take a moment to watch what some of our favourite animals are doing during this time.

- **Monterey Bay Aquarium Live Cams:** [montereybayaquarium.org/animals/live-cams](http://montereybayaquarium.org/animals/live-cams)
- **Smithsonian National Zoo Webcam:** [nationalzoo.si.edu/webcams](http://nationalzoo.si.edu/webcams)
- **National Park Service Watching Wildlife Cams:** [nps.gov/subjects/watchingwildlife/webcams.htm](http://nps.gov/subjects/watchingwildlife/webcams.htm)
- **Cincinnati Zoo Daily Live Stream** (or join their Facebook Live every day at 3 p.m. to meet a new amazing animal and do a fun activity!): [cincinnati.zoo.org](http://cincinnati.zoo.org)
- **Explore.org Daily Live Cams:** [explore.org/livecams](http://explore.org/livecams)
- **Parks Canada Cams:** [pc.gc.ca/en/nature/science/control-monitoring/cameras](http://pc.gc.ca/en/nature/science/control-monitoring/cameras)

## Create Your Own Home Garden

Have you ever wanted to minimize your impact on the natural world? Travelling to grocery stores and purchasing food that has travelled across the country can take a huge toll on our environment. On several of our travel programs, we explore cultures that thrive on small, sustainable, local farms. One of our favourite itinerary stops is in Iceland, at Fridheimar. Check them out here: <https://fridheimar.is/en/about-fri%C3%B0heimar>

Here is a great way to start using your kitchen leftovers and a few other materials.

## Instructions

**First**, watch this episode of *Modern Gardener* from PBS for a quick introduction to growing food from kitchen scraps.

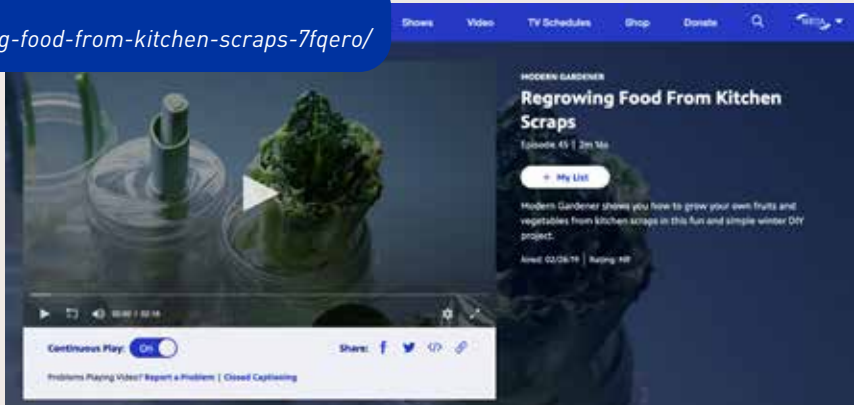


**Modern Gardener from PBS**

WEBSITE: [pbs.org/video/regrowing-food-from-kitchen-scrap-7fqero/](http://pbs.org/video/regrowing-food-from-kitchen-scrap-7fqero/)



SCAN ME



**Then**, use this activity sheet to learn more about kitchen scrap gardening from KidsGardening.org:

[https://kidsgardening.wpengine.com/wp-content/uploads/2016/12/KG\\_gardenactivities-kitchenscrapgardening.pdf](https://kidsgardening.wpengine.com/wp-content/uploads/2016/12/KG_gardenactivities-kitchenscrapgardening.pdf)

**Finally**, get creative with your growing containers and enjoy (and share them with us, of course)!

**Students!** Answering our questions? Using our strategies? Share them with us at [discoverycanada@worldstrides.com](mailto:discoverycanada@worldstrides.com).