

30-Day Enjoy Nature Challenge

Outdoor Activities

Close to home

- Sit outside for half an hour and listen to bird calls. How many different calls can you hear?
- Watch a sunrise or sunset.
- Observe the moon. Look for it the same time each night for a week or more and observe how it changes.
- Walk the neighborhood and count how many different plants you find.
- Play an outdoor game.
- Watch the clouds go by and take turns deciding what they look like. (A rabbit? A mouse face?)
- Walk the neighborhood or a local park and count how many different animals (including bugs) you can find.
- Go to your yard or a park and identify as many plants as you can. (Trees, flowers, shrubs, weeds)
- Walk the neighborhood or a local park and pay attention to the aromas and noises around you. Pay special attention to those not man-made.
- Get your hands dirty. Build a sandcastle, make mud pies, dig in the garden.
- While on a drive or running errands, notice the different types of clouds you see. How many types can you identify?

- Walk the neighborhood or a local park and see how many different types of rock you can find. Vote on the prettiest, most interesting, most colorful, most jagged, and smoothest.
- Find a spot outside and spend at least thirty minutes in silence. Pray, meditate, or simply close your eyes and listen.

A little farther away

- Go to a nearby park or forest and enjoy a hike (30 minutes or more).
- Visit a nearby area of natural beauty that you haven't been to in the last five years (or ever).
- Pick a clear night, find a dark spot, and stargaze. How many constellations can you find? (A local state or county park may have decent stargazing spots.)
- Visit an outdoor nature exhibit such as a self-guided nature trail.
- Go wading. In a creek, lake, ocean or some other body of water.
- If such things are open in your area, visit a nature-themed attraction such as a zoo, natural history museum, planetarium, farm, or vineyard. If you can't visit in person, visit one virtually.

Indoor Activities

- Read a book or article about a plant or animal you find fascinating.
- Identify the plants (real or fake) in your house. (Don't forget the ones in pictures.)
- Watch a nature documentary.
- Pull out photos of a past vacation and reminisce about the beautiful nature you saw.
- Cook and eat (or at least taste) a plant you've never tried to cook before.
- Watch a documentary or movie about exploring a harsh environment or surviving nature.
- Read a poem or children's book about nature.
- Watch a Dirty Jobs episode that involves farming or animals.
- Plan a theoretical vacation to enjoy nature. Research at least three awesome hikes or other outside activities to do there.
- Create nature-themed art. For example, doodle, paint, or enjoy an adult coloring book.
- Find ten or so plants from the kitchen and take turns trying to identify them by their scent. Try a mixture of fruits, vegetables, and herbs. Or, if you're a foodie, try identifying all the herbs or spices in your spice cabinet by smell alone.

Photo Scavenger Hunt

1. Nut or seedpod
2. Single-lobed leaf
3. Multi-lobed leaf
4. Spider's web
5. Flying insect
6. Crawling insect
7. Rough-barked tree
8. Smooth-barked tree
9. Two different cloud types
10. Two different types of rock
11. Two different types of grass
12. Flowering weed
13. Bird
14. Mammal
15. Invasive species