



ymcalouisville.org

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.























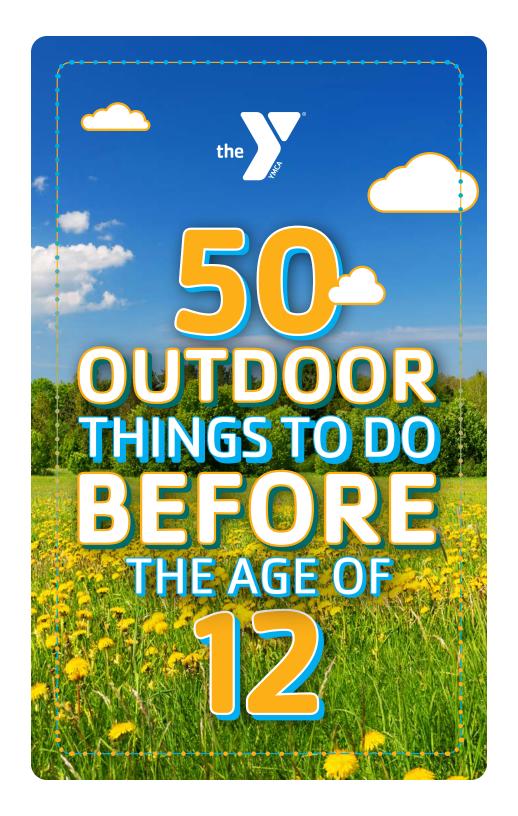












Kids need **outdoor time** for a multitude of benefits.

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.



Climb a tree



Roll down a hill



Build a snowman



Build a fort outdoors



Skip a Exp



Explore a creek



Fly a kite



Catch and release a fish



Eat a picnic outside



Pick wild flowers for someone



Take a bike ride adventure



Roast marshmallows on a stick



Make a mud creation



Read a book outdoors



Go sled riding



Camp outdoors



Make a nature obstacle course



Create art with natural, found objects



Race sticks or leaves in flowing waters



Go paddling



Play an outdoor sport



Look for mushrooms or moss



Watch the sunrise



Go barefoot in the sand or grass



Make and play nature instruments



Hunt for fossils and bones



Go stargazing



Climb a big hill



Splash in puddles



Spot a rainbow



Watch a spider build a web



Pick and eat fresh fruits & vegetables



Go cloud watching



Discover and identify animal footprints



Catch and release a firefly



Take a walk and pick up trash



Play shadow tag outdoors



Follow a butterfly to see where it lands



Jump in a pile of leaves



Go on a nature walk at night



Help a plant, flower, or vegetable grow



Learn to swim



Hike a nature trail



Watch and identify birds



Find your way with a compass and map



Build sculptures from rocks and sticks



Sit around a campfire



Play in waves



Learn to identify dangers in nature



Watch the sunset