Get Outdoors - 30 Day Challenge!

Visit your favorite natural area	Sit quietly for 10 minutes outside and list the things you see and hear	Play a game of tag or hide and go seek	Find and follow ants without disturbing them for 10 minutes	Draw a picture in the dirt with a stick
Look under 10 logs	Make a map of your neighborhood or favorite place	Go for a screen/phone free family walk	Climb a tree (with supervision!)	Find the closest body of water near you (lake, pond stream, river)
Watch the clouds. Can you find any shapes?	Find a beautiful spot in nature. Take 10 deep breaths	Make nature art	Go outside at night and look at the stars. Did you see a shooting star?	Go for a night walk and/or play a night game
Set up a blanket or a hammock outside to relax, or read	Explore outside with a friend or family member	Go for a bike ride or walk to somewhere fun!	Your Choice	Make shadows
Find every color of the rainbow outside	Walk with a stuffed animal or doll	Find the biggest rock you can carry	Visit your favorite playground	Find a quiet spot and see if you can spot 5 animals
Hike/Walk in a costume!	Hug a tree	When it is raining do a dance outside	Run up and down a hill 3 times	Collect 10 different shaped rocks