Let’s Play Outside!

50 Ways to Connect Kids with Nature

Includes English, Arabic, Chinese, Khmer (Cambodian), Spanish, and Somali words.

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

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 includes 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 a set of captioned photo cards depicting children connecting with nature as a way to demonstrate the many possibilities. On the back of these cards, the caption appears in the six most commonly spoken home languages of school-aged children in Rochester.

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. These cards may also be used by parents, teachers, and other care givers.
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climb

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discover

الكتشاف

发现

descubrir

soo saarid
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examine

English

Arabic

Chinese

Khmer (Cambodian)

Spanish

Somali

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grow

English

النمو
Arabic

浇灌
Chinese

Khmer (Cambodian)

cultivar

Spanish

korin

Somali

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<thead>
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<td>Arabic</td>
<td>للتنزه</td>
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<tr>
<td>Chinese</td>
<td>徒步</td>
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<td>Khmer (Cambodian)</td>
<td>ប្រើប្រាស់ការជ្រុងការេ</td>
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<tr>
<td>Spanish</td>
<td>dar una caminata</td>
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<td>Somali</td>
<td>tub-dheer aadid</td>
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relax

English

السُترَخاء

Arabic

放松

Chinese

ベンターガ

Khmer (Cambodian)

relajarse  raaxaysasho

Spanish  Somali

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<td>correr</td>
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shout

English

الصراخ

Arabic

喊叫

Chinese

لاصراخ

Khmer (Cambodian)

กริตาร

Spanish

qaylin

Somali

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<td>sentarse en cuclillas</td>
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tickle

English

Arabic

चाकूकरुङ्क

Chinese

Khmer (Cambodian)

hacer cosquillas

Spanish

Somali

xantaxantayn

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toss

القذف

掷

القذف

掷

lanzar suavemente

tuurid

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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.

Arabic

تفضل بزيارة روшаان النهوض لتعلم كل ما يتعلق بالمياه والطاقة والسهول المائية. اثناء رحلات جيدة الاتجاه تحتوي على سبعة أنواع مختلفة من السهول والمغطى ثلاثة أمثلة من المراعي.

Chinese

来到 Cascade Meadow 通过互动展览和探索来学习有关于水、能源和湿地的知识。进行室内自助游览和户外主题游览，这些能够引导您参观七个不同种类的湿地和三个牧场。

Khmer (Cambodian)

មកលេង Cascade Meadow លើបីលើពីទឹកថាមពេនិងកន្នែង ីល្បើមតាមយៈការបង្ហាញពិពណិតកន្ស័យវិធីបង្ហាញការសម្រេងចិត្តការសម្រេងចិត្តនិងសេធឋម្រាប់ភ្នំពោះ។

Spanish

Visite Cascade Meadow para conocer cosas sobre el agua, la energía y los pantanos, a través de exhibiciones interactivas y de exploración. Haga un paseo autoguiado por senderos temáticos internos y al aire libre, que lo conducirán por siete diferentes tipos de pantanos y tres ejemplos de praderas.

Somali

Soo boogoCascade Meadow si aadu ogaatid waxa khuseeya boyaha, enerjiga, iyo meelaha cagaarka biyaha fadhiya wax barashadaasina waxaa lagu gaarayaa bandhigyo iyo diraaasooeyn. Soo boogo oo ku wareeg qaybta gudaha iyo midda dibaddaba si aad u aragtid todobo nooc oo ah meelaha cagaarka biyaha fadhiya iyo saddex tusaaale oo ah meelaha banaan oo dhirta leh.
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.

Over →

Arabic

تتيح حديقة أوكسبو للاستمتاع بأنشطة الهواة في الهواء الطلق. يمكنك استكشاف 12.5 ميلًا من الطرق للسير، ثم استعادة الطاقة مع يوم من الطعام. بعد الظهر، استكشف أكثر من 30 نوعًا من الحيوانات البرية في حديقة زولمان.

Chinese

Oxbow公园几乎为所有的户外爱好者提供一个追寻他们最喜欢的活动的机会：远足、宿营、钓鱼、野餐和其他。探索 12.5英里长的远足路线，然后用一顿野餐来补充能量。在午餐之后，观看在Zollman动物园的三十多种动物。

Khmer (Cambodian)

"Oxbow Park" waxay fursad siinaysaa dadka jecel banaanada in ay dabagalaan dhaqhaaqyada midka ay jecelyihiin: tub-dheer aadista, xeero dhigidda, malay dabashada, jardiinada oo wax lagu cun, iyo waxy姚bo kaloo badan. Iska soo fiiri masaafad 12.5 mayl ah oo loo aadi karu tub-dheer, kadibna jardiinada wax iskaga cun. Qadada kadib, soo boqo xayawaanaadka tiradooda ay ka badan tahay 30 oo jooga jardiinada xoolaxa ee Zollman.
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.
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
Safety Tips for Outdoor Play – Arabic

نصح به للصوت، قبلاً ظروف. وأخذ لغى في إبداع الظروف والأوضاع. قبلاً ظروف. وأخذ لغى في إبداع الظروف والأوضاع.


Safety Tips for Outdoor Play – Chinese

遮阳。涂防晒霜。分层叠放衣物。多喝水。看管好孩子，尤其是在水附近。教授孩子关于安全、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

ពាក់អាវថ្នាំការពារកាំជៅថ្ងៃ។ លាបថ្នាំការពារកាំជៅថ្ងៃ។ ពាក់អាវថ្នាំការពារកាំជៅថ្ងៃ។ ពាក់អាវថ្នាំការពារកាំជៅថ្ងៃ។ ពាក់អាវថ្នាំការពារកាំជៅថ្ងៃ។ ពាក់អាវថ្នាំការពារកាំជៅថ្ងៃ。


Have Fun and Be Safe – Use These Safety Tips

Safety Tips for Outdoor Play – English


Consejos de seguridad - Spanish


Safety Tips for Outdoor Play – Somali

Naseexoyinka badbaadada loogu talagalay ciyaarta banaanka