



1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

“Encouraging a child to go outside in all weather builds resilience, but more importantly it saves them from spending their life merely tolerating the “bad” days in favor of a handful of “good” ones – a life of endless expectations and conditions where happiness hinges on sunshine.”

Some Ideas to Get You Started:

- **Scavenger hunt**
- **Take pictures**
- **Create a bouquet**
- **Walk / Run**
- **Start a Nature Journal**
- **Read / Write**
- **Picnic**
- **Play a game**
- **Garden**
- **Play a sport**
- **Work on a project**
- **Learn a skill**
- **Swim**
- **Trampoline**
- **Invent a game**
- **Make a map**
- **Birdwatch**

