



Evolution
in Action

A Year in Nature - challenge

- Savour the flavours of the season
- Learn to identify wild mushroom species
- Opt for a more eco-friendly and sustainable mode of transportation
- Snap a photo of autumn colors
- Spot the migratory birds as they leave
- Explore the autumn's vibrant colour palette
- Swap out meat for a vegetarian meal
- Visit a nature museum
- Breathe in the crisp autumn air
- Enjoy the rain
- Curl up with a book about nature
- Feel the rough bark of a tree, or give it a hug
- Prepare a meal from local ingredients or dine at a local restaurant
- Catch a snowflake
- Calculate your carbon footprint
- Watch a nature documentary
- Shop local and support community businesses
- Gaze up at the stars
- Share your newfound knowledge of nature with a friend
- Marvel at the beauty of ice
- Embrace the beauty of the sunset
- Take a walk-in a nearby forest
- Set the mood by playing the sounds of nature during your meal or eat outside in nature
- Reduce water use: refresh with a quick shower
- Explore winter's color palette
- Learn about a new fish species
- Embrace the beauty of the sunrise
- Breathe in the brisk spring air
- Create art of a natural landscape
- Enjoy the sounds and scents of nature
- Come up with a nature-related activity for your day
- Spot the return of migratory birds
- Explore spring's colour palette
- Tune into a nature live stream
- Clean up litter in your local area
- Plant a plant
- Learn to identify a bird by its song
- Explore a national park
- Observe an insect's behaviour and movement
- Learn to identify a new plant species
- Remove invasive plants
- Swim in a natural body of water
- Visit a meadow in full bloom
- Explore summer's colour palette
- Examine the development of flowering plants
- Taste freshly picked berries
- Take a trip to a lake, river, pond or the sea
- Observe daily temperature changes
- Hike through a bog
- Be present in nature and appreciate its wonders ♥