

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

2

3

Record Your Observations

Share with Fellow Naturalists

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

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