

## **FAMILY DISCUSSION GUIDE: THURSDAY**

All of the activities that are a part of Our Connected Communities provide ways to consider the ways people, plants, animals, and other members of our community depend on each other, as well as different ways to support all kinds of healthy communities. We are providing this discussion guide for adults to help inspire conversations with your children and connect the activities to the weekly theme.

### **Today's activities included:**

- Return to Your Sit Spot: Animal Inspiration
- Creature Drawing Game

### **Questions to prompt discussion:**

- How did you feel in your sit spot today?
- What did you observe?
- What did you learn about an animal you observed from your sit spot?
- What was it like to imagine having a raccoon's sense of touch?

### **Additional Conversation Challenge: Who has access to green space?**

Hopefully, it wasn't too hard for you to find a sit spot, and hopefully you are enjoying the observations you make from your sit spot. Spending time outside--in parks, among trees, and in other green spaces--provides many benefits to humans. Green space can make people feel happier, make the air and the water cleaner, and green spaces can help cities cool down.

- Make a list of the things you enjoy doing outside.
- Where are green spaces you enjoy? Are they close or far from your home?
- Did you know that even before the COVID19 pandemic, not everyone could go to a park or go play outside? Some communities, including in Durham, don't have as much access to green space, trees or to good parks.
- What makes a good park?
- Have you noticed any areas in your community that do not have access to green spaces?
- How could you use your voice to help everyone have access to green space?
- Is this an issue that feels important to you? Why or why not?