



# NATURE NOTES

Connecting You To Nature

## Red Fox Kits

To avoid humans, skillful red foxes hunt at night in backyards, gardens, and city parks. They have adapted to live close to us and are rarely seen. Although mice and other rodents are their favorite meals, red foxes will eat birds, frogs, snakes, earthworms, grasshoppers, and even berries!

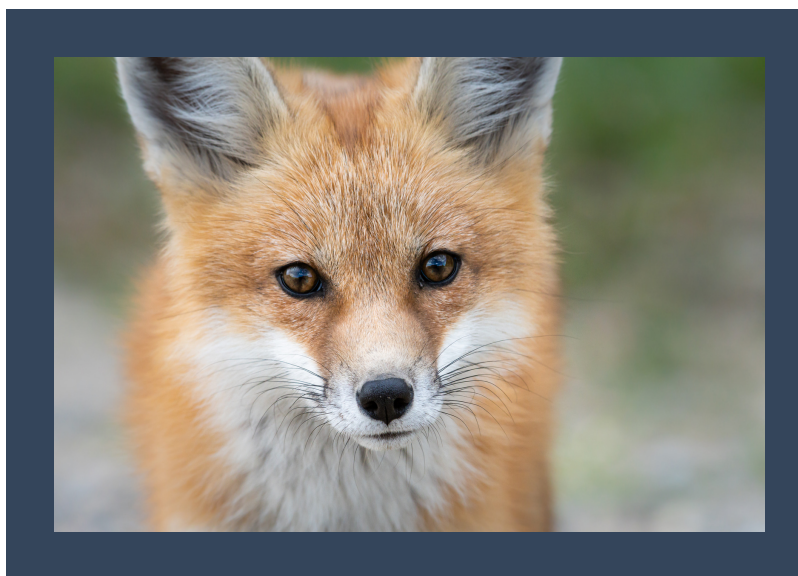
### REFLECT

Foxes and other animals that eat a wide variety of foods are called omnivores. What do you like to eat?

Fruits and vegetables, like an herbivore? Meat, like a carnivorous animal? Or, are you an omnivore like the red fox?

### CONNECT WITH NATURE

What other qualities do you share with a fox? Curiosity? Cleverness?



**SCAN & WATCH:** A video of the [first year of a red fox kit's life](https://tinyurl.com/53udhmrd). Or type this into your browser: <https://tinyurl.com/53udhmrd>

## NATURE-BASED THERAPEUTIC SERVICES:

professionally facilitated educational and play-based interactions with plants, animals and natural landscapes to bring about measurable outcomes in human health and wellbeing



Minnesota Landscape  
**ARBORETUM**

### Benefits

Reduce Anxiety | Reduce Stress | Increase Relaxation |  
Improve Mood | Motivation | Happiness | Comfort |  
Promote Physical Activity | Express Emotions | Increase  
Sensory Stimulation | Social Connection

