

Nature Near Home

September 2022

Connecting with nature helps improve our mental and physical health.

Discover ways to connect with and learn about nature near home.



Let's try "Window Naturing"

It's like the opposite of 'window shopping' - spend a few minutes each day looking out the same window. What are animals doing? Any insects? Have the plants changed? Enjoy writing your observations on the back of this sheet or in a journal -- or share with a neighbor or friend.

Visiting Beachway Park? Stop by the historic Pump House where we might be offering our beach clean up challenge, nature discovery activities, eco-crafts, environmental education resources, and more. Confirm we'll be there by checking our [webpage](#) or calling 905-975-5563! 1094 Lakeshore Rd, just down the street from Joseph Brant Hospital.



On your next walk, watch Eastern Grey Squirrels

- They can be black, grey, dark brown, & even white!
- They don't fight over territory - watch them bluff and chase each other.
- Have you seen their great acrobatics? They jump, hang upside down, balance on wires & run *FAST!*
- They help grow new trees by burying seeds

For more information:
www.BurlingtonGreen.org

Call 905 975 5563

Email BG@BurlingtonGreen.org

Eco-Hub: Burlington Beach – 1094 Lakeshore Rd Burlington