20 IDEAS FOR 20 MINUTES OUTSIDE.

Because quick nature breaks are the ultimate mood boosters.

1. HOST A MUD PARTY
   Get the mud and fun flowing. Try mud painting. Make mud pies. Squish mud between your toes. All it takes is a big bucket, dirt, water and a little imagination.

2. ADD WATER & CHILL
   Fish for marbles. Fill a baby pool with ice and water. Then add marbles and try to fish them out with your toes. Or do a frozen T-shirt challenge. Freeze tees and water in plastic bags. See which friend can break the ice to wear one first.

3. CAMP IN YOUR BACKYARD
   Just pitch a tent or sleep under the stars in your yard. Make some s’mores and enjoy an adventure close to home – and indoor toilets!

4. GO ON A COLOR SCAVENGER HUNT
   Search for things outdoors that match each of the six colors here. Could be flowers, bugs, the sky – whatever catches your eye. Bonus points if you capture a photo or drawing of what you find.

5. MAKE SUN PRINTS
   Place colored construction paper outside in the sun. Make a design on top of it with leaves, sticks, rocks and other stuff. Then let it sit out, and in a few hours, the sun will turn it into a wild piece of art. Don’t forget to sign your masterpiece!

6. MAKE NATURE FOSSILS
   Form clay into circular shapes about a half-inch thick. Find interesting rocks, leaves, sticks and plants that you can press into each piece of clay and remove. Boom! Instant fossils!

7. SET UP A TOY CAR WASH
   Here’s something cool to do on a hot day. Grab your toy trucks and cars and hold your own mini carwash. And if a water fight happens to break out, it’ll be even cooler.

8. PLAY FLASHLIGHT TAG
   At dusk, grab some friends and a flashlight, and it’s game on! Whoever gets tagged with the light beam is it.

9. TURN LUNCH INTO A REAL PICNIC
   Any meal is more fun outdoors. So, grab a blanket, a basket of your favorite snacks and a shady patch of grass. To make it extra sweet, cut fruit into flower shapes and munch away.

10. CREATE A BIKE OBSTACLE COURSE
    Grab some chalk and draw a curvy track on your sidewalk or driveway. Add a stopwatch and crown a track champion for the fastest lap.

For more adventures, join us at GenerationWild.com
Track how much time you spend outside.

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11. **MAKE A SUNDIAL**
   Grab a stick and 12 rocks. Paint numbers 1-12 on each rock. At noon, plant the stick straight up in a sunny spot. Place rock #12 at the end of the stick’s shadow. At 1:00 p.m., do the same with rock #1 and repeat every hour until sunset. Return the next morning to mark shadows on the hour from sunrise to noon.

12. **GROW VEGGIES FROM SCRAPs**
   Place the end of some celery or romaine lettuce in a bowl with a little water. Set it in a sunny spot and watch for roots to appear. Then plant it outdoors or in a pot and watch it grow. No seeds necessary!

13. **GO ON A SAFARI**
   Have someone hide toy animals outside and let the search begin. If they’re hidden too well, hints like “cold!” “warm!” and “hot!” will help guide you.

14. **MAKE LEAF ZOMBIES**
   Collect rocks and interestingly shaped leaves and make zombie, ghost and monster faces out of them.

15. **PAINT WITH WATER ON YOUR SIDEWALK**
   Grab a paintbrush and a container of water and get your Van Gogh on. Watch what happens to your painting as the sun heats it up.

16. **“COLLECT” SOME BUGS**
   Grab a camera and explore your yard or local park. See how many bugs you can add to your photo collection. If you’re nice, they might even smile for the camera.

17. **MAKE A ROLY-POLY HABITAT**
   Get a container that allows for airflow, and fill it with dirt, dead leaves, rotting wood and moss. Then add some roly-polies. After having some fun watching it, set them free.

18. **FEED YOUR BIRD CURiosity**
   Hang up a bird feeder and then sit back and watch the airshow. Keep a list of how many birds visit, make drawings of them and keep it all in a journal.

19. **TAKE A MICRO HIKE**
   Rope off a 3’ x 3’ area in the grass with string. Then crouch down and use your fingers to move the grass and dig in the dirt. Use a magnifying glass to see what lives there. It’s a new, close-up way to see the world.

20. **MAKE TREE RUBBINGS**
   Nature is one amazing artist — and you can be too. Just hold a sheet of paper against a tree trunk and rub it with crayons or pencils. Try it against different trees to complete your art collection.

Get out there and tag us #20MinutesOutside