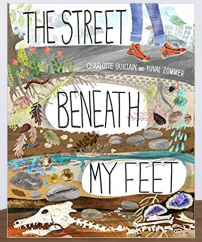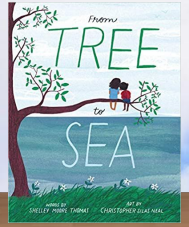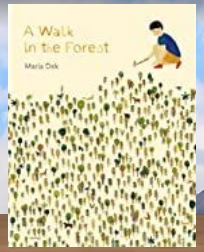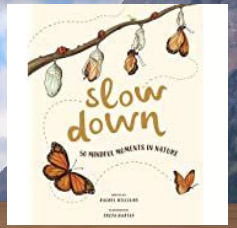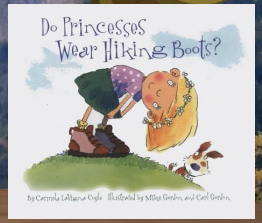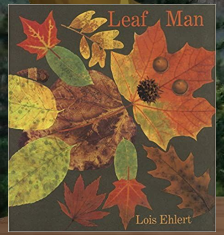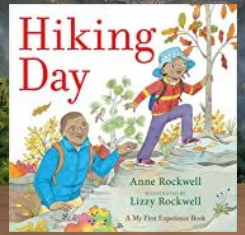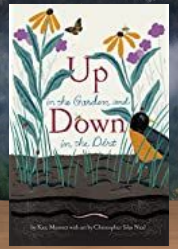Nature exploration and reflection with kids