

November 2020

WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS AND THEIR GROWN UPS



**Finding Hiking
Trails That Are
Accessible for All**

**Nature ID Sheets for
Leaves, twigs, Nuts
& Berries**

Fall Nature Art

**Learning Herbs:
Calamint
& Dead Nettle**

**Seasonal poetry,
activities, nature
journal pages & more**

From the editor

BY ALICIA BAYER

Happy November!

Boy, the year seems to be going fast, doesn't it?

I hope you're finding ways to enjoy nature wherever you live. Here in Minnesota, we've already had snow and very cold temperatures! I'm hoping it will be warm again for a little while but our 13 year-old son Alex is especially happy for the snow because he loves sledding and playing in the snow.

There are lots of wild mushrooms in the woods this time of year and our 20 year-old daughter Rhia has brought home some oyster mushrooms several times for us to cook up from her long hikes in the woods with our dog, Moose.

I am sad to be finished in the garden for the year, but we brought in lots of plants from outside like potted hibiscus trees, geraniums and begonias to help fill the house with nature and flowers during the long winter to come. Some of you live in other parts of the world where you are welcoming the warmer months.

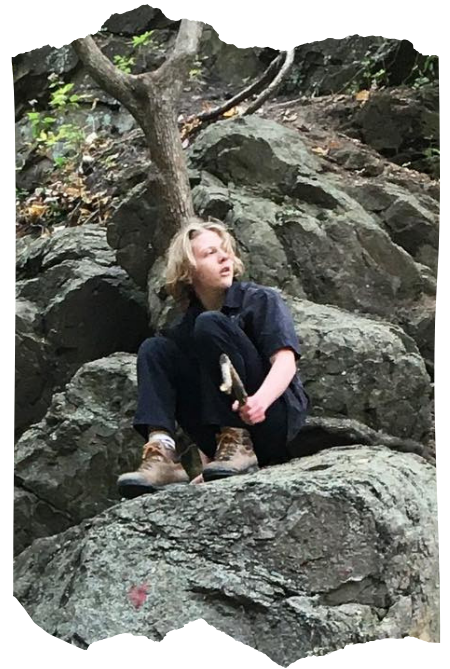
What are you looking forward to doing outside in November?

Wherever you are in the world, I hope you have a fantastic month with lots of wild adventures!

Alicia

Cover photo courtesy of Christopher Kain and
www.kellispath.com

Check out Christopher's new book on
"pushhiking" with his daughter in all 50 states:
Rugged Access for All



Why is Wild Kids free?

Kids (and their grown ups) need nature, and nature needs us! Our family believes in the importance of sharing & helping each other, and of passing on skills to help our world and each other. As long as we are able, we plan to produce Wild Kids to help do this for families who find it useful.

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Contact: alicia.bayer@gmail.com

Find lots more links, information and
fun to accompany this month's
themes at
www.magicalchildhood.com/wildkids

Go Wild in November

10 WAYS TO PLAY & LEARN WITH NATURE THIS MONTH

Make a floral arrangement of dried flowers and branches

Trace leaves on your driveway or sidewalk with colorful chalk

Gather up dried flowers, herbs and pine boughs for homemade potpourri

Head outside and take pictures jumping -- in leaves, off ledges, etc. See how high you can get!

Have a picnic in the backyard or park

Take a walk in the woods & look for mushrooms, which are very common in the fall

Make a leaf collage outside

Look for four leaf clovers

Write words on small rocks or pumpkin seeds and make poems with them

Gather up pine cones or other natural materials and do a craft with them

Finding hiking trails that are Accessible for All



Everyone benefits from being outdoors, and parks today are working to make it much easier for everyone to enjoy their trails.

Accessible hiking trails help people of any age or physical condition enjoy nature. This includes people who use wheelchairs and strollers, people who are recovering from an injury or illness, and people who have some physical limitations because of things like medical conditions, age, or pregnancy.

In the United States, the Americans With Disabilities Act of 1990 made it a law that all newly built hiking trails had to have outdoor access for everyone. Many other countries have similar laws.

Web sites like www.traillink.com can help you find accessible trails by state.

We have links on the web site this month of more great pages to help you find trails that work for everyone.



Nature Detective Sheets

Want to learn how to identify trees and bushes from their leaves, seeds, twigs and fruits? Woodland Trust, a wonderful nonprofit in the UK, made some ID sheets to help you do that. Take them on your next nature walk and see how many you can check off!

Keep in mind that they're based in the UK, in Europe, and their trees and bushes may be different from the ones in your area if you live in a different part of the world (sometimes they go by different names in different places, too). See how many are the same, and we also have sheets where you can log ones that are more common where you live.

Woodland Trust lets people copy and use these pages for personal or educational use. Visit their website to print these full size and for a lot more nature fun!

www.woodlandtrust.org.uk
Free educational resources for teachers:
<http://www.treetoolsforschools.org.uk>

Be a super spotter!
How many trees can you identify?

leaf ID

Alder ☐ Beech ☐
Oak ☐ Sycamore ☐
Birch ☐ Elder ☐
Ash ☐ Horse Chestnut ☐
Field Maple ☐ Hawthorn ☐ Hazel ☐
Rowan ☐ Holly ☐

Found any other leaves? Do you know which trees they're from?

Feel free to copy and share this for personal and educational use – and don't forget there are loads more brilliant activities to download on our website!
[woodlandtrust.org.uk/naturedetectives](http://www.woodlandtrust.org.uk/naturedetectives) | 0330 333 5301 | naturedetectives@woodlandtrust.org.uk
 Search for 'nature detectives' | #NatureDetectives

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Get twiggy with it!
Will you spot these sticks on your travels?

Twig ID

Ash ☐ Beech ☐ Hawthorn ☐
Field Maple ☐ Horse Chestnut ☐ Blackthorn ☐
Birch ☐ Rowan ☐ Larch ☐
Alder ☐ Oak ☐ Sycamore ☐
Elder ☐ Lime ☐ Dog Rose ☐
Hazel ☐ Lilac ☐ Elm ☐

How're your detective skills? Did you find them all?

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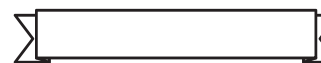
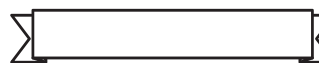
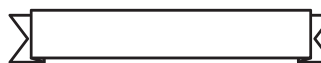
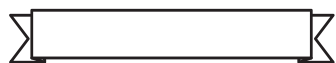
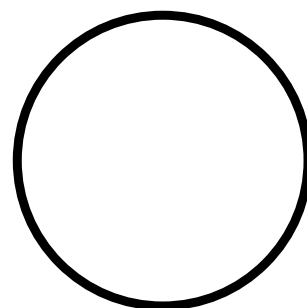
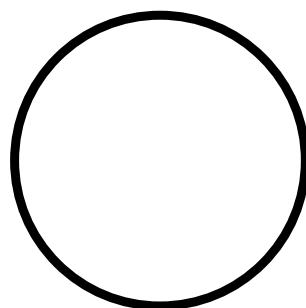
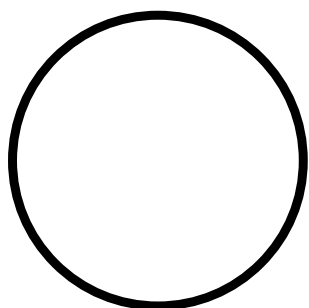
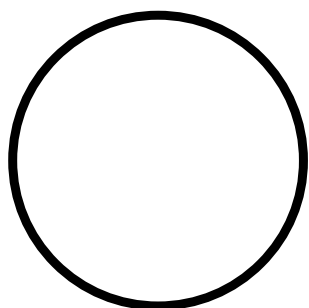
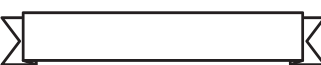
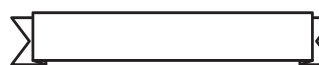
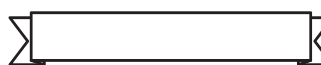
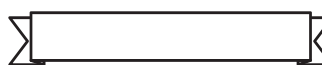
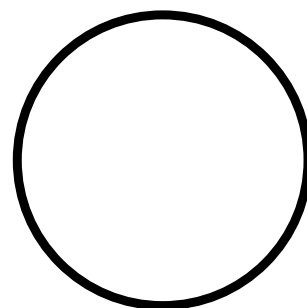
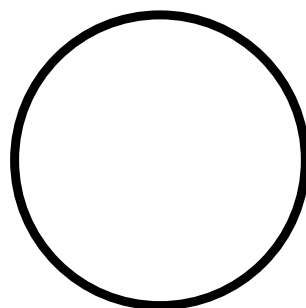
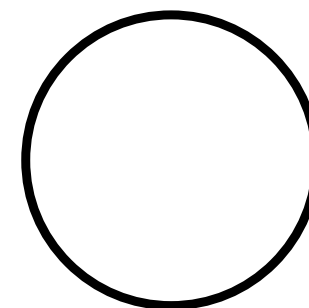
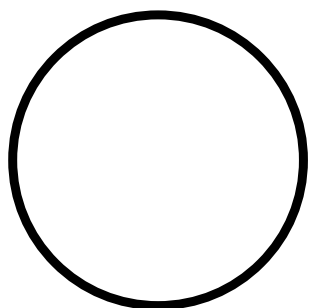
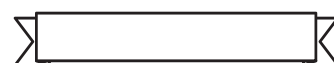
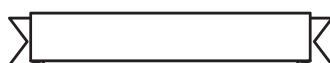
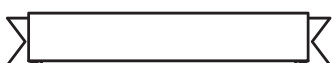
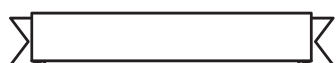
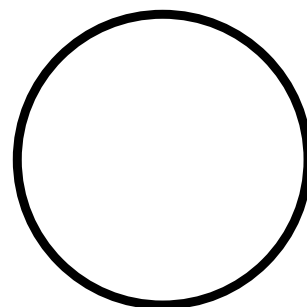
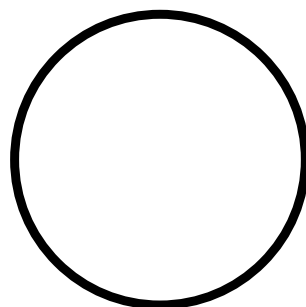
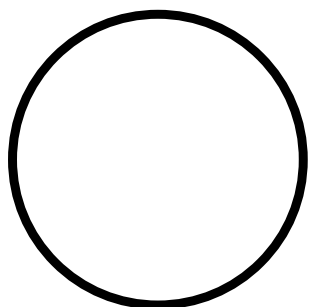
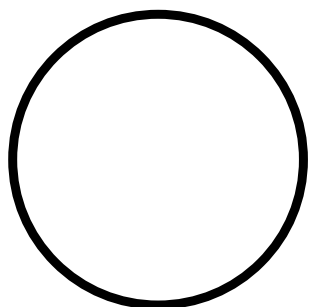
Fruits and seeds ID
How many berries, nuts and seeds can you find?

Bramble Blackberries ☐ Oak Acorns ☐ Hazel Hazelnuts ☐
Horse chestnut Conkers ☐ Silver birch Conkers ☐ Elder Elderberries ☐
Blackthorn Sloes ☐ Dog rose Rosehips ☐ Holly Berries ☐
Alder Cones ☐ Ash Keys ☐ Rowan Berries ☐
Field maple Helicopters ☐ Beech Nut/Mast ☐ Lime Seed ☐
Hornbeam Seed ☐

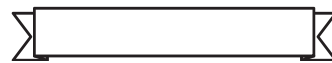
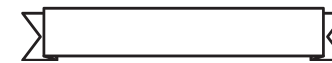
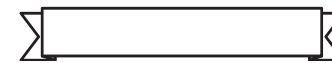
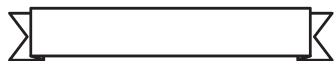
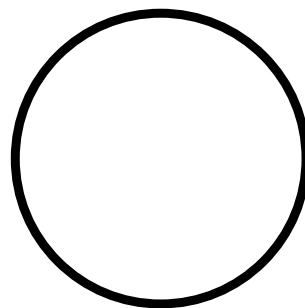
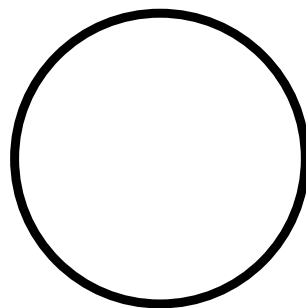
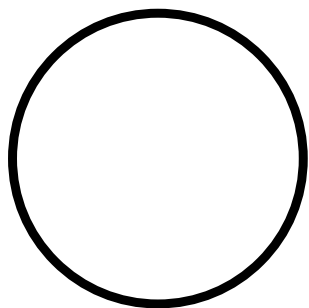
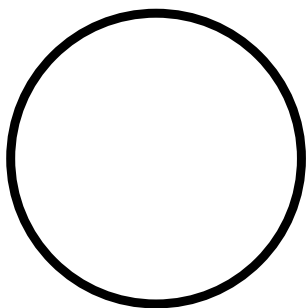
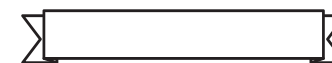
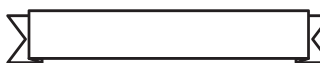
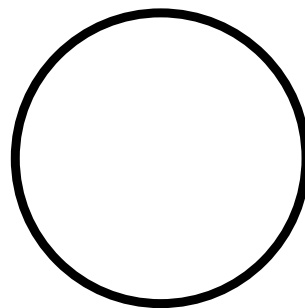
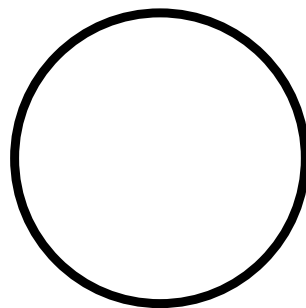
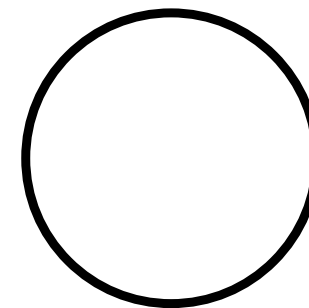
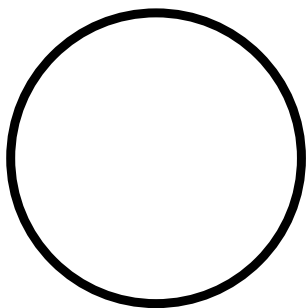
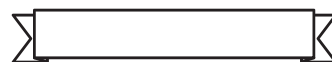
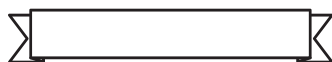
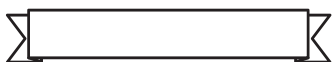
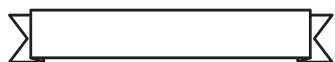
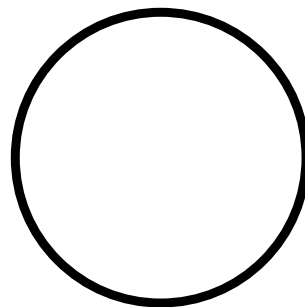
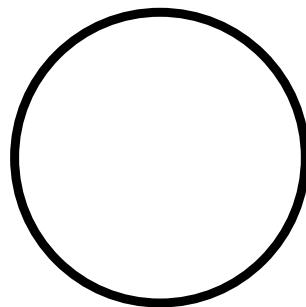
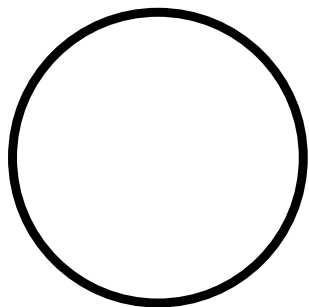
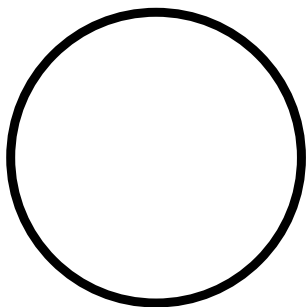
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My Leaves & Twigs



My Seeds & Berries



LET'S MAKE SOME *Nature Art*

Here's a fun way to have fun with nature. Head outside and find natural materials to make simple decorations. Be sure to use only natural items, and to keep them off of paths. Take pictures and then leave them for others to enjoy.



November Poetry

*"Some of the days in November carry the whole memory of summer
as a fire opal carries the color of moon rise."*

~ Gladys Taber

My November Guest by Robert Frost

My Sorrow, when she's here with me,
Thinks these dark days of autumn rain
Are beautiful as days can be;
She loves the bare, the withered tree;
She walks the sodden pasture lane.

Her pleasure will not let me stay.
She talks and I am fain to list:
She's glad the birds are gone away,
She's glad her simple worsted grey
Is silver now with clinging mist.

The desolate, deserted trees,
The faded earth, the heavy sky,
The beauties she so truly sees,
She thinks I have no eye for these,
And vexes me for reason why.

Not yesterday I learned to know
The love of bare November days
Before the coming of the snow,
But it were vain to tell her so,
And they are better for her praise

November by Thomas Hood

No sun - no moon!
No morn - no noon -
No dawn - no dusk - no proper time of day.
No warmth, no cheerfulness, no healthful ease,
No comfortable feel in any member -
No shade, no shine, no butterflies, no bees,
No fruits, no flowers, no leaves, no birds! -
November!

November by Walter de la Mare

There is wind where the rose was,
Cold rain where sweet grass was,
And clouds like sheep
Stream o'er the steep
Grey skies where the lark was.

Nought warm where your hand was,
Nought gold where your hair was,
But phantom, forlorn,
Beneath the thorn,
Your ghost where your face was.

Cold wind where your voice was,
Tears, tears where my heart was,
And ever with me,
Child, ever with me,
Silence where hope was.

Fall, leaves, fall By Emily Brontë

Fall, leaves, fall; die, flowers, away;
Lengthen night and shorten day;
Every leaf speaks bliss to me
Fluttering from the autumn tree.
I shall smile when wreaths of snow
Blossom where the rose should grow;
I shall sing when night's decay
ushers in a drearier day.

Let's Learn About Calamint & Dead Nettle

Both of these helpful weeds are likely to grow in your lawn or nearby park.



Calamint (*calamintha*) is a widely used herb in Italy and some other European regions. Its flavor has been described as a cross between mint and oregano, and it is especially tasty in dishes with beans and mushrooms. The flowers are edible, too!

Calamint is a perennial herb, meaning it comes back year after year, and it grows to about two feet tall.

One of the best things about calamint, though, is that it is one of the best plants to plant for the bees. Bees love calamint and it's one of the best herbs to plant to provide food for them. In fact, bees love it so much that one species of bee is named after it -- The Blue Calamintha Bee.



Dead nettle (*lamium*) sounds like a scary plant, but it's named that because people used to think that it looked like stinging nettle but it couldn't sting them. It's a plant that people have used for cooking and medicine for a very long time and it grows all over the world. You have probably seen it lots of times and it may even be in your yard!

You can use dead nettle in cooking just the way you do with other wild greens (soups, casseroles, smoothies, salads, etc.). It's another plant that is also wonderful for the bees since it's one of the first herbs to flower in the spring and in some warm climates it grows all year.

You can also buy all kinds of varieties of dead nettles in all different colors and sizes for your garden, where it makes a pretty groundcover that grows easily to fill in bare spots.

Remember -- Never eat a plant you're not 100% positive of, and never use a wild plant medicinally without the advice of a properly trained herbalist. These are great plants to safely learn about, but always follow foraging rules for safety and courtesy. Also remember to always try just a little of any new plant the first time in case you have an allergy.

CALAMINT

(*Calamintha*)

Plate 167.



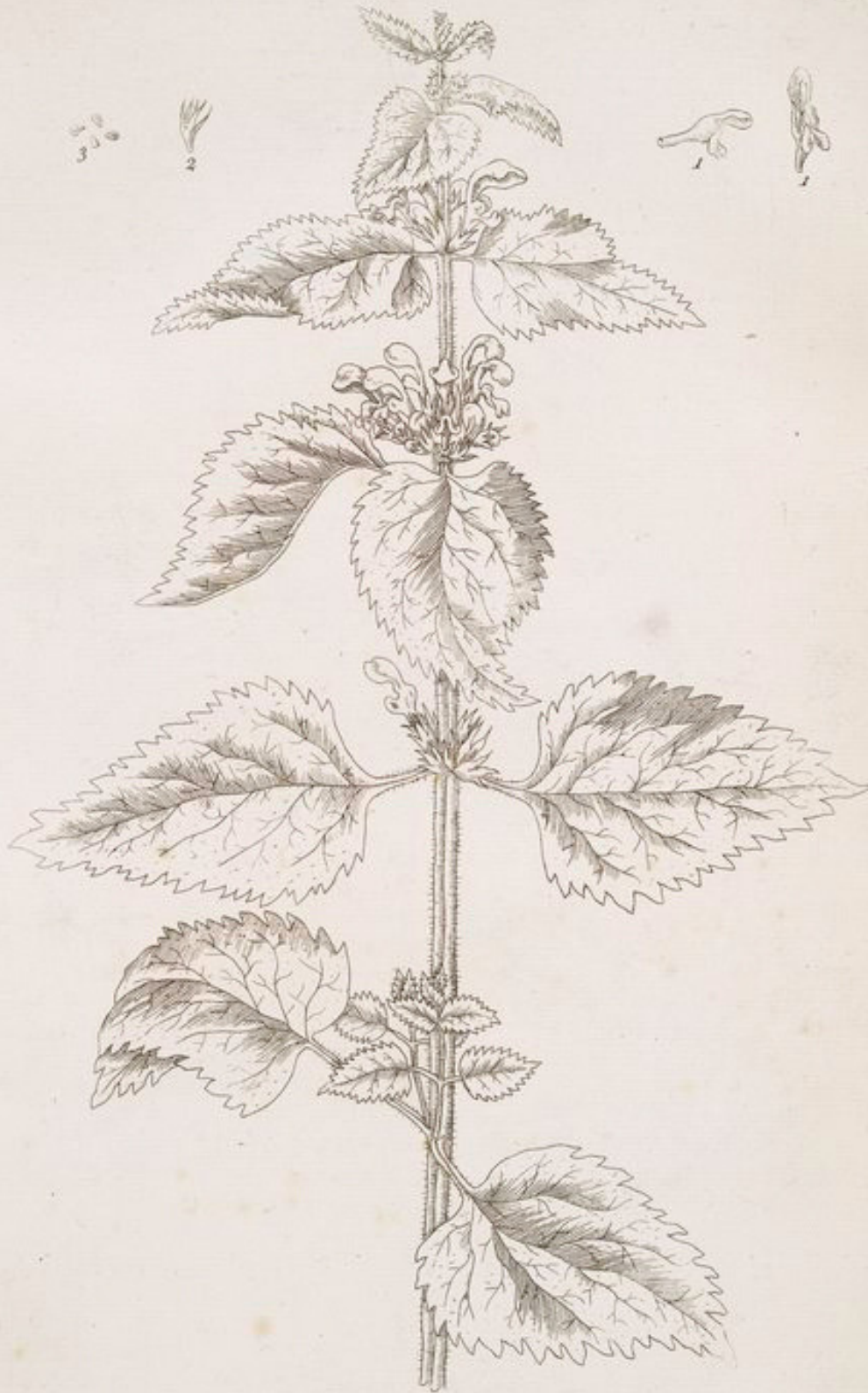
The Common Calamint of the Shops { 1. Flower separate. } *Calamintha officinalis.*
 Eliz. Blackwell delin. sculp. et Pinx. { 2. Seed Vessel open. }
 { 3. Seed. }

From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*
 Written, illustrated and engraved by Elizabeth Blackwell, 1737

DEAD NETTLE

(*Lamium*)

Plate 33



White Archangel
Dead Nettle
Eliz. Blackwell delin. sculp. et Pinx.

1 Flower
2 Cup
3 Seed

Lamium album
Urtica mortua

From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*
Written, illustrated and engraved by Elizabeth Blackwell, 1737

MY NATURE JOURNAL

November



November

Time Outside

Each day this month, write down how many hours or minutes you spend outside in one spoke of the wheel. If you like, you can color each spoke to represent the day. Set a goal for how much time you want to spend outside this month. At the end of the month, add up the times and write the total inside the wheel. How high can you go?

Goal: _____

A circular wheel divided into 31 spokes, each representing a day of the month. The wheel is divided into three concentric rings. The innermost ring is the narrowest, the middle ring is the widest, and the outermost ring is the narrowest. The word "Total" is written in the center of the wheel.

November Weather Tree



Stormy



Snowy



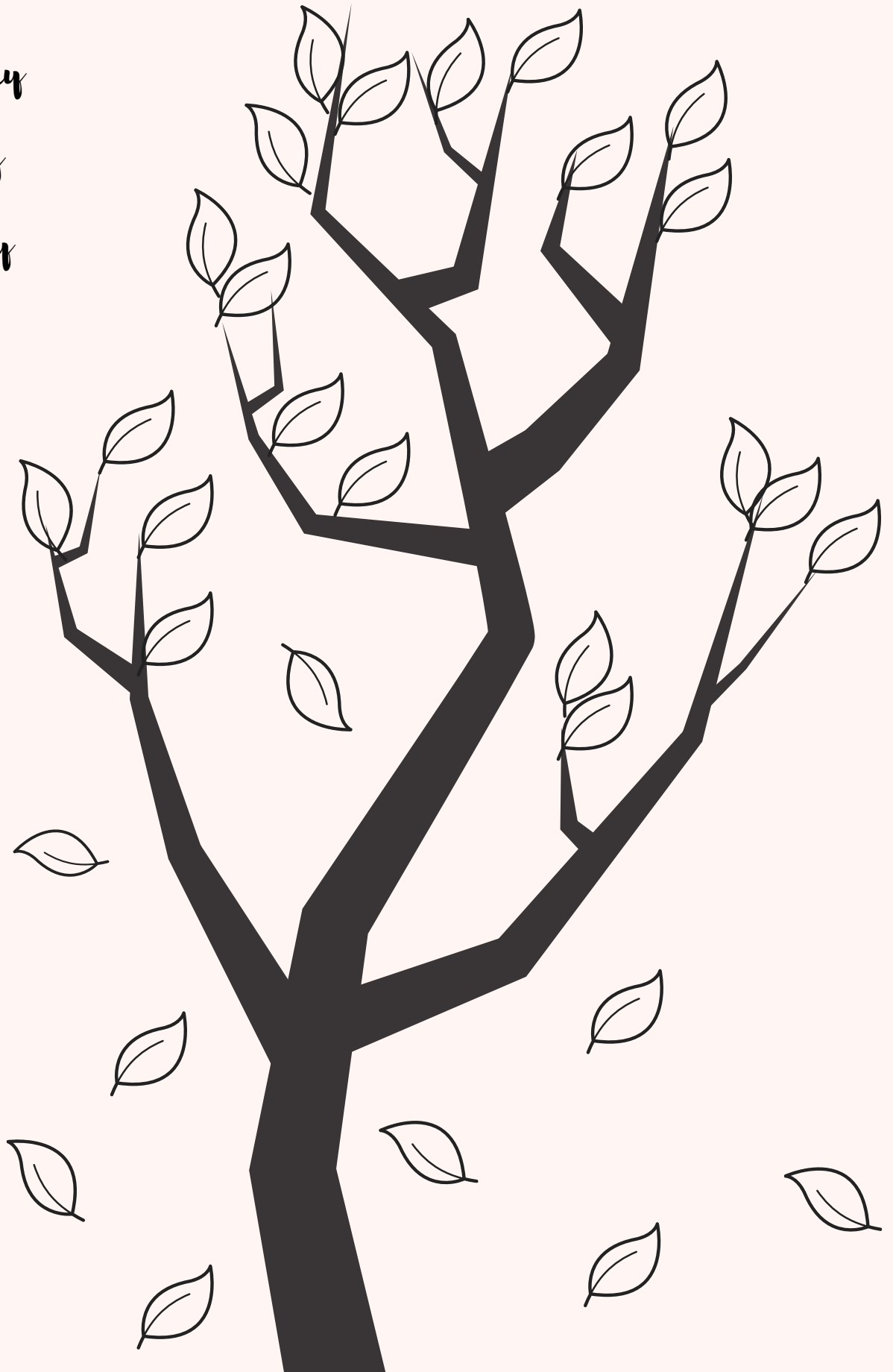
Cloudy



Sunny



Rainy



November Bird List

Birds spotted this month

November Animal List

Mammals, reptiles & other wildlife spotted this month

November Nature Notes

Record any interesting discoveries here -- plants you identify, foods you forage, outdoor activities, cool nature projects, nature books read, or just notes about what it's like outside this week!

Week 1 Observations

Week 2 Observations

Week 3 Observations

Week 4 Observations



Want to see your stuff in Wild Kids?

We welcome articles, photos, artwork and other submissions from kids and their grown ups.

Visit magicalchildhood.com/wildkids to learn more.