

時めく絵巻物めぐり えいごよみもの 19

Let's go to the forest !

ときが森へレッツゴー！

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「自然と遊び、自然に学び、自然と暮らす」をテーマに、持続可能な社会づくりに向けて活動を展開する。自然界の生産能力を超えた現代生活を見直し、新たなライフスタイルを生み出すには、自然生態系を理解することが初めの一歩。

LET'S EXPLORE THE TOKIGA-MORI TOGETHER!



Everything in the forest is a surprise for small children. Let's explore and sense the Tokiga-mori by walking, stumbling, crying and laughing!

Spring

Spring is the season when many flowers bloom and insects and birds begin to be active. It is the season for a lot of discoveries. Taste the honey of the flowers, hunt for insects.



Hints to explore

Floral decoration, flower bouquet, honey from pasque flower herb, a whistle made from the bean of bush vetch, whistle made from the grass of shortawn foxtail, imitating bird calls.



Creatures discovered during the season

Ladybugs, hazel-leaf roller weevil, caterpillar, carpenter bees, Japanese grass lizard and many flowers.

Summer

The hottest season. Many Cicada cries and their cast-off shells are one of the treasures you will get in the forest. If you make your umbrella from a big leaf, your walk during the rain would be changed into an exciting tour!



Hints to explore

Collecting insects and cast-off shells of Cicada, playing with leaves with insect bites, making a mask from leaves, playing with the light in the mirrors, Playing in the rain.



Creatures discovered during the season

Cicada, scarab beetle, drone beetle, stag beetle, dragonfly, caterpillar, butterfly

Fall

The season of tree fruits and autumn leaves. You can find an acorn, pinecone, and other beautiful fruits from the trees. It would be an art if you decorate your window with red and yellow leaves.



Hints to explore

Playing with acorns (throwing, kicking, and playing basketball), collecting seeds, making stained-glass and face mask from autumn leaves.



Creatures discovered during the season

Locust, grasshopper, praying mantis, dragonfly, tree fruits and grass fruits

Winter

Discoveries in the forest will make you forget the coldness. Harmful insects would be dormant and almost all the grass is withered. So, you can walk for a distance.



Hints to explore

Stepping on the fallen leaves, throwing the fallen leaves and take a leaf shower, throwing seeds (Gagaimo, Ubayuri) lying on the ground in sunny days and running with a small windmill in your hands.



Creatures discovered during the season

Winter birds, seeds blown by winds and dormant insects

RECOMMENDATIONS FOR EQUIPMENT TO TAKE WITH YOUR EXPLORATION

* Handmade insect nets

Materials: Newspaper, drain net and cloth tape. Fits the hands of your child. The photograph is shown below.

* Handmade binoculars

Materials: Paper pipes, colored paper, and a ribbon. This will make your exploration more exciting! The photograph is shown above.

* Rug

Used for lying on the ground and looking above the sky. Recommended in the winter season.

* Others

Snack, magnifying glass, and a bag to take your treasures back home.

PRECAUTIONS TO EXPLORE THE FOREST

- ① Wear comfortable shoes: Select shoes with thick and non-slip shoe sole.
- ② Wear comfortable clothes: Long sleeve shirt and long trousers. Hat or a cap. These will protect you from strong sunshine and insect bites.
- ③ Bring your drink: Hydration is important. Pure water or tea can be used to wash the wound.
- ④ Bring your first aid kit: Disinfectant, medical plaster bandage, wound medicine, poison remover.
- ⑤ Harmful creatures in the forest
Bees, wasps, poison snake, poison moth, Maimaikaburi(Carabus blaptoides), Tuchihanmyou(blister beetles), Aobaarigatahanekakushi(Paederus fuscipes), ticks, rash plants (such as Irakusa and Haze), poison plants (such as Mamushigusa and Hiyodorijogo)

ときが森たんけん レッツゴー



小さな子どもたちにとって、世界は初めて見るものばかり。
鶉ヶ森をずんずん歩いて、ころんで、泣いて、笑って—
いろいろかんじちゃおう

春

花がたくさん咲いて、虫や鳥が動き回る季節。花の蜜を吸ったり、虫をさがしたり、出会いと発見がいっぱい。



たんけんのヒント

花飾り、花束、ホトケノザの蜜、カラスノエンドウの豆笛、スズメの鉄砲の草笛、鳥のさえずりの真似



季節のいきものたち

てんとう虫、オトシブミ、イモムシ、クマバチ、カナヘビ、花いっぱい

秋

実と紅葉の季節。どんぐり、松ぼっくり、きれいな木の実。赤や黄の葉っぱは家の窓に貼るときれい♪



たんけんのヒント

どんぐり遊び（投げる、蹴る、玉入れ）、木の実集め、葉っぱのステンドグラス、葉っぱのお面



季節のいきものたち

バッタやキリギリスの仲間、カマキリ、トンボ、木の実、草の実

夏

暑い夏。セミがにぎやか♪セミの抜け殻は森の宝もの。雨の日だって歩いちゃう。大きな葉っぱを傘にして!



たんけんのヒント

虫とり、セミの抜け殻あつめ、虫食い葉っぱの形遊び、葉っぱのお面、鏡の光遊び、雨の日の水遊び



季節のいきものたち

セミ、コガネムシ、カナブン、クワガタ、トンボ、イモムシ、チョウ

冬

寒さなんてへっちゃら!危ない生きものは冬ごもりしているし、草もほぼ枯れてるから、どこまでも行けるぞ!



たんけんのヒント

落ち葉を踏み、落ち葉を投げてシャワー、タネ飛ばし（ガガイモ、ウバユリなど）日なたでごろん、風車と走ろう



季節のいきものたち

冬鳥（落ち葉をめぐるのはシロハラ）、風で飛ぶタネ、冬ごもり中の虫たち

オススメたんけんグッズ

○手づくり虫とり網

新聞紙と排水口ネット、布テープで作った虫とり網。小さな子にはぴったりサイズ。※左下の写真参照

○敷物

どこでもごろんと寝っ転がって空を見上げよう。冬は日なたほっこりがオススメ。

○手づくり双眼鏡

紙筒と色紙、リボンで作ったレンズのない双眼鏡。たんけん気分が高まるぞ! ※右上の写真参照

○いろいろ

おやつ、虫めがね、おみやげ袋（森の生きものの分は残しておいてね）

森で気をつけたいこと

- ①歩きやすい靴…靴底が厚めで滑りにくい靴を選ぼう。
- ②動きやすい服装…できるだけ長袖・長ズボン。帽子も。日よけ、虫よけになるよ。
- ③飲み物…水分補給は大切。お水やお茶なら、ケガをしたときに傷口を洗うのにも使える。
- ④救急用品…消毒薬・絆創膏・キズ薬・ボイズンリムーバーがあると安心。
- ⑤危ない生きもの…ハチの仲間、毒蛇、ドクガの仲間、マイマイカブリ、ツチハンミョウ、アオバアリガタハネカクシ、マダニかぶれる植物（イラクサ、ハゼの仲間など）毒のある植物（マムシグサの仲間、ヒョドリジョウゴなど）