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SIMPLE WAYS TO GET OUT AND ENJOY **NATURE**

- Collect leaves and do leaf rubbings.
- Roll down a grassy hill.
- Picnic outside.
- Collect shells and make shell pets.
- Build a campfire.
- Pick up trash in a local park.
- Fly a kite.
- Smell, pick, press flowers.
- Try geocaching.
- Float down a river.
- Pick a nature topic & learn about it.
- Climb a tree.
- Go to a U-Pick farm.
- Do yard maintenance as a family.
- Collect bugs.
- Play a game of kick the can.
- Go on a nature scavenger hunt.
- Explore a creek or river.
- Make a nature treasure box.
- Balance on a fallen tree.
- See the world through binoculars.
- Go swimming in a lake or river.
- Throw, skip, collect rocks.
- Watch wildlife.
- Take a nap in a hammock.
- Keep a nature journal.
- Grow a garden.
- Run through the sprinkler.
- Study constellations.
- Hike a local trail.