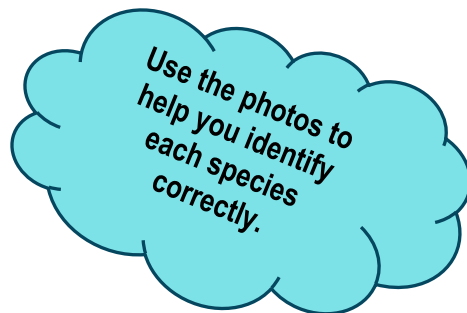


🌿 Activity F: Nature Walk Species Checklist

For each species listed in your booklet, check the box to indicate whether it is native or introduced, and whether you observed it during your walk.

(Note: this activity should be done while listening to the podcast or the video.)



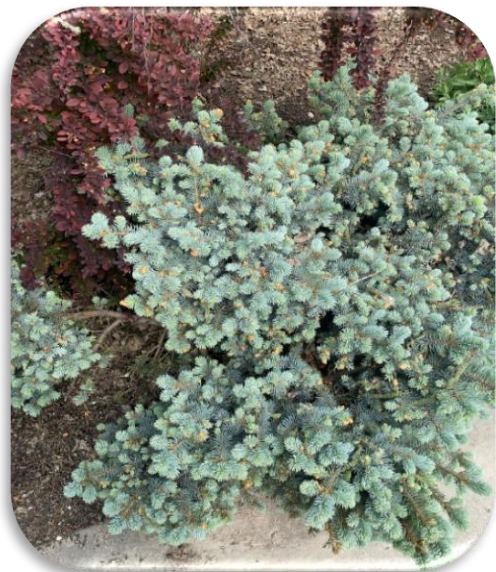
Species 1: Nootka Rose (*nsyilxcən* term: not provided)

Observation Questions	Your Answers
🌳 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📝 Notes or Description	



Species 2: Blue Spruce (*nsyilxcən* term: not provided)

Observation Questions	Your Answers
🌲 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📝 Notes or Description	



Species 3: Japanese Spirea (*nsyilxcən* term: not provided)

Observation Questions	Your Answers
🌲 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📄 Notes or Description	



Species 4: Common Yarrow (nsyilxcən term: kwətskwətswixwups)

Observation Questions	Your Answers
🌲 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📄 Notes or Description	



Species 5: Broadleaf cattail (*nsyilxcən* term: not provided)

Observation Questions	Your Answers
🌿 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📝 Notes or Description	



Species 6: Saskatoon (*nsyilxcən* term: *siya?*)

Observation Questions	Your Answers
🌲 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📄 Notes or Description	






Species 7: Western Ponderosa pine (nsyilxcən term: sʔatqʷłp)

Observation Questions	Your Answers
🌲 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📄 Notes or Description	



Species 8: Arrowleaf Balsamroot (*nsyilxcən* term: *smúkwaʔxn*)

Observation Questions	Your Answers
 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
 Notes or Description	



Species 9: Choke Cherry (*nsyilxcən* term: *łuxʷłxʷiłp*)

Observation Questions	Your Answers
🌳 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📄 Notes or Description	



Species 10: Oregon grape (nsyilxcən term: sc'isłml'x)

Observation Questions	Your Answers
🌲 Did you find this species?	<input type="checkbox"/> Yes <input type="checkbox"/> No
🌱 Is this species native or introduced?	<input type="checkbox"/> Native <input type="checkbox"/> Introduced
📄 Notes or Description	





Activity G: Grounding with your Senses

This is an opportunity to pause, ground yourself, and get in touch with your senses to take in your surroundings.

Once you have found and taken notes about the key species from the activity F, and before you head back inside, we want to invite you to participate in a sensing activity.

Sensing Activity Questions:

1. What is one sound you hear right now that you hadn't noticed before?
(Hint: Try closing your eyes and just listening for a moment)
2. What do you smell in the air?
(Hint: It might be earthy, floral, fresh, or even hard to describe—try your best)
3. What can you feel around you?
(Hint: Think about the air, the ground beneath your feet, the sun or shade on your skin)
4. Look around slowly. What is one small detail you notice in nature that you hadn't seen until now?
5. How does being outside and observing nature make you feel at this moment?