



The Wild Outside



Resources based on The Wild Outside, by Rachel Ip & Katie Hickey

Bark rubbing

Exploring nature and being outside improves our mood and reduces stress—it makes us feel **HAPPIER!**

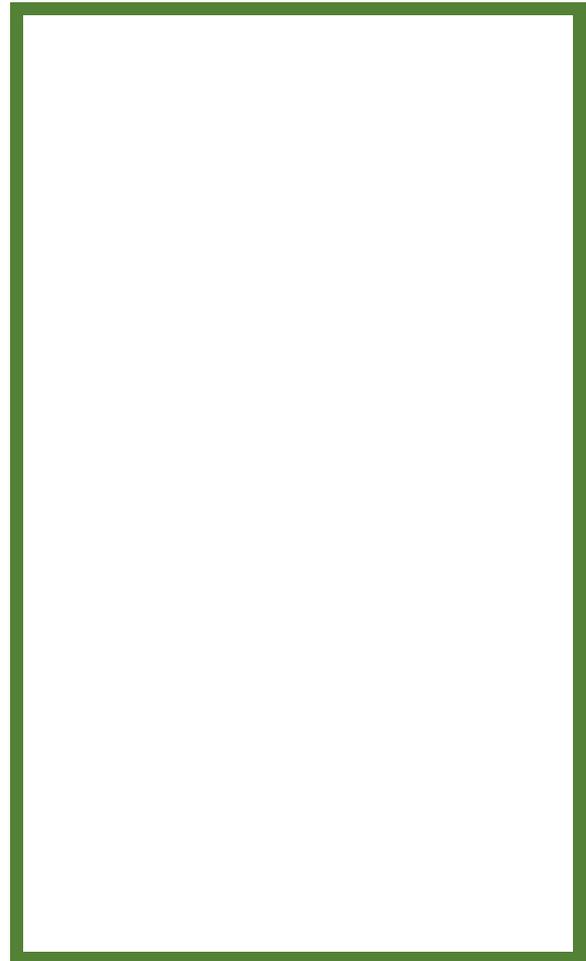
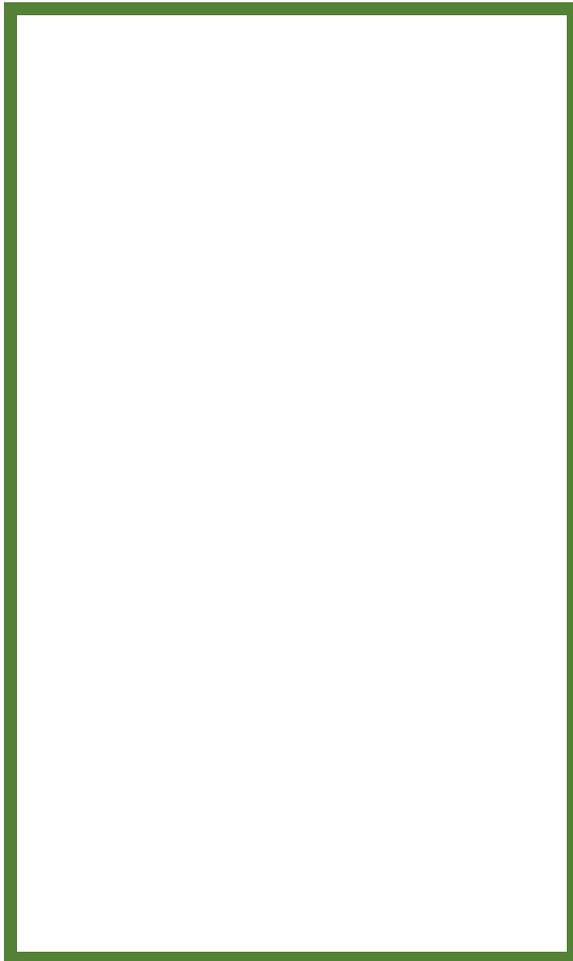
Try making a bark rubbing. You'll need:

- paper
- wax crayons
- a tree!

Find a tree with an interesting bark pattern.

Place the paper against the tree and rub with crayon until the pattern appears.

Try with different trees and compare the patterns.





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