

Ongoing Walk and Roll April



Theme: Nature Appreciation

The days are getting longer and we're happy to welcome flowers blooming and birds chirping. April's theme is **Nature Appreciation!**

Earth Day is approaching and there are reminders all around us about how much there is to celebrate and appreciate about Earth, our home. Below are activities to keep us moving outside, a great way to connect with nature!

Activities your child or students might want to do before your walk and roll event:

- The East Bay Regional Parks District has a series of events to help us learn and appreciate nature. [Find an event near you!](#)
- We can appreciate nature by going to our local farmers markets to search for local produce from the Bay Area. [Find a market near you!](#)
- Ask students to draw a picture of ways they can make Earth a healthier place for all living things.

Activities your child or students might want to do during your walk and roll event:

- [Start a nature journal!](#) As you walk or roll through your neighborhood, fill your journal with observations of nature you see. This can include the weather, plants, bugs, animals, people, and more. Write down any questions you have about the natural world around you to think about and investigate later.
- Visit Earth Day celebrations hosted by your city and communities near you!

Make sure to use [these helpful tips](#) on your walk!



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