

K is for Kinship

THE NICE AGE TRAIL

FIELD GUIDE

FOR CAREGIVERS





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Ask the children in your care to find one similarity between themselves and trees. Discuss what they have in common.

Try finding out names of the plants and animals in your community, or give them nicknames or kinship names, like Sister Tree or Friend Tree.

Read Who Am I? by Julie Buchholtz, a touching picture book from an Indigenous perspective that explores connections to ancestors, Earth, and each other, showing how we can help and add beauty to the world. Or read Can You Hug a Forest? by Frances Gilbert, which celebrates nature's beauty and encourages mindfulness, gratitude, and love for the environment.



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.