



screen-
free
week

screen-
free
saturdays



55 NATURE-RELATED SCREEN-FREE ACTIVITIES

1. Go for a stroll.
2. Lay in the grass.
3. Find a tree to read under.
4. Jump in a puddle.
5. Venture down a street you've never gone down.
6. Discover a rooftop garden nearby.
7. Plant seeds and help them grow.
8. Bring a basket on your walk. Collect beautiful things from nature.
9. Pull weeds from the sidewalk/yard/garden.
10. Wash the car, bike, or a neighbor's car.
11. Find a building with plants growing on it.
12. Go for a rock hunt. Compare sizes, colors, weights, & shapes.
13. See how many different colors you can find on a walk/out the window.
14. Find a flower. Smell it. Identify it.
15. Build an obstacle course.
16. Dance in the rain.
17. Learn to whistle with an acorn or blade of grass.
18. Paint the sidewalk with water and small brushes or a broom.
19. Cut flowers for a bouquet (with permission).
20. Collect leaves, flowers, and grasses and press them in a book.
21. Create an "observation station" at one of your windows. Document what you see!
22. Place a hula hoop/open circle in the grass. What can you find within the circle?
23. Look at the clouds. What shapes do you see?
24. Go bird watching. How many can you see? How many can you hear?
25. Tape a clear sheet of paper to the window and trace the lines you see.

Getting outside is important for our mental and physical health, and there is so much to learn from nature!

How many activities will you try?

26. Take out a plant guide from the library and identify the plants around your neighborhood/yard/out your window.
27. Paint with/build with/roll in mud.
28. Float things in the wind- try leaves, seeds, pine needles, fabrics... etc.
29. Create a map of your neighborhood by studying it on foot.
30. Start a nature journal and record your findings.
31. Go for a bike/scooter/skateboard/roller skate/rollerblade/etc. adventure.
32. Do some field games: tag, capture the flag, latter ball, 4-square...
33. Draw with chalk.
34. Write caring messages to your neighbors using chalk.
35. Find a bug. Observe, record, then let it go!
36. Create a scavenger hunt for your siblings around the yard.
37. Do yoga in the grass.
38. Play in the sprinkler.
39. Spend time in the rain/snow/sleet/etc.
40. Cook a pretend "meal" from nature. Serve it up to your bug friends.
41. Have a dance party outside.
42. Have a picnic on the balcony/in the yard/at the park.
43. Camp out in the yard or in the living room.
44. Play flashlight tag.
45. Pick up trash along one of your walks (parent supervision required).
46. Build a fort.
47. Find out which indigenous group(s) own the land you're on.
48. Identify an environmental issue near you! Create a project to make a difference.
49. Start a compost bin.
50. Do a leaf or bark rubbing.
51. Get a plant for your room. Remember to water it!
52. Paint in the rain using watercolors, oil pastels, and watercolor paper.
53. Find all of the letters of the alphabet around the neighborhood. Look at signs, homes, and even sticks!
54. Start a garden! Plant your favorite veggies.
55. Use a magnifying glass to look up close at the world around you.

UNPLUG TO CONNECT TO NATURE

Whatever you do, remember to connect
to nature as often as you can!
Get outside and bring the outdoors in!

www.screenfree.org

