

Source: Friends of Gatineau Park

Basic Description:

This outdoor sensory activity can be used as a self-guided activity or as part of a facilitated programme. It encourages individual observation and exploration in the forest. However, depending on the age and comfort levels of the participants, this activity can also be done in pairs. *Go Green* focuses on the variety of colours as an entry point into a greater awareness and appreciation of biodiversity.

Materials:

- observation cards (see example from Friends of Gatineau Park)
- paint sample cards (with various shades of green) - 5 cards per participants

Time Allotment: 30 minutes

Procedure:

Introduction (5 min)

- The introduction may vary depending on whether *Go Green* is done as part of a programme or as a stand alone activity.
- Encourage the participants to look around them and to mention what colours they observe. Mention that through closer observation, we often can see more than meets the eye!
- Distribute an observation card and paint sample cards (5) to each participant.
- Review instructions and identify the physical boundaries within which the activity takes place.

Activity (15 min)

- Participants circulate through the area identified in the introduction and they have to find (but not pick) elements in nature which match the shades of green on their paint samples.
- After 15 minutes, they return to the starting point.

Follow-up/Discussion (10 min)

- Participants share their observations and their reflections.
- The facilitator can then lead a discussion about how this activity relates to the concept of biodiversity.

Extension

- If this activity is done in the fall or in another environment (field, marsh, etc), another set of colours can be used.
- Participants can create a green mural that reflects the discoveries they have made about the diversity of living things.



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GO GREEN!

We invite you to explore **Gatineau Park** and discover its **natural diversity**.

As you walk along the trail, try to match the **colours on the cards** to natural features: **leaves, moss, ferns or lichens** (please do not pick or disturb the plants). The variety of **greens** reflects the **diversity of plant life**.

The diversity of living things is called **biodiversity**. Biodiversity is essential to maintaining **healthy ecosystems**. It also provides us with hours of pleasures as we explore **Gatineau Park** and other natural areas.

This activity sheet was developed by the Friends of Gatineau Park. Through the seasons, you will find different activity sheets at the Visitor Centre. Please come back and enjoy!