



San Dieguito River Valley Conservancy **Nature-Based Educational Resources**

San Dieguito River Valley Conservancy and San Diego Community,

While SDRVC community events are postponed, we encourage you to use the resources below in the hopes it brings joy and learning during these times. Outdoor activities may change in the coming weeks, please stay up to date on [CDC](#) and [County of San Diego](#) recommendations regarding COVID-19 and limiting exposure. If you need assistance/ additional help regarding these resources, please email (no calls) SDRVC Education Manager, Ana Lutz-Johnson, at ana@sdrvc.org.

The San Dieguito River Valley Conservancy preserves, protects, and shares the natural and cultural resources of the San Dieguito River Valley through collaborative efforts to acquire lands, complete trails, restore habitats, establish educational programs, create interpretive centers, encourage recreation, and mobilize public support. For information on our education, conservation, and recreation programs, visit our website at www.sdrvc.org.

Even though SDRVC programs are temporarily suspended, there are many online nature and environmental programs available to explore together! Many free, printable resources, powerpoints, and guided activities were found on teacherspayteachers.com (account required for downloads).

Feel free to share this document with your community. In addition, please share this [link](#) from the San Diego County Office of Education for up to date information on free food service sites that are open during school closures.

Happy learning and exploring online or outside!

Instructions for Use:

- Click on the highlighted links to be directed towards the resource to either download or explore individually based on learning preference
- All resources are free and most are downloadable/ printable

For K -- 5th:

- [Mystery Science](#): Free, grade specific lessons that have optional activities to enhance learning
- [Virtual Field Trip](#): Multiple links that offer access to different virtual field trips around the globe, and a trip to Mars!



- [K -- 2nd](#):
 - Simple, easy to use weather journal that encourages students to understand weather over time, and even track patterns as the seasons change
- [3rd -- 5th](#):
 - Free, printable Nature Journal that can be used while on a walk around the neighborhood, a patio, or even a window!
- [Coping After Disaster Coloring Book](#): A walk through coloring book that offers parents and educators an interactive way to talk to kids about how to cope after a disaster

For 6th -- 8th:

- [Five Themes of Geography](#): Free, printable geography lesson that encourages students to learn more about their physical place in the world
- [Natural Resource Quiz Cards](#): 24 questions of varying difficulty to quiz students on natural resources, their uses, and more.
- [Natural and Other Resources Reading Passages and Review](#): Several one page reading passages with review questions and answer keys.

For 9th -- 12th:

- [Nature Writing Task](#): In this writing task, students are asked to take pictures of nature, and choose one picture that they would like to write about. Students are tasked with making their writing fit the writing frame included by writing teacher and author Gary Provost.
- [Natural Selection Writing Prompt](#): Students will follow the questions in the outline to create an imaginary population of organisms as well as the environment they live in, the pressure they will face that will change their population and the ultimate end result that will occur after many generations.
- [Self Care Reflection Prompt](#): A morning prompt to help set mindful intentions and an evening prompt for meaningful reflections
 - Can be adapted for students of all ages, and to adults!
- [Self Care Tips](#): Help your students navigate this uncertain situation with advice about forming routines, staying fit, and finding new activities during distance learning
 - Can be adapted for students of all ages, and to adults!

For the Whole Family:

- [Birch Aquarium Kelp Cam](#): Live video of the kelp display within the Birch Aquarium at Scripps
- [California Academy of Sciences](#): Observe different animals via videos and 3D renderings of skulls/ specimens
- [Climate Science Kids](#): K -- 12 climate science lessons, activities, and resources



- [Coast to Cactus Region via SD Natural History Museum](#): Explore the outdoors while learning about the important people, places, plants, and animals that make
- [National Geographic](#): Explore different videos and interactive games
- [NatureBytes Videos](#): Short 2 -- 5 minute videos covering different flora and fauna within Southern California
- [San Diego Natural History Museum](#): Array of videos that explore a myriad of topics!
- [San Diego Zoo](#): Resources include videos, games, crafting, and stories
- [Scripps: Live Pier Cams](#): Live video feed of several beachfronts around San Diego

Citizen Science:

- [Citizenscience.gov](#): An official government website that catalogs over 400 projects sponsored by federal agencies seeking citizen volunteers. Agencies include NOAA, the Smithsonian, the EPA, the Library of Congress, and others.
- [SciStarter.org](#): Sponsored by the National Science Foundation and Arizona State University. Over 1300 projects around the country, focusing on biology and the environment.
- [Zooniverse.org](#): Website of worldwide projects of scientific, cultural, and historical exploration.
- [Nature's Notebook](#): Website supporting a national data collection effort about plants and animals in their natural environment.

For Parents/ Guardians:

- [Taking Care of Your Emotional Health](#): During uncertain times, it can become extremely stressful. This resource, provided by the CDC, is a good reminder that self care goes a long way!
- [Coping with Stress](#): Tips and tricks on how to cope with stress during an infectious outbreak