

**NC Outdoor Learning Environments Alliance**

[www.osr.nc.gov/OLE](http://www.osr.nc.gov/OLE)

Name \_\_\_\_\_ Date \_\_\_\_\_



*Play Outside at least 4 times per week.*

*See back.*



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### ***Ideas for Outdoor Family Time***

Plant flowers      Collect rocks      Go camping  
Play with blocks      Bike      Swim  
Paint with water on sidewalk or wall  
Draw with chalk on the sidewalk Picnic  
Use playdoh and cookie cutters      Bubbles      Walk to the library  
Berry Picking Pick up litter      Rake the leaves  
Bird watch      Watch ants      Scavenger hunt      Play "I spy"  
Swing      Collect bugs      Name colors you see outside  
Listen to noises outside      Wash the car      Plant a small garden  
Repot a plant      Sing      Color  
Walk to the store      Wash the dog      Read together  
Make a kite      Play cards      Hopscotch      Build a fort  
Plan a trip      Make sandwiches together      Dance  
Basketball      Take a walk      Go fishing  
Play Touch football Climb a tree      Stargaze at night

What else can you think of?

The important thing is to be together, get fresh air and move a little in the natural

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