

# “What families can do to stay connected to nature and the lake” Resource List

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## Getting Outside in all Weather

During our outdoor programs, we like to use the philosophy of “there is no such thing as bad weather, only the wrong cloths”! Keep in mind that this doesn’t necessarily mean that you need to invest in expensive brand names. Thrift stores and clothing exchanges are great places to look for wool and outdoor clothing at cheaper prices. Here are some of our key tips for getting out to play and adventure in all weather conditions:

### ***Warm Weather Tips:***

- Choose light weight breathable fabrics such as cotton.
- Light weight long sleeves and pants are ideal for sun and environmental hazards such as ticks and poison ivy.
- Wear a hat to protect from the sun.
- Consider choosing the coolest and shadiest places to play and adventure during the warmest parts of the day.

### ***Cold and Wet Weather Tips:***

- Be prepared with rain-suits, boots, extra warm clothing, waterproof/warm snowsuits, extra hats and mitts, hiking shoes, closed toe shoes suitable for running and climbing, wool socks, thermal long underwear, etc.
- For cold and wet weather, it is important to dress in several light layers:
  - **Base Layer:** Natural fabrics such as wool work well as an inner layer, as does fleece or polypro. Polyester pyjamas are another good option. The key for this layer is for it to wick moisture away from the skin and insulate it with a breathable layer. Try to avoid COTTON as it traps moisture close to the skin and make you cold.
  - **Insulating Middle Layer:** This insulation layer creates ‘dead-air space’ between skin and the elements. This airspace helps in keeping warm. Wool sweaters (merino wool is exceptionally warm and soft on sensitive skin), fleece, and down tend to work well.
  - **Outer Layer:** This layer should be waterproof and windproof, as well as breathable.
- Purchase boots that allow plenty of room for your child’s feet. This will allow for better insulation but creating a pocket of air around their foot. Good socks are very important. Choose wool if possible or heavier polyester as they will help to wick moisture away from the skin. Avoid COTTON as it traps moisture close to the skin and can cause feet to become cold.

## Organizations to Check Out

- Children and Nature Network - <https://www.childrenandnature.org/>
- The Child and Nature Alliance of Canada - <https://childnature.ca/>
- Back to Nature Network (“Into Nature” for school age children and “Ready, Set, Wonder” for early learning) - <https://www.back2nature.ca/>
- Take Me Outside - <https://takemeoutside.ca/>
- [www.evergreen.ca](http://www.evergreen.ca)
- Your local Conservation Authority

## Story Books

There are just too many books we love to list but here are some of our favourites:

- “Picture a Tree” by Barbara Reid
- “Sam and Dave Dig a Hole” by Mac Barnett and Illustrated by Jan Klassen
- “Not a Stick” by Antoinette Portis
- “Tap The Magic Tree” by Christie Matheson
- “Big Bear Hug” by Nicholas Oldland
- “Over and Under the Snow”, “Up in the Garden and Down in the Dirt”, “Over and Under the Pond” by Kate Messner and Illustrated by Christopher Silas Neal
- “In the Small, Small Pond” by Denise Fleming
- “The Gruffalo”, “Stick Man”, “Super Worm” by Julia Donaldson and Illustrated by Axel Scheffler
- “The Lorax” by Dr. Seuss
- “The Giving Tree” by Shel Silverstein
- “And Then It’s Spring” by Julie Fogliano
- “Owl Moon” by Jane Yolen
- “Hibernation Station” by Michelle Meadows
- “Stranger In The Woods” and “First Snow In The Woods” by Carl R. Sams II and Jean Stoick
- “The Very Hungry Caterpillar”, “The Very Quiet Cricket”, “Brown Bear Brown Bear What Do You See” and other books by Eric Carle
- “The Salamander Room” by Anne Mazer

## Life in the Lake Resources

### **Books:**

- A Guide to Common Freshwater Invertebrates of North America by J. Reese Voshell Jr.
- Pond Life by Golden Guide
- Peterson Field Guide to Freshwater Fishes by Lawrence Page and Brooks Burr
- Field Guide to Insects and Spider of North America by Arthur Evans
- Freshwater Fishes of Ontario by the Royal Ontario Museum (these books are hard to find these days)

### **Websites:**

- <http://www.torontozoo.com/adoptapond/resources.asp>
- <https://www.ducks.ca/resources/educators/>

## Other Great Exploring Resources

- Laminated “Pocket Field Guide Series” which features guides about “bugs and slugs”, mushrooms, animal tracks, weather, and more at very reasonable prices:  
<https://www.leevalley.com/en-ca/shop/garden/books-and-dvds/69220-pocket-field-guides>