

S is for Share

THE NICE AGE TRAIL

FIELD GUIDE

FOR CAREGIVERS





S is for Share

Ask the children you are with to share their favorite animal story.

Try writing down a story that your child tells and sharing it back with them later.

Read Mushroom in the Rain by Mirra Ginsburg, a story about soggy animals sharing shelter in the rain. Or try Sweetgrass by Theresa Meuse, a book about caring for the gifts of Mother Earth. Or read Brave Like the Buffalo by Melissa Allan, an inspiring book about braving the storms of life with strong support systems and a courageous mindset.



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