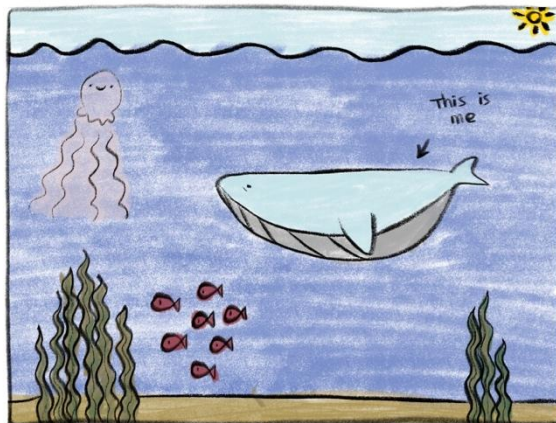


Postcard

Overview:

First, participants will read a postcard from a whale (attached below) where the whale tells participants about herself and where she lives. In response, participants will make a postcard for the whale, telling her about themselves, their relationship with nature, and their own environment. The postcard can contain what the participants saw, heard, felt, and/or smelled in their environment, and an accompanying drawing! This activity helps participants build empathy for other creatures while improving their observation, documentation, and sharing skills.



Objectives:

- Practice documentation of findings.
- Practice sharing information, which boosts pro-nature behavior.³
- Build a sense of connection to nature and empathy for whales and other wild creatures.

Materials:

- Printed version of the letter from a whale
- Pen and crayons or colored pencils
- Paper or [Blank postcards](#)

³ Based on a study by Richardson et al., (2020) “Sharing the experience of simple nature activities with others—even indirectly through talking about the activity with others—may have a synergistic effect on boosting people’s pro-nature conservation behaviour, given that talking with friends and family about nature emerged [...] as a significant predictor of pro-nature conservation behaviour, even when considering nature connectedness.” (p. 832)

Activity:

1. Share with audiences the letter from a whale (attached below) describing its environment and home.
2. After running the activity above, explain to the participants that they can write their own postcards to the whale and, if they like, include a drawing.
3. The drawing can be of the environment, plants, animals, the participants themselves, or of a feeling they experienced.
4. The postcard can say anything participants want. But if they need help, you can suggest they tell the whale about themselves, their lives, and the environment they live in. Here are some prompts:
 - a. How would you introduce yourself to the whale?
 - b. What do you want the whale to know about you?
 - c. How would you describe your home, neighborhood, backyard, and streets to the whale?
 - d. What would you tell the whale about your feelings and relationship with nature?
 - e. What are your favorite things about nature that you want the whale to know?
5. They can then take a picture of their postcards and share them on social media or let the library or school share it with the campaign hashtag #NatureStewardship. They can also give their postcards to the library or teachers to display on a wall or mail to a friend. This can also be an educational moment on how to prepare, address, and send a letter!

Target Age: K-2 and elementary school

Time to Prep Activity: 10 minutes

Time to Complete Activity: 15-20 minutes

Perfect for: Indoors (classroom, library, home...)

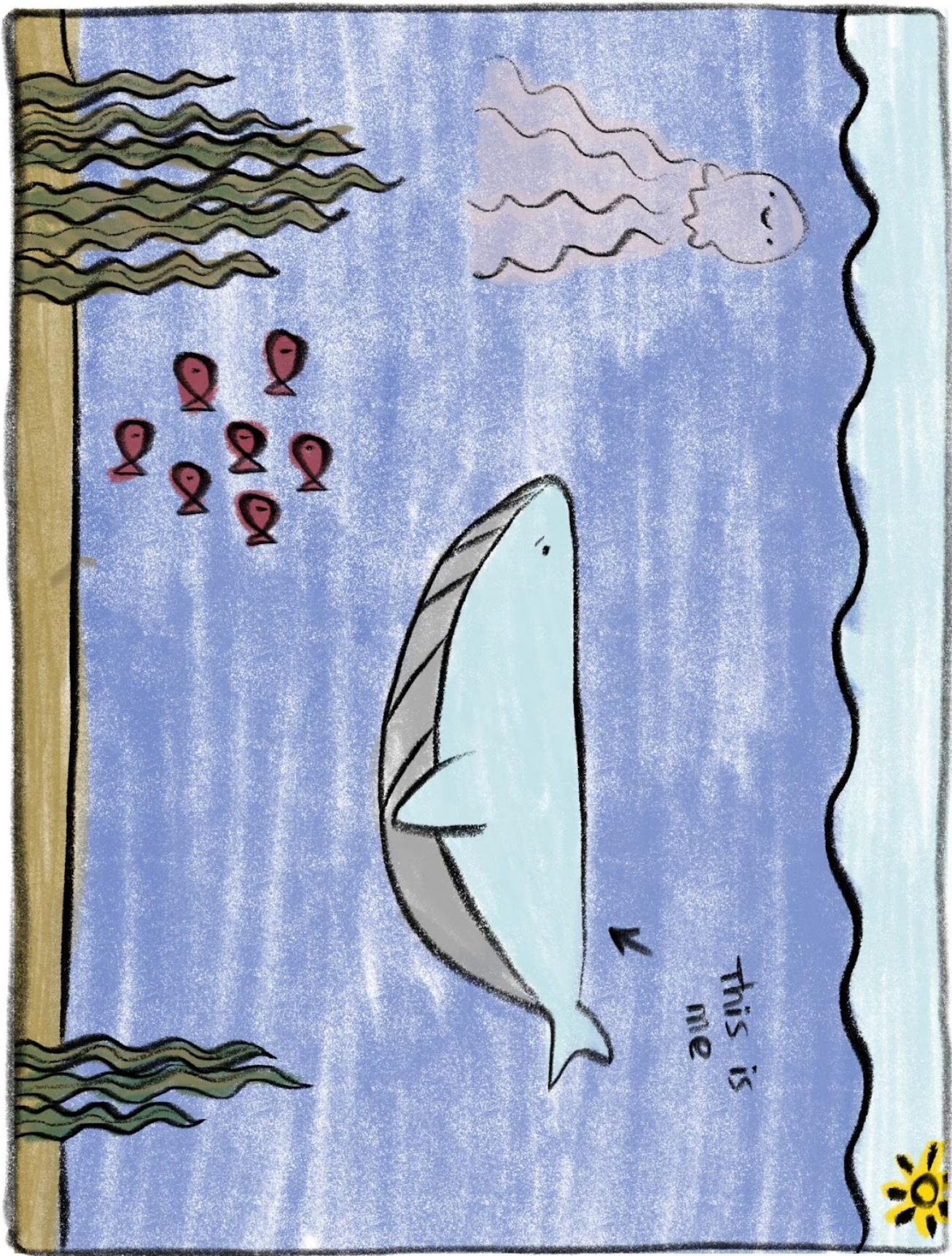
Other activities that connect:

This activity pairs well (as a follow-up) with one of the outdoor nature activities such as *Nature Bingo*, *Senses*, or *One Square Yard*.

To print:

Postcard art

Postcard letter



this is
me



Hola!

My name is Diego, and I'm a blue whale! I was just swimming around in my neighborhood, near Mexico, and I thought, hey, let's make a new friend! So...hi new friend :)

Let me tell you a bit about myself. I live down here in the ocean, but I like to come to the surface occasionally to catch a breath! I spend most of my time trying to find krill—they're tiny creatures like shrimp and they're my favorite food—I can eat A LOT of them! Tons! They're super delicious. Do you know that blue whales are bigger than any other animal that has ever lived?! That's right—little old me is going to get REALLY big when I grow up.

The ocean, my home, is filled with different colors, shapes, and sounds! Light blue and dark blue, with yellow and brown sand! And all shades of fish and coral. And everywhere I go, I see lots of other animals. Dolphins, other whales, jellyfish, and tons of fish!

You may think the ocean is quiet, but I'm telling you, they all make a lot of noise. Ooh, I just heard my cousin calling me. You probably couldn't hear her because she's really far away right now, but I can hear other blue whales calling from hundreds of miles away. Cool huh?

What about you? What kind of stuff lives around you? Do you have favorite colors or sounds, or shapes? What's your favorite food? Who do you hang out with? Do you have a tree friend or a star in the sky that you like saying hi to? Please write me back—I can't wait to read your letter.

Ok, gotta go—I think my cousin found some krill!

Whale hugs,
Diego



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