

Recreational Activities

Youth & Digital Technology: Growing Up Online Toolkit

This document offers resources to help instill and enhance love for nature, promote civic involvement, and increase leadership skills. Practitioners may find these resources helpful as part of their psychosocial support plan for children, youth, and families experiencing challenges with the problematic use of digital technology.

National & Provincial Nature and Outdoor Organizations

- **Nature for All:** <http://natureforall.global/>
- **Child and Nature Alliance of Canada:** <http://childnature.ca/>
- **Outdoor Play Canada:** <https://www.outdoorplaycanada.ca/>
- **Get Outside and Play Early Childhood Network in Alberta:** <https://getoutsideandplay.ca/>
- **Canadian Parks and Wilderness (CPAWS) Society Northern Alberta:** <https://cpawsnab.org/>
- **CPAWS Southern Alberta:** <https://cpaws-southernalberta.org/>
- **Outdoor Council of Canada:** <https://www.outdoorcouncil.ca/>
- **Interpretive Guides Association:** <https://interpretiveguides.org/>
- **PaRx initiative of the BC Parks Foundation:** Driven by health-care professionals who want to improve their patients' health by connecting them to nature: <https://www.parkprescriptions.ca/>

National and Provincial Parks

- **Parks Canada Xplorers:** <https://www.pc.gc.ca/en/serapprocher-connect/xplorateurs-xplorers>
- **Parks Canada-Learn-to Camp:** <https://www.pc.gc.ca/en/serapprocher-connect/ltc-dlc>
- **Alberta Parks Nature As a Second Language:** <https://albertaparks.ca/Inclusion/>

Schoolwide Initiatives

- **Take Me Outside:** <http://takemeoutside.ca/>
- **David Suzuki One Nature Challenge:** <https://davidsuzuki.org/take-action/act-locally/one-nature-challenge/>
- **Government of Alberta Agricultural Education – School Gardens:** <https://open.alberta.ca/publications/guide-to-growing-school-gardens-in-alberta>
- **Alberta Council for Environmental Education Alberta Green Schools:** <https://www.albertaparks.ca/albertaparksca/learning/school-programs/learning-resources/alberta-green->

For more information, contact
informationandcyfistandards@recoveryalberta.ca

Updated: June 2025

<https://www.albertahealthservices.ca/info/Page17564.aspx>

[schools/#:~:text=Alberta%20Green%20Schools%20is%20an,to%20include%20several%20school%20divisions.](#)

- **Canadian Wildlife Federation – Wild Spaces:** <https://cwf-fcf.org/en/explore/wild-spaces/>

Community Partnerships

- **Nature Alberta Nature Kids Clubs:** <https://naturealberta.ca/nature-kids/>
- **Canadian Wildlife Federation- Wild Family Nature Club:** <http://cwf-fcf.org/en/explore-our-work/connecting-with-nature/in-your-community/wild-family-nature-club/?src=cww>
- **Scouts Canada:** <http://www.scouts.ca/>
- **Girl Guides of Canada:** <https://www.girlguides.ca/web/ab/>
- **Boys and Girls Clubs of Canada:** <https://www.bgccan.com/en/>
- **YMCA Canada:** <https://ymca.ca/What-We-Offer/Camps/>
- **Sierra Club Prairie Chapter:** <https://www.sierraclub.ca/en/prairie>

Indigenous Land-Based Programs

- **Rediscovery International:** <http://rediscovery.org/>
- **Pathways CSA Miskanawah Youth Camps:** <http://www.pathwayscsa.org/#pathwayscsa>

2SLGBTQI+ Youth Recreational Programs

- **Camp Fyrefly:** <https://www.ualberta.ca/camp-fyrefly>
- **Edmonton Pride Centre Youth Programs** – Social and recreational activities for LGBTQ+ youth: <https://pridecentreofedmonton.ca/>

Nature Activities

- **Canada Parks Council Nature Play Book:** <https://parks-parcs.ca/>
- **Sharing Nature – Nature Activities:** <https://www.sharingnature.com/nature-activities.html>
- **Alberta Recreation & Parks Association:** <https://arpaonline.ca/>
- **Alberta Conservation Association Kids Can Catch Program** – Free fishing events for youth: <https://www.ab-conservation.com/events/kids-can-catch/>
- **Canadian Outdoor Leadership Training (COLT)** – Wilderness expeditions and outdoor leadership training: <https://coltoutdoorleadership.com/>

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Adventure & Sports Programs

- **Canadian Adventure Therapy**
<https://creators.spotify.com/pod/profile/adventuretherapy/>
- **Hike Alberta – Guided Youth Hiking:** <https://www.travelalberta.com/things-to-do/outdoor-activities/hiking>
- **KidSport Alberta – Sports Funding for Low-Income Families:**
<https://kidsportcanada.ca/>

Mental Health Organizations

- Mood Walks: <https://www.moodwalks.ca/>
- Nature & Forest Therapy: <https://anft.earth/>

Apps

- **The Wild Network – Persil Wild Explorers:**
<https://www.thewildnetwork.com/inspiration/persil-wild-explorers-app>
- **iNaturalist:** <https://inaturalist.ca/?src=wfnc>
- **Merlin Bird App:** <http://merlin.allaboutbirds.org/>
- **Best Apps for Kids:** <https://www.common sense media.org/lists/best-apps-for-kids-age-13-17>

Screen-Free Activities & Online Alternatives

- **Nature Canada Screen Time vs. Green Time:** <https://naturecanada.ca/enjoy-nature/for-children/screen-time-vs-green-time/>
- **Screen Free Week:** <https://www.screenfree.org/>
- **Bunch Live:** <https://bunch.live/>
- **Caribu:** <https://caribu.com/>
- **Messenger kids:** <https://messengerkids.com/>
- **Apps for Kids to Safely Communicate with Family:**
 - <https://talkingparents.com/blog/apps-for-kids-to-communicate-with-family>
 - **JusTalk Kids** – Safe Video Chat & Messaging: <https://kids.justalk.com/>
- **Catan Universe:** <https://catanuniverse.com/en/>

Classroom Resources

- **Learning with Nature Lesson plan:** <https://www.globalonenessproject.org/resources/lesson-plans/learning-nature>
- **Play Again Film and Study Guide:** <http://playagainfilm.com/wp-content/uploads/2015/02/Play-Again-New-Study-Guide-1-copy.pdf>
- **Project Wild Thing:** <https://www.thewildnetwork.com/inspiration/project-wild-thing>

Physical Activity

- **Cosmic Kid Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>
- **Yoga Ed:** <https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74l7A/about>
- **Kids Workouts:** <https://www.youtube.com/playlist?list=PLvuT1Bjs2VSF0Yqahj8VAKBwyYFnLJIDa>
 - **Strong Nation:** <https://www.youtube.com/channel/UCQkaczRlyBjI3UKBH59W3XQ>

Coloring & Craft

- **Mandalas:** http://www.rectherapytoday.com/wp-content/uploads/2020/02/therapy_coloring_book.pdf
- **Super Coloring:** <http://www.supercoloring.com/>
- **Crayola:** <https://www.crayola.com/featured/free-coloring-pages/>

Experiences & Events

- **Eventbrite:** <https://www.eventbrite.ca/d/canada--alberta/events/>
- **Kids up front:** <https://kidsupfrontcalgary.com/>
- <https://allevents.in/calgary/all>

If you need help or support, contact: Addiction Helpline Recovery Alberta at 1-866-332-2322 (toll free within Alberta). [Mental health & addiction helplines | Recovery Alberta](#), [Home | Recovery Alberta](#)

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