

# 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

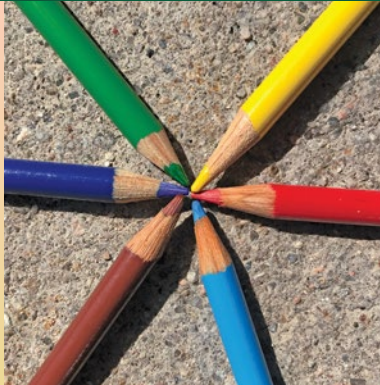
Just pitch a tent or sleep under the stars in your yard. Make some s'mores and enjoy an adventure close to home – and indoor toilets!



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 CARWASH

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.



Track how much time you spend outside.

S	M	T	W	T	F	S

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 over it with crayons or pencils. Try it against different trees to complete your art collection.

