

*June 2022*

# WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

A photograph of three children playing in a forest. A young girl with blonde hair is on the left, sitting on the ground and looking up. A young boy with curly hair is in the center, crouching and laughing. Another child is partially visible on the right. They are surrounded by pine needles and a large tree trunk is in the background.

**Making  
Honeysuckle  
Tea**

**Summer  
Bug Scavenger  
Hunt**

**10 Ways to  
Play & Learn  
in Nature  
This Month**

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



# From the editor

BY ALICIA BAYER

## Welcome June!

What's your favorite month? June is my favorite month of all! There's something wonderful about every month, but June is extra special to me. Lots of the flowers in our garden are blooming, including my favorites like peonies and roses. The weather is usually nice and warm for things like swimming but not so hot that it's unbearable. We stay busy in the garden and there are so many great foods to forage, like elderflowers, lambsquarters and mulberries.

Here in Minnesota, everything is green in June and we spend lots of days rock hunting at the lake, hiking at the state park, going on bike rides, camping, swimming, working in the garden and just hanging out outside. Even doing laundry is more fun in June, hanging wet clothes on the clothesline on a perfect sunny day while the kids play in the back yard!

June might be different where you live. It might be super hot or you might live in the Southern hemisphere where June marks the start of winter. What makes June special where you live and what are you looking forward to doing in nature this month?

I hope you have a wonderful wild month!

*Alicia*



### 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: [aliciabayer@gmail.com](mailto:aliciabayer@gmail.com)

Find lots more links, information and fun to accompany this month's themes at [www.magicalchildhood.com/wildkids](http://www.magicalchildhood.com/wildkids).

# Go Wild in June

## 10 WAYS TO PLAY & LEARN WITH NATURE THIS MONTH

Start a nature shirt -- Take a plain white t-shirt and rub and pound leaves, berries and flowers on it in patterns. Some will wash out and fade but you can add to it all summer!

Whistle with a blade of grass, then invite others to join in and make a grass concert!

Make something with edible flowers -- tea, salad, even cookies -- just make sure the flowers are unsprayed

Go on a night walk someplace peaceful -- what animals can you see and hear?

Go camping -- even in the back yard

Practice making safe campfires with your family and then sit around and enjoy them!

Check out a foraging book from the library and look for new plants to search for in your area

Practice skipping stones across a lake or pond -- How many skips can you get in a row? What shape of rocks skip best? (Hint: look for flat ones that aren't too light!)

Make a smoothie with at least one wild ingredient like juneberries, mulberries or lambsquarters

Make a summer bucket list of things you want to do outside

# Making Honeysuckle Tea

Hey Wild Kids! I'm Ellie, and I'm a wife and a mom of 3 awesome kids. My love for the outdoors began as a very small child when I would go walking in the woods with my dad. My dad loves everything about plants, flowers and nature, and he made sure to share that love with me! I love to learn about the wild world around me and sharing that knowledge with my kids and my family. I believe that there are things all around us that were put there for a special reason, and I have a passion for discovering what those reasons are.

There is nothing that quite fills me up with all of those summer vibes like the sweet smell of honeysuckle! In small town southern Indiana where I was born, raised, and have planted my roots, wild honeysuckle pops up mid May and takes over just about anything they can wrap their vines around. And if you ask anyone around here what you do with them, they will all likely tell you the same thing: Pick one, pinch the end, and pull out the delicious nectar. While the bounty of your pick is as small as a drop per flower, the taste is so sweet and honeysuckle rich you can't help but reach for more and more again!



*Wild Kids note: Remember that sometimes people call different plants by the same name. There are lots of varieties of honeysuckle. Honeysuckle flowers can be orange, pink, white, yellow and other colors. Be sure to properly ID your honeysuckle before trying the flowers. Do not eat the berries, vines or leaves -- just the flowers!*



If only you could drink that delicious flavor... but what if you could? Making honeysuckle tea is truly as easy as 1, 2, 3. It only takes 3 steps to make it!

Step 1. Gather your honeysuckle flowers, about 4 cups of them. White and yellow are both great, just avoid any that are closed.

Step 2. Steep the flowers in hot water. Bring about 6 cups of water to a boil. Ask a grownup for help! Once it's boiling, turn the heat off and add your honeysuckles. Let them steep for at least 15 minutes. The longer they steep, the stronger the flavor.

Step 3. Strain your tea and drink! Pour your tea through a fine mesh strainer right into your glass. Add sugar to intensify that rich honeysuckle taste.




















**But wait... aren't honeysuckles yellow and white? How is mine GREEN??**












Yay for science! In our water is something called pH. Depending on where we live, there can be larger amounts of pH in the water that comes from our sink, tap water. Depending on the flower you are using, sometimes pH levels can cause a reaction with the natural chemical that gives that flower its color, chlorophyll. If you feel like experimenting, add a couple teaspoons of lemon juice and watch your tea magically turn yellow before your very eyes! The acidity in lemon juice levels the pH back out bringing it back to its original yellow color. To avoid any turning green, you can use filtered water. Or if you're like me and yours turns green, leave it that deep beautiful green color!

# June Critter Challenge

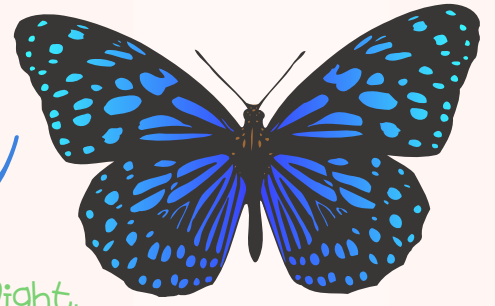


How many can you find? If some aren't in your area, look for something to substitute.

- ☐ Ladybug 
- ☐ Moth 
- ☐ Shiny 
- ☐ Cricket 
- ☐ Orange bug 
- ☐ Grasshopper 
- ☐ Blue bug 
- ☐ Caterpillar 
- ☐ Striped bug 
- ☐ Roly poly (sow bug) 
- ☐ Ant 
- ☐ Camouflaged bug 
- ☐ Dragonfly 
- ☐ Multicolored bug 
- ☐ Wasp 
- ☐ Spotted bug 
- ☐ Mosquito 
- ☐ Swimming in/on water
- ☐ A really pretty or cool bug  
(Draw it below)

- ☐ Bigger than a dime
- ☐ Black bug
- ☐ Snail 
- ☐ Carrying something
- ☐ Cicada 
- ☐ Red bug
- ☐ Fly 
- ☐ Butterfly 
- ☐ Metallic bug
- ☐ Firefly 
- ☐ Praying mantis 
- ☐ Slug 
- ☐ Centipede 
- ☐ Green bug
- ☐ Spider 
- ☐ Eating a plant leaf
- ☐ Worm 
- ☐ Bumblebee 
- ☐ Invent a bug!  
(Draw it below)

# Poems for June



"Green was the silence, wet was the light,  
the month of June trembled like a butterfly."  
— Pablo Neruda

Clouds

Anonymous

White sheep, white sheep,  
On a blue hill,  
When the wind stops,  
You all stand still.  
When the wind blows,  
You walk away slow.  
White sheep, white sheep,  
Where do you go?



Bed in Summer

Robert Louis Stevenson

In winter I get up at night  
And dress by yellow candle-light.  
In summer, quite the other way,  
I have to go to bed by day.  
I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.  
And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?

Trees by Sara Coleridge



The Oak is called the King of trees,  
The Aspen quivers in the breeze,  
The Poplar grows up straight and tall,  
The Peach tree spreads along the wall,  
The Sycamore gives pleasant shade,  
The Willow droops in watery Glade,  
The Fir tree useful timber gives,  
The Beech amid the forest lives.

Who Has Seen the Wind?

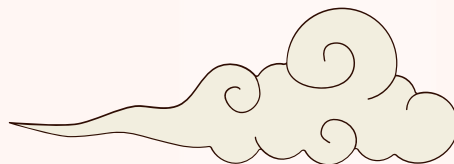
Christina Rossetti

Who has seen the wind?  
Neither I nor you.  
But when the leaves hang trembling,  
The wind is passing through.  
Who has seen the wind?  
Neither you nor I.  
But when the trees bow down their heads,  
The wind is passing by.

Afternoon on a Hill

by Edna St. Vincent Millay

I will be the gladdest thing  
Under the sun!  
I will touch a hundred flowers  
And not pick one.  
I will look at cliffs and clouds  
With quiet eyes,  
Watch the wind bow down the grass,  
And the grass rise.  
And when lights begin to show  
Up from the town,  
I will mark which must be mine,  
And then start down!



# HONEYSUCKLE

(*Lonicera periclymenum*)



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



# BLACKBERRIES

(*Rubus fruticosus*)

Plate 45

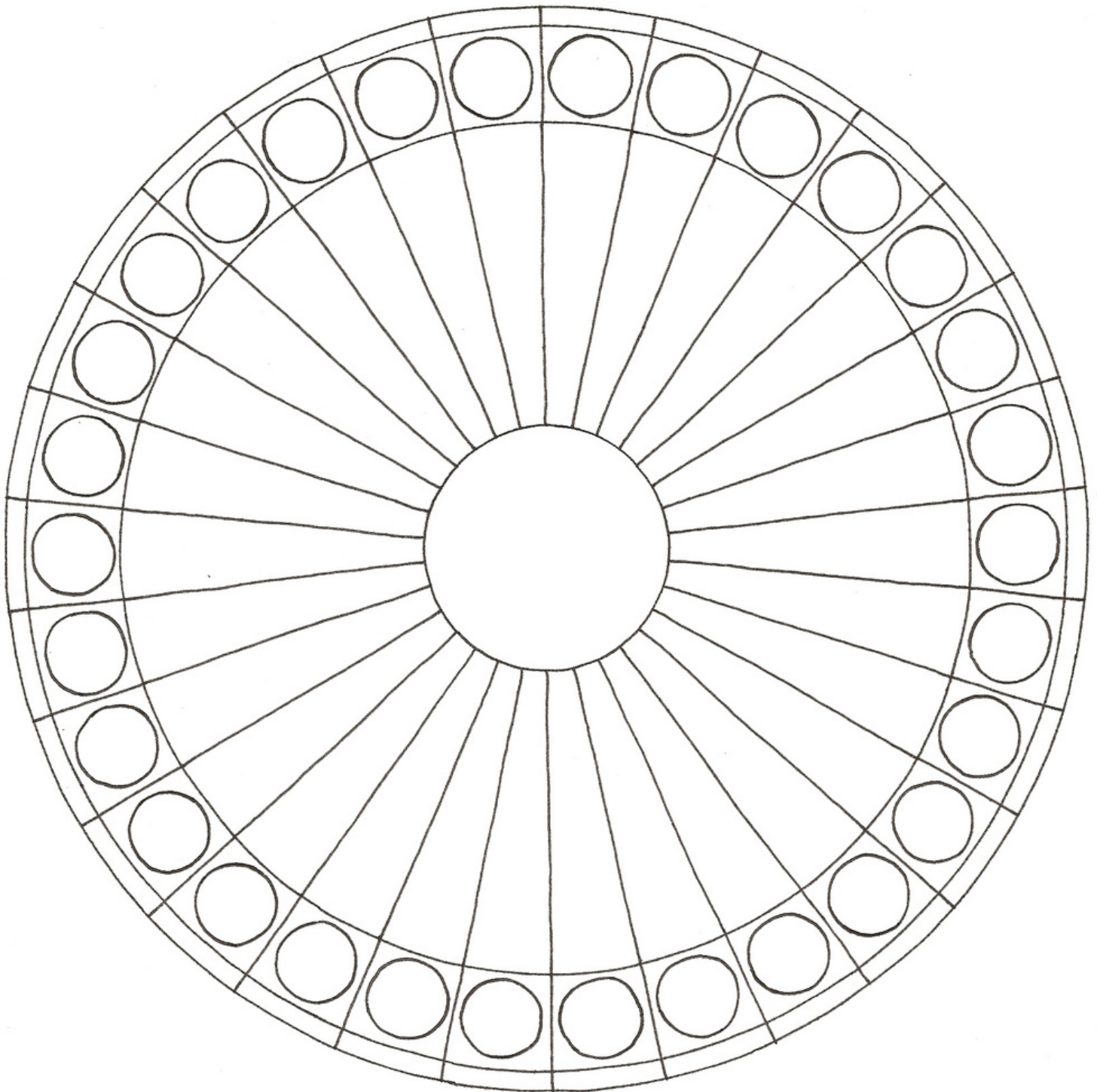


From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*  
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# June Phenology Wheel

Here's a 30-day phenology wheel to use this month. Track the moon, record firsts in your yard and garden, or use it however you like to track nature observations.

Look for patterns that you can learn from year to year, like serviceberries ripen around the same time as the first lupines blooming. What do you notice this month?



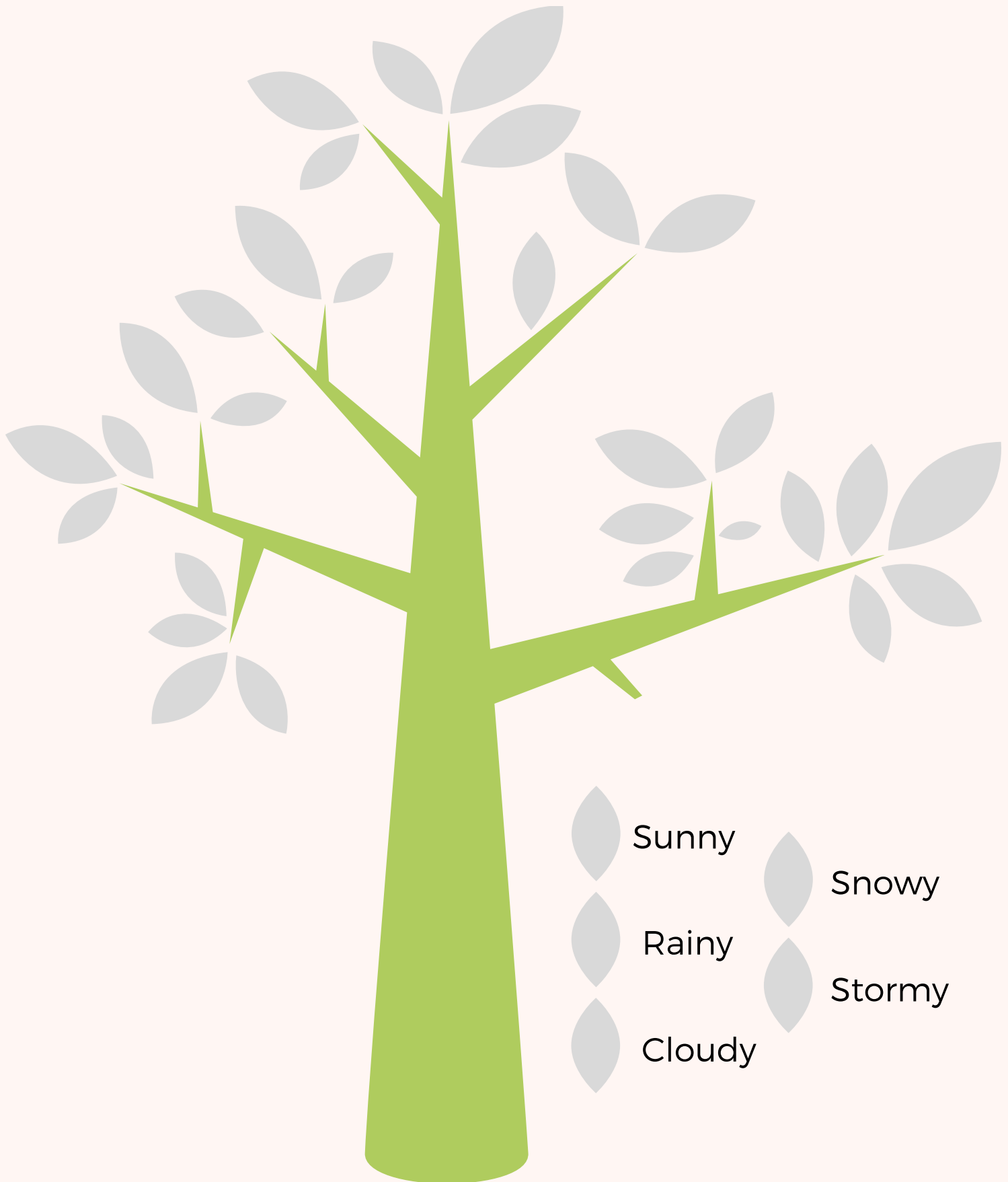
My Nature Journal

June





# JUNE WEATHER TREE



# June Bird List

Birds spotted this month

# June Animal List

Mammals, reptiles & other wildlife spotted this month

# JUNE 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



# MY FORAGING GUIDE FOR:

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GENERAL SKETCH OF THE PLANT

CLOSE-UP SKETCHES OF PLANT PARTS

LATIN NAME \_\_\_\_\_

WHERE FOUND \_\_\_\_\_

PARTS USED \_\_\_\_\_

LOOKALIKES & HOW TO POSITIVELY ID:

\_\_\_\_\_

\_\_\_\_\_

WARNINGS: \_\_\_\_\_

FORAGING RECORD (DATES, WHERE FOUND, HOW IT WAS USED)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MY RATING FOR THIS PLANT





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](http://magicalchildhood.com/wildkids) to learn more

or email photographs, artwork, letters or other submissions to [alicia.bayer@gmail.com](mailto:alicia.bayer@gmail.com)