

C is for Caring

THE NICE AGE TRAIL

FIELD GUIDE

FOR CAREGIVERS

Learning to care for animals and plants helps children build empathy, compassion, and a connection to nature.

Foster empathy by helping your child care for small animals, insects, and plants, and by recognizing caring behaviors in your child or others. Look for opportunities to show kindness wherever you go. This could be picking up litter, helping a neighbor, or giving up a seat on the bus to someone who needs it.



C is for Caring

Ask your child to sing a favorite lullaby to a family member.

Try noticing one caring action your child does each day. When you visit the zoo, park, or forest, observe caring behaviors in the animals.

Read You Nest Here with Me by Jane Yolen and Heidi E.Y. Stemple, a beautiful book about how different birds create safe cozy spaces for their babies. Or read Shadow the Sandhill Crane by Hazel Keays Northey, about how even young children can help care for cranes or other animals in the wild.



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.