

# Seasonal Exploration Calendar

A year-round prompt sheet for noticing seasonal change.

<b>Best for</b> Year-round ideas	<b>Format</b> Printable PDF	<b>Use</b> Print or save offline
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## Spring

- Look for buds, fresh leaves, and early flowers.
- Listen for three different bird sounds.
- Notice puddles, mud, moss, and new growth.
- Draw one weekly change in a nearby place.

## Summer

- Plan walks for cooler morning or evening hours.
- Watch clouds and stop if thunder is nearby.
- Count pollinators on one patch of flowers.
- Choose shade, water, and extra rest breaks.

## Autumn

- Compare leaves by color, edge, and shape.
- Look for seeds, cones, berries, and dry grasses.
- Watch for migrating birds or larger groups.
- Pack a layer for wind and temperature changes.

## Winter

- Look for tracks, tunnels, nests, and bark patterns.
- Compare evergreen shapes and winter silhouettes.
- Watch sunrise, sunset, moonlight, or clear stars.
- Choose familiar routes and check conditions first.

## Monthly Check-In

- Date and place:
- Weather and light:
- Three things changed:
- One question to investigate:

**Safety note: Seasons vary by region. Check local weather, trail notices, daylight, and closures before heading out.**