

# 30 DAY "Get Outdoors" Family Challenge

			1 WALK A NEW ROUTE 	2 STARGAZING 	3 WATER PAINTING 	4 FIND A WATERWAY 
5 COLLECT 5 ROCKS 	6 PLAY WITH ICE 	7 STOMP IN PUDDLES 	8 ENJOY A SUNSET 	9 GAMIFY THE PARK 	10 MEASURE RAINFALL 	11 WATCH AN INSECT 
12 HAVE A PICNIC 	13 LOOK AT THE MOON 	14 SPLASH DAY 	15 COMPARE 3 LEAVES 	16 MOVE AN ACTIVITY OUTSIDE 	17 GO TO A NEW PARK 	18 MAKE ART IN NATURE 
19 PICTURE WALK 	20 INVENT A SPORT 	21 IDENTIFY A BIRD OR BUG 	22 ORIGINAL PERFORMANCE 	23 CLOUD GAZING 	24 MEASURE HEART RATE 	25 SKETCH OR WRITE 
26 HAVE A FIELD DAY 	27 CHALK ART 	28 WATER TOSS 	29 TRACK THE SUN 	30 BEACHY MOCKTAILS 		