Let’s Play Outside!
50 Ways to Connect Kids with Nature

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.

Includes English, Arabic, Chinese, Khmer (Cambodian), Spanish, and Somali words.
Let’s Play Outside – 50 Ways to Connect Kids with Nature – a multi-lingual Nature Photobook
This document contains 50 captioned photo cards that depict preschool children in nature demonstrating the many activities and skills children can develop by being active outside. Each photo is captioned with an action verb translated into the five most commonly spoken home languages of school-aged children in Rochester, Minnesota. The cards can be used by young children and non-native English speakers to build new literacy skills and to understand the joy of connecting with nature. The document may be copied freely for educational, non-proprietary use.

Web link to the Photobook:

Web link to a video about the project:
https://www.youtube.com/watch?v=IMNbbO6N1mw

About the creators:

Collaborative Leadership Fellows Program (CLF) 2014 Environment and Sustainability Group

Collaborative Leadership Fellows is a community based leadership development program focused on collaboration, multi-sector networking and experiential learning applied to complex community issues.

The Environment and Sustainability Group included five 2014 CLF participants: Aynsley Allert, Amy Eich, JoAnne Judge-Dietz, Melissa Schmid, and Cole Welhaven. Our task was to practice the six elements of effective collaboration within a project addressing the community issue of environment and sustainability.

Early in our process, we established our vision:

To inspire an increased connection to nature for children and their families

After surveying the landscape with the help of community stakeholders, we identified a gap in nature involvement for families with young children and families for whom English is not their native language.

As a result, we chose to develop this set of captioned photo cards depicting children connecting with nature as a way to demonstrate the many possibilities and providing translations in the six most commonly spoken home languages of school-aged children in the Rochester school district.

The cards can be used by young children and non-native English speakers to build new literacy skills and to understand the joy of connecting with nature and can be used parents, teachers, and other care givers.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
collect

الجمع

collect

collect

مجمع

收集

recolectar

aruurin

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows program.
discover

English

الاكتشاف
Arabic

發現
Chinese

发现

Khmer (Cambodian)

descubrir
Spanish

suo saarid
Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows program.
examine

English

الفحص
Arabic

検査
Chinese

သံသ်ခြင်း
Khmer (Cambodian)

examinar

Spanish

baarid

Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
exercise

English

التمرين
Arabic

锻炼
Chinese

Khmer (Cambodian)

ejercita rse
Spanish

jir d his
Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
grow

English

نمو
Arabic

浇灌
Chinese

setCurrent
Khmer (Cambodian)

cultivar
Spanish

korin
Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
jump

Let's Play Outside! is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows Program.
pick

pick

English

الالتقاط

Arabic

摘采

Chinese

الالتقاط

Khmer (Cambodian)

recoger

Spanish

gurid

Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
relax

الاسترخاء

放松

relajarse  ra a xa ysa sho

Spanish  Somali

"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let's Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
squat

Squat
English

التقرفص
Arabic

蹲
Chinese

柬埔寨
Khmer (Cambodian)

sentarse en cuclillas
Spanish

kada løbsi
Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
"Let's Play Outside!" is a project of the 2014 Collaborative Leadership Fellows program.
throw

الرمي
Arabic

扔
Chinese

ضع
Khmer (Cambodian)

arrojar
Spanish

tuurid
Somali

“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
“Let’s Play Outside!” is a project of the 2014 Collaborative Leadership Fellows program.
Cascade Meadow
http://cascademeadow.org
507-252-8133

2900 19th Street NW
Rochester, MN 55901

Building Hours
Apr-Oct: Thursday-Saturday, 10am-4pm
Nov-Mar: Thursday & Friday, 10am-4pm
(Trails are always open.)

Admission: Free

Visit Cascade Meadow to learn all about water, energy and wetlands through interactive exhibits and exploration. Take a self-guided tour of indoor and outdoor themed trails, which guide you through seven different kinds of wetlands and three examples of prairies.

Over →
Oxbow Park & Zollman Zoo
http://www.co.olmsted.mn.us/pw/parks/oxbowpark
507-775-2451
5731 County Road 105 NW
Byron, MN 55920

Park Hours:
Open Daily, 7am-10pm

Zollman Zoo Hours:
Open Daily, 10am-4pm

Admission: Free

Oxbow Park offers almost any outdoor enthusiast a chance to pursue his or her favorite activity: hiking, camping, fishing, picnics and more. Explore the 12.5 miles of hiking trails, then refuel with a picnic. After lunch, visit more than 30 species of wild animals at the Zollman Zoo.
Quarry Hill Nature Center
http://qhnc.org
507-328-3950
701 Silver Creek Road
Rochester, MN 55906

Hours
Sep-May: Monday-Saturday, 9am-5pm
and Sunday, 12pm-5pm
Jun-Aug: Monday-Friday, 8:30am-4:30pm
Saturday, 9am-5pm  Sunday, 12pm-5pm

Admission: Free

Quarry Hill features paved and hiking trails, a pond, and a historical man-made sandstone cave. Come learn about fossil beds in the prehistoric limestone quarry or explore the creatures of the pond like fish and turtles. The nature center has a variety of indoor exhibits and programs throughout the year.

Arabic
تتميز تلالا كواري باربط بمهد تمسي على الأقدام، مع مسفتات تماسي بالكثيرة تاريخية. تعلو تقع في الجرف الرماجي، تعلم التاريدية وأشكال للنافذة للفخار، والمعروض في متحف للنافذة. يحتوي هذا المركز الطبيعي موفرة معلومات عامة عن المناظر الطبيعية، والبرامج تعليمية.

Chinese
Quarry山以一条铺好的远足路线、一个池塘和一个历史悠久的人工砂岩穴为特点。来到这里学习有关于史前石灰石采石场中的化石床的知识，并且探索在池塘中的像是与和乌龟这样的生物。自然中心在全年都有种类繁多的室内展览和节目。

Khmer (Cambodian)
Quarry Hill ភ្នាក់ឈឺដីកែក្រមជីីថ្មីបំផុតមកពីប្រភពខាត់តិចផ្សេង។ ប្រេឃឹមៗប្រាប់មនុស្សតិចមកពីប្រភពខាត់តិចផ្សេងៗ។ ប្រេឃឹមៗប្រាប់មនុស្សតិចមកពីប្រភពខាត់តិចផ្សេងៗ។ តើអ្នកទទួលការស្រីប្រឹងក្រាមីក្រាមីចេះពីប្រភពខាត់តិចផ្សេងៗ។ តើអ្នកទទួលការស្រីប្រឹងក្រាមីក្រាមីចេះពីប្រភពខាត់តិចផ្សេងៗ។ ប្រេឃឹមៗប្រាប់មនុស្សតិចមកពីប្រភពខាត់តិចផ្សេងៗ។ ប្រេឃឹមៗប្រាប់មនុស្សតិចមកពីប្រភពខាត់តិចផ្សេងៗ។ ប្រេឃឹមៗប្រាប់មនុស្សតិចមកពីប្រភពខាត់តិចផ្សេងៗ។

Spanish
Quarry Hill cuenta con senderos naturales y pavimentados, un estanque, y una cueva de arenisca hecha por el hombre. Venga y aprenda cosas sobre estratos fósiles, en la cantera prehistórica de caliza o vea las criaturas del estanque, tales como los peces y las tortugas. Dentro del Centro de la Naturaleza se ofrece una variedad de exhibiciones y programas, durante todo el año.

Somali
Quarry Hill waxay leedahay meelo laami ah oo qofka u aadi karo tub-dheer, meel biyo faristo, iyo god wayn oo dhagax gudhiisah ah oo waqti hore la sameeyay. Imo woo baro waxyabaa ku saabsan dhaqxaantii casriyaddi hore ama soo boogo meesha biyaha faristo taasoo ay ku jiraan mallaay iyo didiin. Xarunta dabiiciga ah waxay leedahay dhawr bandhigyo oo kala duwan oo sarta gudeheed lagu qabto iyo bamaamiyo socda sanadkoo dhan.
Parks, Trails & Your Backyard

Nature is all around you! Step outside to experience nature in your backyard. You will be amazed at what kinds of animals and plants you can see right outside your door. You can also explore more than 85 miles of paved trails and more than 100 city parks in Rochester that are beautifully maintained by the City of Rochester Park & Recreation department.

For more information about parks and trails, visit the website: http://www.rochestermn.gov/departments/park or call 507-328-2525

Arabic
الطبيعة حولك! اجول بالخارج لاستمتع بالطبيعة وجمالها. ستدهشك أن الأحياء البرية النزهة على نزولك.
وعلاوة على ذلك، يمكنك استكشاف أكثر من 85 ميلًا من الطرق المفروكة، وتتوفر أكثر من 100 متنزه جمالي تحافظ عليه إدارة الحدائق والرياضة في مدينة رочستير.
لمزيد من المعلومات حول الحدائق والطرق، تفضل زيارة الموقع الإلكتروني:

Chinese
自然就在您身边！走出家门来体验您后院的自然吧。您将会惊奇地发现在您家门外，有那么多类的动物和植物。您同时还能够探索超过85英里的铺好的远足路线，和在罗切斯特的超过一百个城市公园，罗切斯特公园和休闲部很好的维护了这些设施。

Khmer (Cambodian)
ដើម្បីប្រើប្រាស់ដំណើរការដើម្បីធ្វើឱ្យមាននូវសុំណុំរីករាលដាំនៅលើសេវានីមួយ។ ការជួយពិភពលោកពោលខ្លា​ងៗនៃការប្រើប្រាស់ការបង្កើតនូវសុំណុំរីករាលដាំនៅលើសេវានីមួយ។ ការធ្វើឱ្យមាននូវសុំណុំរីករាលដាំនៅលើសេវានីមួយ។

Spanish
¡La naturaleza está a su alrededor! Salga para experimentar la naturaleza en su jardín trasero. Se asombrará al ver los diferentes tipos de animales y plantas que puede ver, justo fuera de su puerta. También puede explorar más de 85 millas de senderos pavimentados y más de 100 parques de la ciudad en Rochester, mantenidos por la Ciudad de Rochester Park yel Departamento de Recreación.

Somali
Wixii dabiic ah oo dhan waa idin ku hareersanyihiin! Banaanka u baqoon dareen dabiiciga jardiinka gurigaaga gadaashi ku yaal. Waad la yaabi doonta marka aad aragtid noocyada kala duwan oo xayawaanka iyo dhitaaba ah oo albaabkaaga banaankiisa aad ka heli kartid. Waxaa kaloo jira oo aad isticmaali kartaa masaafad ah 85 mayl oo jidad laami ah oo qofka u aad karoo tub-dheeriyo tiro ka badan 100 jardiino oo ku yaal magaalada Rochester kuwaasoo si qurxoon ay u daryeesho Qaybta Qaabilsan Jardiinooyinka iyo Madadaalka ee Magaalada Rochester.
Have Fun and Be Safe - Use These Safety Tips

**Safety Tips for Outdoor Play - Arabic**

نصائح للعب بالخارج

تجنب الشمس وقت الظهيرة. واحرص على ارتداء النظارات الواقية من أشعة الشمس والملابس العاكسة لأشعة الشمس.

أحرص على شرب كمية كبيرة من الماء.

راقب الأطفال ولا تставهما في المناطق التي بها مياه.

أجعل الأطفال يعرفون على موضوعات الأمان والمخاطر والقيود.

تعرف على أساسيات الإسعافات الأولية للجروح والحوادث والعضات.

اغسل يديك قبل الأكل. واحفظ بالطعام في درجات حرارة مناسبة.

**Safety Tips for Outdoor Play - Chinese**

安全须知 - 室外游戏

避免中午太阳。使用防晒霜。穿多层衣服。

多喝水。

监护儿童，尤其是靠近水的地方。

教孩子关于安全、危险和边界的知识。学习关于割伤、烫伤和咬伤的急救知识。吃东西前要洗手。在适当温度下保存野餐食物。

**Safety Tips for Outdoor Play - Khmer**

ឱ្យបង្កើតកូនក្នុងដែលមានសួត ។ ពេញថ្មីអារម្មណ៍។ ឈើធ្វើកូនសេរី។

ផ្តល់សួតសេរីដល់កូន។ ពេញថ្មីអារម្មណ៍។

ពេញថ្មីអារម្មណ៍ដល់កូន។

**Safety Tips for Outdoor Play - English**

Avoid midday sun. Wear sunscreen. Layer clothing.

Drink plenty of water.

Supervise children, especially around water.

Teach children about safety, dangers and boundaries.

Learn first aid basics for cuts, burns and bites.

Wash hands before eating.

Keep picnic food the proper temperature.

**Consejos de seguridad - Spanish**

Evite el sol del mediodía. Use protector solar. Use varias capas de prendas.

Beba mucha agua.

Controle a los niños, especialmente cerca del agua.

Hable a los niños sobre la seguridad, los peligros y los límites.

Aprenda lo básico de primeros auxilios para heridas, quemaduras y picaduras de insectos.

Lávese las manos antes de comer.

Mantenga los alimentos del picnic a la temperatura adecuada.
Distribution of this document was supported by the Statewide Health Improvement Program of Olmsted County. We request that the images and text in this document be used only for promotion, informational and educational purposes of a non-profit nature. This book can be downloaded and printed for personal or educational use from the following website:

http://www.co.olmsted.mn.us/OCPHS/programs/community/ship