

WONDERS OF NATURE

“Whatever is in the heavens and whatever is on the earth is a direct evidence of the revelation within it of the attributes and names of God . . .” —Bahá’u’lláh

Spending time outside is a great way to appreciate the wonders of God’s creation. Bahá’u’lláh loved the beauty of nature. As a youth, He liked to ride His horse through the countryside and mountains. Later He even remarked that the countryside is “the world of the soul.”

When we spend time in nature, we can find the attributes of God

reflected in the lofty trees, gentle breezes, or mighty rivers. So look for opportunities to get outside and soak up the sun. Invite neighbors to join you for games at the park. Organize a nature hike with friends in your community. It’s not only healthy for your body, but it can refresh your spirit as well. Try these ideas for savoring the wonders of nature together.

LEAF IT TO THE SUN

Gather small flowers, leaves, and grass. For each sun catcher, cut a circle of poster board. Then cut out a smaller inner circle to create a ring-shaped frame. Trace the outer circle onto the non-sticky side of clear contact paper. Peel the contact paper and lay it flat, sticky side up.

Place the sun catcher frame on top and arrange the nature items inside the circle. When finished, place a second circle of contact paper on top, sticky side down. Punch a hole in the frame and use string to hang it in a sunlit window.



GROWING VIRTUES



Collect a variety of colorful nature items that you find on the ground, such as small twigs, leaves, acorns, flowers, berries, and stones.

You can place items of the same color together, shaping them into letters of the alphabet. Spell out a virtue, like “PEACE” or “LOVE” or “JOY.” Take a photo as a souvenir of your inspiring nature hike.

HUMAN OBSTACLE COURSE

Divide the group into pairs if you wish. Kids work with a partner together or on their own to create an obstacle with their bodies that the other players can safely move through.

For example, make a tunnel to crawl through or an obstacle to run around. Use your imagination and enjoy challenging each other.



NATURE’S CATEGORIES

As a group, sit in a circle and choose a nature category (examples: types of trees or birds). Going one at a time around the circle, each player has 10 seconds to come up with a word that fits into the category.

Each answer may only be used once. If someone can’t come up with an answer, they sit out until the next game starts. The last player remaining wins.



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