



ymcalouisville.org



Scan to download
additional copies

TOGETHER, our goal is to inspire kids to explore the great outdoors, helping them grow healthier, happier, and be more responsible in caring for our **amazing** planet.



Kids need **outdoor time** for a multitude of benefits. This list is designed to promote physical activity, reduce screen time, foster a connection to nature, and improve the overall health and development for all children.

Our natural world is wild, adventurous, and beautiful. Get out there and have fun growing on the inside by being outside.

- 1  Climb a tree
- 2  Roll down a hill
- 3  Build a snowman
- 4  Build a fort outdoors
- 5  Skip a stone
- 6  Explore a creek
- 7  Fly a kite
- 8  Catch and release a fish
- 9  Eat a picnic outside
- 10  Pick wild flowers for someone
- 11  Take a bike ride adventure
- 12  Roast marshmallows on a stick
- 13  Make a mud creation
- 14  Read a book outdoors
- 15  Go sled riding
- 16  Camp outdoors
- 17  Make a nature obstacle course
- 18  Create art with natural, found objects
- 19  Race sticks or leaves in flowing waters
- 20  Go paddling
- 21  Play an outdoor sport
- 22  Look for mushrooms or moss
- 23  Watch the sunrise
- 24  Go barefoot in the sand or grass
- 25  Make and play nature instruments
- 26  Hunt for fossils and bones
- 27  Go stargazing
- 28  Climb a big hill
- 29  Splash in puddles
- 30  Spot a rainbow
- 31  Watch a spider build a web
- 32  Pick and eat fresh fruits & vegetables
- 33  Go cloud watching
- 34  Discover and identify animal footprints
- 35  Catch and release a firefly
- 36  Take a walk and pick up trash
- 37  Play shadow tag outdoors
- 38  Follow a butterfly to see where it lands
- 39  Jump in a pile of leaves
- 40  Go on a nature walk at night
- 41  Help a plant, flower, or vegetable grow
- 42  Learn to swim
- 43  Hike a nature trail
- 44  Watch and identify birds
- 45  Find your way with a compass and map
- 46  Build sculptures from rocks and sticks
- 47  Sit around a campfire
- 48  Play in waves
- 49  Learn to identify dangers in nature
- 50  Watch the sunset