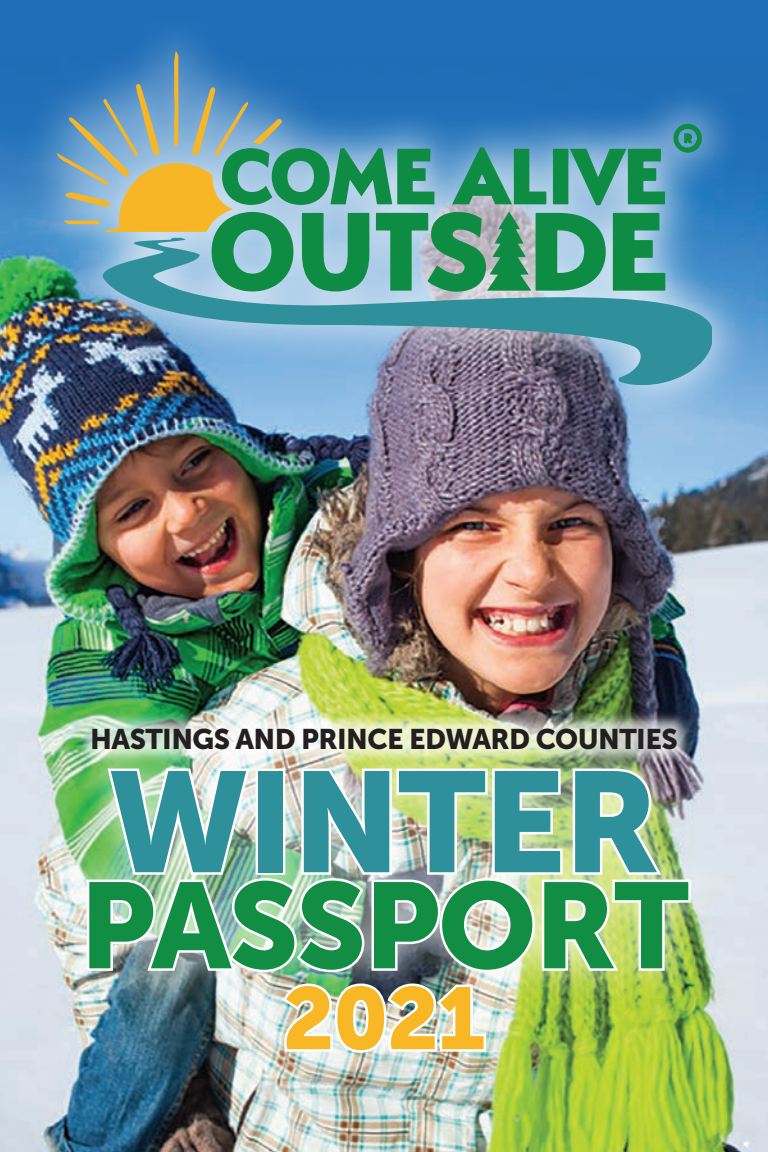

COME ALIVE
OUTSIDE
HASTINGS AND PRINCE EDWARD COUNTIES
WINTER
PASSPORT
2021

THIS PASSPORT BELONGS TO:

NAME

SCHOOL

GRADE

WHAT DO YOU LIKE TO DO BEST IN WINTER?

TABLE OF CONTENTS

About 4

How It Works 5

Make Your Own Adventure 6-17

Parks 18-30

Local Foods 31-36

Explore Your Community 37-45

Prizes 46

ABOUT

Come Alive Outside Canada is not-for-profit organization based in Picton, Ontario. Our mission is to bring people together to create the awareness, intention and opportunity for people to live healthier lives outside. Thank you to all of our community partners who make this passport possible!

If you have questions, please contact us:

programs@comealiveoutside.com

Stay connected!

Follow us on Facebook and Instagram to share pictures, get updates, and be part of contests with your passports!

comealiveoutside.com

@ComeAliveOutsideCanada

@ComeAliveOutsideCanada

LOOK FOR THIS ICON AND SHARE YOUR PHOTOS WITH US!

#comealiveoutsidecanada

HOW IT WORKS

Do fun stuff, get outside and explore your community!

Ask your parents to sign you in using the link ***forms.gle/yd28hicJYbkdQXsFA*** or QR code.

Make this your best winter yet by completing the activities in this booklet! Work through as many pages as you can from **December 4th, 2021** to **April 1st, 2022** and become entered into the monthly grand prize drawings which will be announced on the 1st of each month - flip to the back of the booklet to see more information on grand prizes and how to enter.

TIPS FOR PHYSICAL DISTANCING IN PARKS

- **Know what 2 metres looks like**. Lay measuring tape on the ground. It's the distance of a surfboard, long yoga mat or adult bike.
- **Wear a mask** if you're within 2 metres of someone not from your household.
- **Avoid crowded areas.** If a space cannot be enjoyed safely, go home or discover a new park in your community.

For updated guidelines please visit:
www.ontario.ca/page/reopening-ontario
www.hpepublichealth.ca
www.ontarioparks.com/covid19
www.visitpec.ca *-or-* www.belleville.ca

MAKE YOUR OWN ADVENTURE

There are tons of fun things you can do outside your home and school in the winter. Dress warmly and check out the ideas on the following pages and build your own adventures!

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

STARGAZING

Find an open field or parking lot not close to town lights. Find Polaris the North Star and the Big Dipper!

Draw a constellation of your own:

SNOWFLAKE INVESTIGATION

The easiest way to observe snowflakes is to catch them as they fall from the sky. Wear your darkest mittens so that you can see the shape of the snow crystal as you catch them on a dark surface. If you have a piece of dark foam and a magnifying glass take them outside too. Take a photo or draw a picture of your favourite snowflake. Encourage your teacher and your classmates to get outside to observe snowflakes when it snows on a school day!

Upload photo or draw a picture.

INITIAL WHEN DONE

HOLIDAY LIGHT WALK

Encourage your family to dress warmly and go out for a walk to look at all the holiday decorations in your neighbourhood. What is your favourite colour of light? Record each family member's favourite light display.

PLAYING IN SNOW

Make your backyard or local green space a snowy wonderland by crafting a snow fort or a maze. Use your creativity and add a few snow people or snow animals to your display.

INITIAL WHEN DONE

BUILD A PINE CONE BIRD FEEDER

Take an ordinary pine cone, attach a string or ribbon, spread nut/seed butter all over it. Roll the gooey pinecone in bird seed, then hang it in a tree and see who comes for a snack.

Draw a picture of a bird that comes to visit:

PLAY UNPLUGGED

No screens or devices for 24 hours. Go outside and play in nature. Can you do it and can you convince family and friends to try a day of playing unplugged?

INITIAL WHEN DONE

PLAY OUTSIDE DURING YOUR SCHOOL PE CLASS

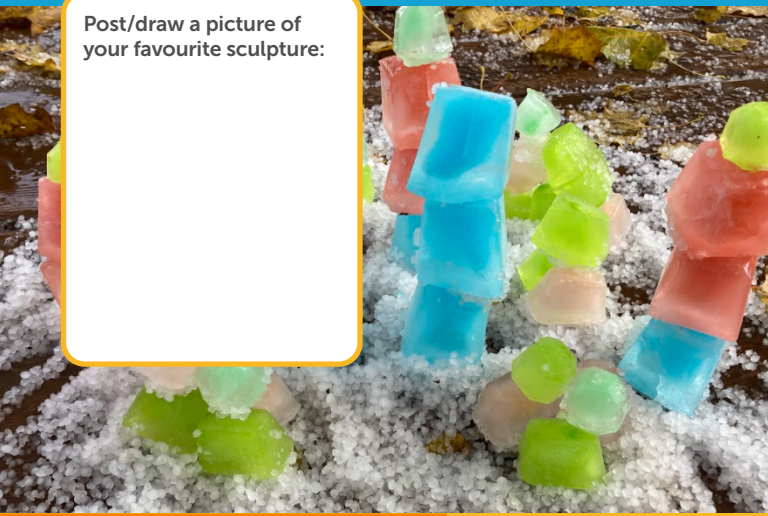
Check this activity off if your teacher takes your class outside for PE class!

Put the date, school name and activity you did outside:

BACKYARD ICE CUBE SCULPTURES

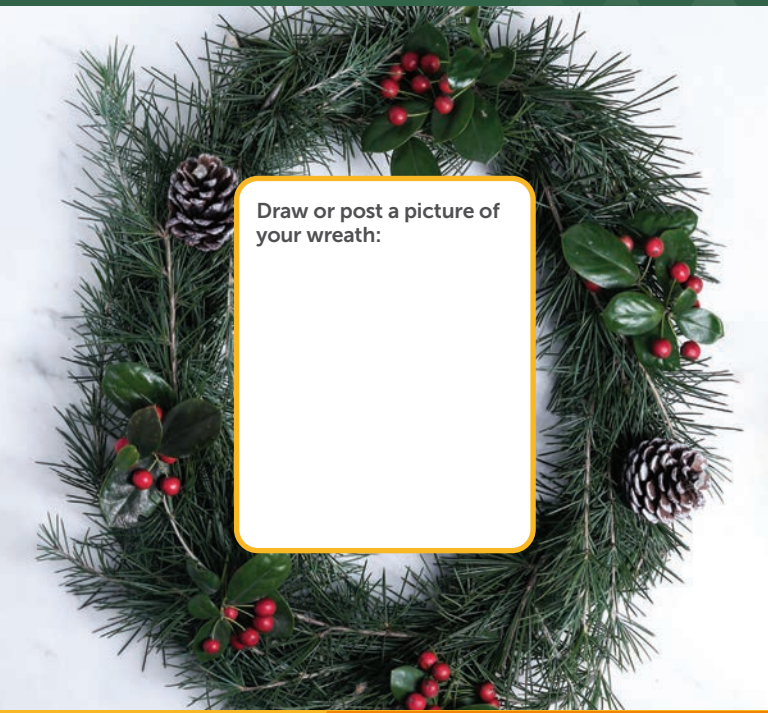
This activity needs some preparation a few days ahead of time. Gather ice cube trays, a jug and food colouring. Mix the water and food colouring and fill ice cube trays with different colours. Make lots of ice and put the cubes in ziplock bags. When you are happy with the amount of ice you have dump it in a big bowl and head outside. To build an ice cube sculpture start with a snowy wall to support your work. Challenge your family and friends to build as high as possible.

Post/draw a picture of your favourite sculpture:



BUILD A WINTER WREATH

Build a wreath using sticks, pine cones and evergreen branches you find outside. What's in your junk drawer that you can add to make this wreath even more fun and interesting.



SKATING/ TOBOGGANING

Gather friends and family and your favourite sled and hit the local tobogganing hill. Cardboard works great. Go public skating when the rinks announce that they are open!

INITIAL WHEN DONE

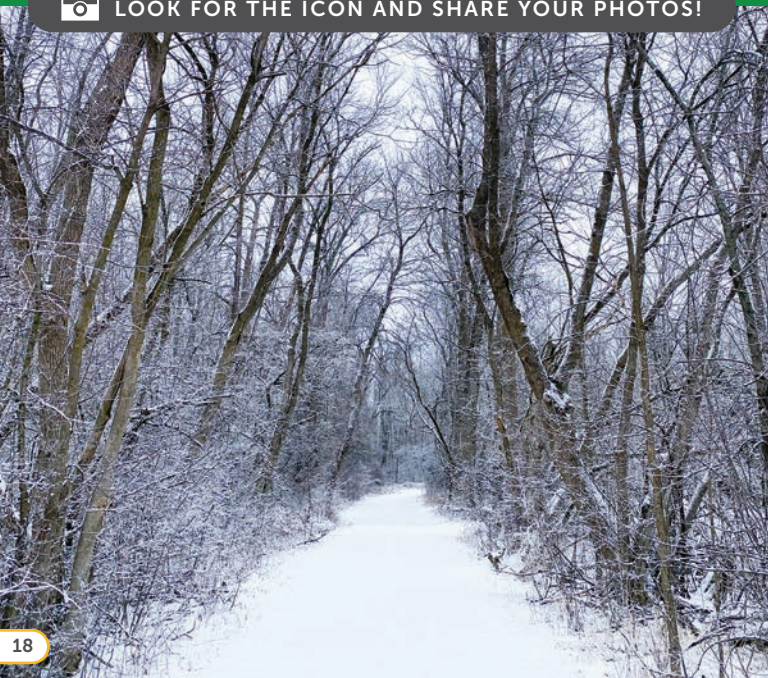
PLAY TAG MAZE OR OBSTACLE COURSE

In any open space, make a track to play tag. Add as many snow obstacles as possible.

PARKS

Explore parks, trails and conservation areas in your neighbourhood. Try some of the neat ideas on the next few pages. After the activities you'll find a list of beautiful green spaces around Hastings and Prince Edward County.

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!



IDENTIFYING ANIMAL TRACKS

CHOOSE A PARK

Visit a park and explore your surrounding by trying to identify these animal tracks!

Write down if you saw ones that are not included.

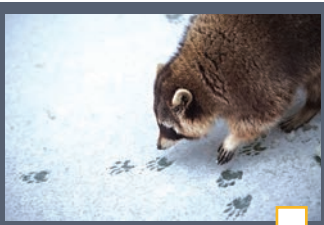
Bird ☐

Coyote ☐

Deer ☐

Dog ☐

Cat ☐



Raccoon ☐

Rabbit ☐

HIKE A LONG TRAIL

CHOOSE A PARK

Gather some family and friends for a long hike. Bring hot chocolate in a thermos and snacks for the road. Organize a Nature Sound Scavenger hunt listen for a bird singing, wind blowing, branches clacking, ice crunching, dog barking, snow & ice melting, coyotes howling.

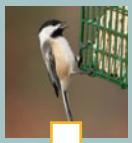
Write what you found:

GO ON A BIRD WATCHING EXPEDITION

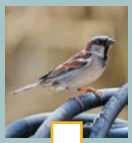
CHOOSE A PARK

Choose a local park and go on a bird watching expedition. Look and listen for different kinds of birds and observe them closely. Can you see any of the birds pictured here?

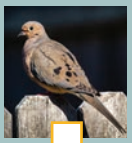
Write down the ones you encountered:



Black-Capped Chickadee

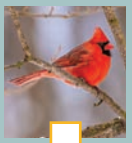


House Sparrow

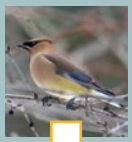


Mourning Dove

Blue Jay

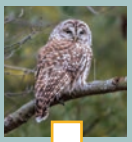


Northern Cardinal



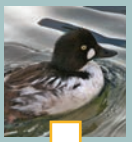
Cedar Waxwing

Dark-Eyed Junco



Barred Owl

Swans



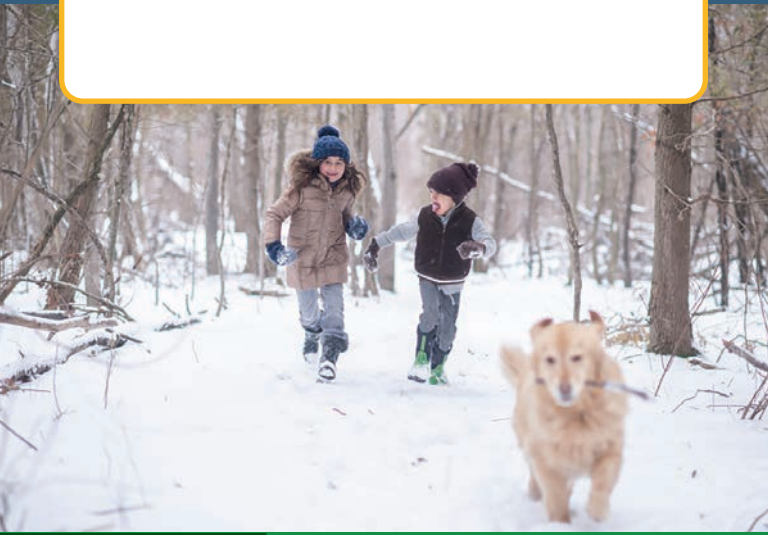
Common Goldeneye Duck

TAKE A SENSORY WALK

CHOOSE A PARK

Take a walk in your favourite park or trail. Find something fuzzy, slippery, smooth, bumpy or jagged.

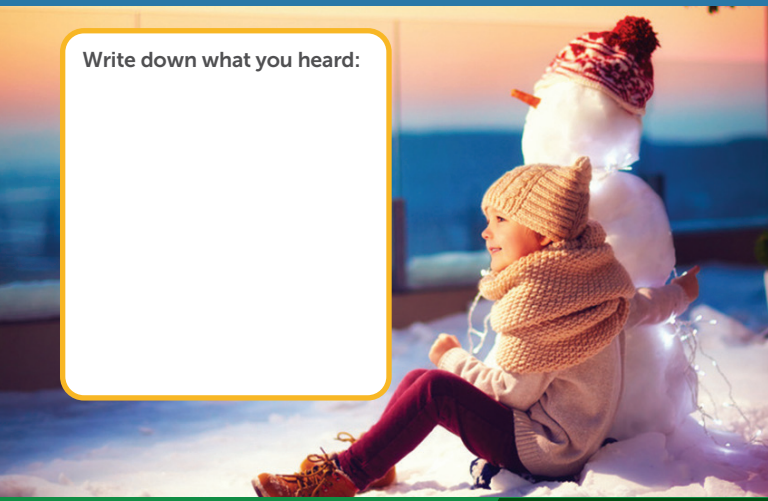
Draw a picture of one of our local parks/trails:



FIND A SIT SPOT
CHOOSE A PARK

Find a place(s) that draws you in and make yourself comfortable by sitting or lying down on a blanket and rest. Perhaps it's under a pine tree amongst the comfy needles, against an interesting rock that you can lean on, or, on a hill overlooking the water. As you practice finding sit spots and returning often you begin to develop the behavior of slowing down physically, which by default, slows us down mentally. Once in this slower state you begin to connect with the things around you and voila, endorphins are released! As a result, you feel better, your breathing slows, and, you become FULLY aware that there is whole lot of cool stuff going on in the natural world that you didn't know about - it is all connected!

Write down what you heard:



PLAY A GAME OR SPORT WITH YOUR FRIENDS

CHOOSE A PARK

Organize a time for your friends to meet at a local park. Play a game of soccer, volleyball, baseball, freeze tag or hide and seek. Invent a game on your own.

Name the game you played:

ZWICK'S PARK & WATERFRONT

10 BAY BRIDGE RD.
BELLEVILLE

INITIAL WHEN EXPLORED

Photo: @meganpounder

BENSON PARK

56 KING ST., PICTON

INITIAL WHEN EXPLORED

Photo: @experiencepicton

WELLINGTON ROTARY BEACH

1 BEACH ST.
WELLINGTON

INITIAL WHEN EXPLORED

Photo: @thecountypicnic

DELHI PARK & DOG AREA

7 LALOR ST., PICTON

INITIAL WHEN EXPLORED

Photo: @broolaa

MILLENNIUM TRAIL

JOHNSON ST., PICTON, BEHIND PECI

INITIAL WHEN EXPLORED

Photo: @countybuzzz

WEST RIVERSIDE PARK & RECREATIONAL TRAIL

373 MOIRA ST. BELLEVILLE

INITIAL WHEN EXPLORED

STANLEY PARK

61 OAK RIDGE BOULEVARD, BELLEVILLE

INITIAL WHEN EXPLORED

JOHNSON ST. SOCCER FIELDS

INITIAL WHEN EXPLORED

38 JOHNSON ST., PICTON

PARROTT RIVERFRONT RECREATIONAL TRAIL

INITIAL WHEN EXPLORED

160 FRONT STREET, BELLEVILLE, LOCATED ALONG THE MOIRA RIVER SHORELINE

SANDBANKS PROVINCIAL PARK & DUNES BEACH

INITIAL WHEN EXPLORED

3004 & 2108 COUNTY RD 12, PICTON

Photo: Mark Hopper

PARKDALE VETERANS PARK

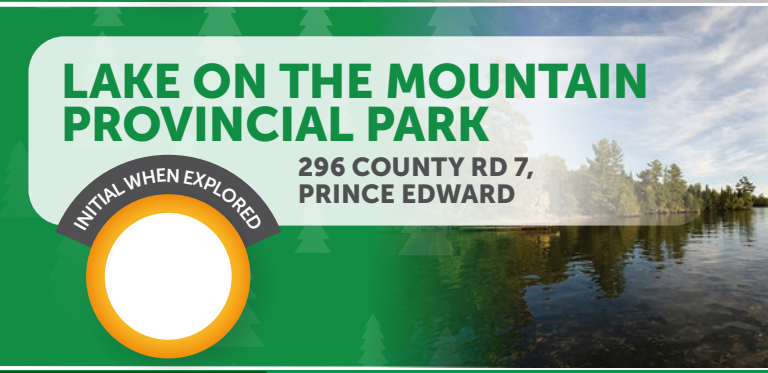
INITIAL WHEN EXPLORED

119 BIRCH ST., BELLEVILLE

LAKE ON THE MOUNTAIN PROVINCIAL PARK

INITIAL WHEN EXPLORED

296 COUNTY RD 7, PRINCE EDWARD



MACAULEY MOUNTAIN/BIRDHOUSE CITY CONSERVATION AREA

224 COUNTY RD. 8, PICTON

INITIAL WHEN EXPLORED

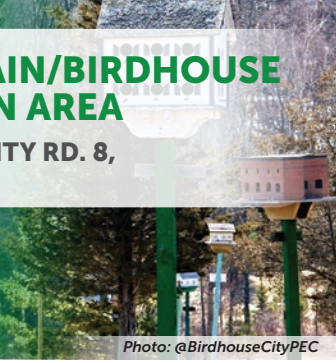


Photo: @BirdhouseCityPEC

H. R. FRINK CONSERVATION AREA/ OUTDOOR EDUCATION CENTRE

381/384 THRASHER ROAD, PLANFIELD

INITIAL WHEN EXPLORED

POTTER'S CREEK CONSERVATION AREA

2061/2056 OLD HIGHWAY 2, BELLEVILLE

INITIAL WHEN EXPLORED

BEAVER MEADOW CONSERVATION AREA

158 COUNTY RD 11, PICTON

INITIAL WHEN EXPLORED

MASSASSAUGA POINT CONSERVATION AREA

1280 MASSASSAUGA RD., BELLEVILLE

INITIAL WHEN EXPLORED

SIDNEY CONSERVATION AREA

379 AIRPORT RD., STIRLING

INITIAL WHEN EXPLORED

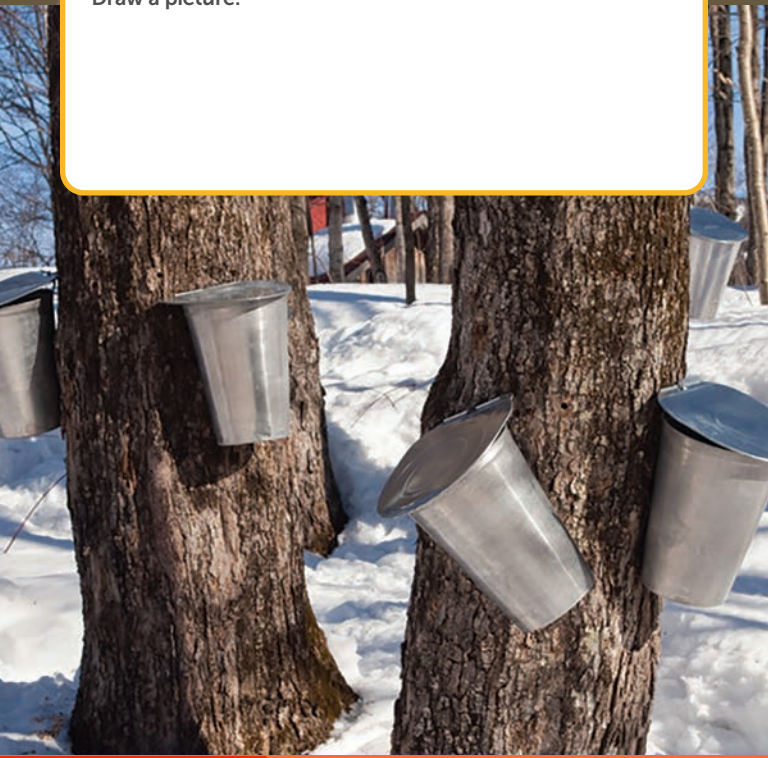
LOCAL FOODS

Visit an orchard, or farm, learn about seasonal foods, like apples and root vegetables and make a new dish or an old favourite with your family.

MAPLE IN THE COUNTY

Try a new-to-you maple treat! (kettle corn, maple taffy, maple chocolate, maple lollipops, etc.

Draw a picture:



HOW TO MAKE HOT CHOCOLATE

Ingredients:

- Hot chocolate mix or 1 tbsp unsweetened cocoa powder & 1 tbsp maple syrup or sugar.
- 1 cup milk or dairy free milk substitute

Warm on medium high heat on stove, or in a microwave safe mug, mix all ingredients together and warm in microwave 30 seconds at a time to reach desired heat. Enjoy!

INITIAL WHEN DONE

ROAST APPLE SLICES ON AN OUTDOOR FIRE

Put a whole apple on a stick or roasting fork. Roast for 10-15 minutes, skin should be starting to crack or bubble. Place apple on cutting board and remove skin. For an extra sweet treat roll apple in sugar. Let cool for a few minutes and enjoy!

SNOW ICE CREAM

Ingredients:

- 1 cup of milk or milk substitute
- 3/4 cup sugar
- 1 tsp vanilla
- pinch of salt
- lots of snow

INITIAL WHEN DONE

Keep the snow aside, mix in all other ingredients so well blended, and then add snow.

Enjoy immediately!

TRY A NEW FOOD

Step out of your comfort zone and try a new food! Taste unfamiliar root vegtables like sweet potato, beets, fennel or radishes.

Write down what you ate. Did you like it?	Yes	No
_____	☐	☐
_____	☐	☐
_____	☐	☐
_____	☐	☐

EXPLORE YOUR COMMUNITY

Check out places and events on the next pages. Look up your own community events calendar for more fun stuff to do.

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

CEMETERY SCAVENGER HUNT

Visit a nearby cemetery and complete the scavenger hunt!

- [ ] the tallest tombstone
- [ ] the oldest tombstone
- [ ] largest tree
- [ ] a wreath of flowers
- [ ] a grave with your first or last name
- [ ] an image of angel wings

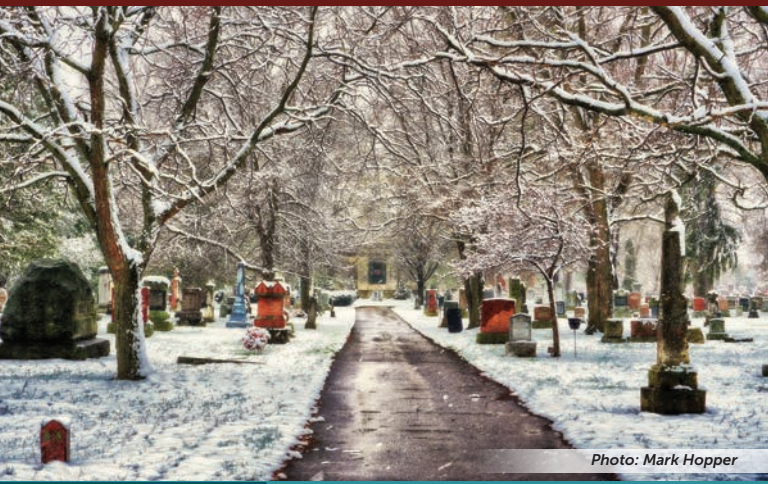


Photo: Mark Hopper

VISIT LOCAL LIBRARY

Check out an Adventure Kit from your local library, read a nature activity book, and check out a 7 day Parking Pass for Quinte Conservation Areas!

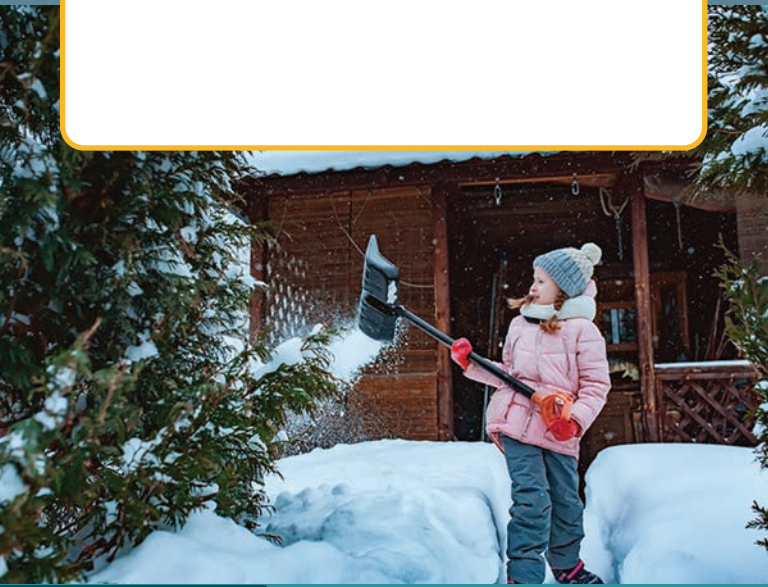
INITIAL WHEN DONE

SAVE THE DATES:
2/17-2/23

PARTICIPATE IN RANDOM ACT OF KINDNESS WEEK

Do something nice for a friend, family member or stranger the week of Februrary 17th - 23rd! Try shoveling a neighbours driveway or helping your parents wash dishes.

Write down what you did to show kindness to others:



VISIT BELLEVILLE FESTIVAL OF LIGHTS

The festival features an array of lights, movements and sounds, and runs from mid-November into the New Year at Jane Forrester Park. Check out the beautiful displays with family and friends!

INITIAL WHEN DONE

What was your favourite part?

SAVE THE DATES: 2/12-2/20

ATTEND THE ICE BOX EVENT

Step into a magical winter wonderland filled with art, music, dancing and surprises galore from February 12th - 20th in downtown Picton. Check out their at-home programming to participate remotely.

What was your favourite part?

SAVE THE DATES: 2/21

SPEND TIME WITH YOUR LOVED ONES ON FAMILY DAY

Spend quality time with your family on Februrary 21st by playing a game, going on a walk, or looking at photo albums

INITIAL WHEN DONE

LEARN ABOUT THE 2022 BEIJING WINTER OLYMPICS

Watch or read about the Winter Olympics and recreate your favourite event with family and friends. Or, try making this Paper Plate Olympic Torch Craft!

INITIAL WHEN DONE

Pop Quiz: when was the last year Canada hosted the Winter Olympics?

LOCAL DOWNTOWN HISTORIC WALK

Take a walk in your nearest town and try to find the oldest building! What do you think it was used for?

INITIAL WHEN DONE

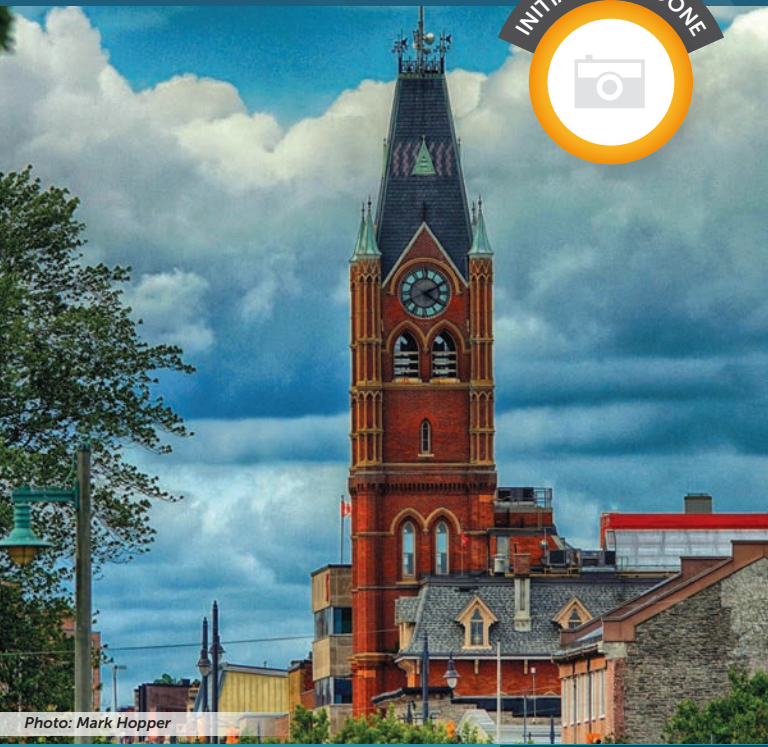


Photo: Mark Hopper

PRIZES

Completing ANY pages in the passport makes you eligible for monthly grand prizes! Work through as many activities as you can in whatever order you'd like to be entered into the MONTHLY GRAND PRIZE DRAWINGS on JANUARY 1ST, FEBRUARY 1ST and MARCH 1ST!

Easy Ways To Enter (choose one):

1) Scan the QR code and answer the question: "What was your favourite activity and why?"

2) Take a photo of your favourite activity from each month and email it to ally@wentworthlandscapes.com with a short description and the participants name.

3) Send a photo to any of our social media channels with the activity description and participants name.

4) Submit page in person at our dropbox location. Remove the completed activity page, write your name and number on it, and bring to our dropbox location. *(Located at main entrance of Wentworth Landscapes Office, 13392 Loyalist Pkwy, Picton, ON K0K 2T0).*

PRIZE LIST

These could be yours! Put a reminder in your calendar to enter the draw within the last week of each month!

1

BINOCULARS
(worth $150.00!)

2

(2) $50 GIFT CARDS
to Home Hardware Building Centre Belleville

3

(2) YOUTH PRIZE PACKAGES FOR BATAWA SKI HILL

4

H2O SNOW & SUMMER 2-IN-1 SCOOTER

5

SNOWSHOES

6

$75 GIFT CARD
to Toys R Us

THIS PROGRAM IS PRODUCED WITH SUPPORT FROM:

Ontario Trillium Foundation / Fondation Trillium de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

WITH ADDITIONAL SUPPORT FROM:

McDougall Insurance & Financial 75 Years

Wentworth Landscapes

Batawa Ski Hill

Belleville Home building centre

Picton Home building centre

Canadian Tire

Toys"R"Us Canada

IN PARTNERSHIP WITH:

Hastings Prince Edward Public Health

Hastings and Prince Edward District School Board

Belleville on the Bay of Quinte

Prince Edward County Public Library

The County — Prince Edward County • Ontario

Quinte Conservation

Algonquin & Lakeshore Catholic District School Board

Belleville Public Library & John M. Parrott Art Gallery

Come Alive Outside is an Ontario registered Not-For-Profit organization that works to create the awareness, intention and opportunity for people to live healthier lives outside.