

# NATURE ADVENTURE

Things you can do outdoors



# Activities for Children

- Watch the clouds. Can you name all the shapes, animals, and things you see?
- Go for a walk.
- Make a collection of rocks, leaves, and feathers.
- Explore with a magnifying glass.
- Make a paper boat and watch it float down a stream or a river.
- Draw with a stick in the dirt.
- Listen to the birds. Can you imitate their sounds?
- Do you like bugs? Identify them with the help of an adult and if safe explore them closer.
- Search for shells on the beach.
- Have outdoor storytime and make sure to grab a blanket.
- Count the stars at dusk.
- Pick flowers for someone you love.
- Blow soapy bubbles and watch them float



# Activities for Adults

- Meditate
- Do outdoor Yoga
- Go camping
- Have a picnic
- Take your workplace outdoor
- Stargaze
- Plant wildflowers, vegetables or a tree. Wildflower seeds can be found in garden centers for as cheap as \$1
- Read your favorite book under the shade
- Write in your journal
- Take a walk or a run
- Birdwatch
- Sketch or if you feel more creative take your whole painting set outdoors
- Scavenger hunt. You can use an app like Scavify or Geocaching
- Try out the children's activities!



# Activities for Elders and People With Disabilities

- Spend a day at the beach. Don't forget sunscreen, a hat ,and water!
- Go camping
- Have an outdoor lunch
- Find an accessible hiking trail. The National Park Services offers a free accessibility pass.
- Identify birds, insects, plants, and trees
- Garden
- Do crafts (crochet, origami, beading, etc.)
- Attend an outdoor theater
- Take photos
- Enjoy accessible lawn games with friends and family (ring tossing, horseshoe, scrabble, etc.)
- Check out the other activities lists and decide if you feel comfortable and ready to perform any of them



