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Post your photos online using #OutsideEveryDay

APRIL IDEAS!



- 1. Hug a tree
- 2. Say thank you to 5 things outside
- 3. Do 10 jumping jacks outside
- 4. Smell a flower
- 5. Create a leaf rubbing
- 6. Sit quietly in nature
- 7. Use chalk to write an encouraging note on sidewalk or driveway
- 8. Make a list of all living things you see outside
- 9. Make words or pictures using only items from nature
- 10. Eat lunch outside
- 11. Create a rock tower
- 12. Go on a bug hunt
- 13. Make shapes out of the clouds in the sky
- 14. Walk outside barefoot
- 15. Make a mud pie

Visit www.outsideeverydaychallenge.org for more activity ideas!

