

# 20 Ways to Be Kind in Nature

- ♥ Build a birdhouse
- ♥ Hug a tree
- ♥ Plan a native flower garden
- ♥ Resist picking buds, wildflowers, and leaves
- ♥ Watch a nature documentary with your family
- ♥ Participate in a Citizen Science project
- ♥ Hike with a friend
- ♥ Read a book about nature and then...
- ♥ Leave a book about nature in the Little Free Library
- ♥ Pick up litter on the trails or in your back yard
- ♥ Make a beneficial bug hotel for native pollinators
- ♥ Share flower or vegetable seeds with a neighbor
- ♥ Feed the birds
- ♥ Plant herbs on your windowsill and plant an extra one for a friend
- ♥ Leave the leaves, stems, and spent flower heads for wildlife
- ♥ Compost your food scraps and cardboard
- ♥ Learn how to use iNaturalist and log your finds
- ♥ Learn a new nature fun fact and share with a friend
- ♥ Spend time at a local nature spot
- ♥ SHARE THIS LIST WITH EVERYONE YOU KNOW TO ENCOURAGE KINDNESS IN NATURE



WINNIE PALMER  
NATURE RESERVE  
AT SAINT VINCENT COLLEGE

Everyday is Earth Day - Get Outside and Explore With



# iNaturalist



1

Record Your Observations



2

Share with Fellow Naturalists



3

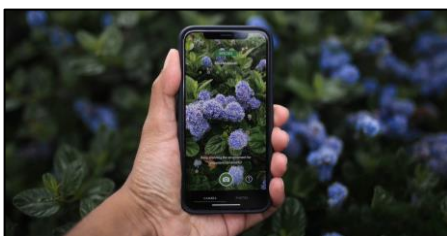
Discuss Your Findings

One of the world's most popular nature apps, iNaturalist helps you identify the plants and animals around you. Get connected with a community of over a million scientists and naturalists who can help you learn more about nature!



## To Get Started...

- Visit [iNaturalist.org](https://www.inaturalist.org) or download the app from the AppStore or Google Play.
- Create an account and sign-in.
- Start sharing your **observations**.
- Get **feedback** from actual scientists, experts, and other naturalists.



Document your finds anywhere, anytime,  
OR join a specific area's special project!



For More Help Identifying Flora and Fauna

**seek**   
by iNaturalist

Get outside, explore, and learn about the nature all around you!

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