

H is for Help

THE NICE AGE TRAIL

FIELD GUIDE

FOR CAREGIVERS



Encouraging children to be helpful fosters a sense of belonging and connection, both vital for a happy and fulfilling life. Support your child's desire to help by assigning them simple tasks to choose from at home, such as sweeping, folding laundry, watering plants, or feeding pets. And remember, it's OK if their work isn't perfect.



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Ask your child how they can assist the family.

Try creating a Helping Jar. Each time your child helps with a task, add a gem or rock to the jar. When the jar is full, choose a favorite activity to do together or visit a new park.

Read I Am a Beaver by Paul Covello, a board book that follows a beaver family working together to build their lodge. For older kids, read The Beavers' Busy Year by Mary Holland to learn why beavers are known for their industriousness and how much they help one another with their work.



Be kind to all kinds.

Creating a bright vision for the future is crucial for young children growing up in a warming climate. We need to show them a future where there is enough for everyone, we help one another, and we respect all who share our planet. The Nice Age Trail offers age-appropriate activities that spark wonder, help children flourish, and inspire hope and collective action. Together, we can become great caregivers for our children and their future.

The Nice Age Trail is like a younger sibling to the Ice Age Trail, which stretches 1,200 miles through Wisconsin's forests and prairies.

The trail messages are based upon the mindfulness-based Kindness Curriculum developed by the Center for Healthy Minds and Dr. Richard J. Davidson. They are also supported by the Caretakers of Wonder network's Climate Action Playbook for young learners and their caregivers.



madison children's museum