

OUTDOOR ACTIVITY CARDS

FOR KIDS

FIND 3 COLORS

Look around you and find **three** different colors! **Where** do you see them? Do any of the colors **stand out** more than the others?



NATURE TREASURE HUNT

Look for:



- Something **soft**
- Something **rough**
- Something **small**
- Something **that moves**

DRAW WHAT YOU SEE

Sit outside and draw anything you notice.

There is no “right” or “wrong” way to draw it!



MINDFUL NATURE WALK

Walk slowly and notice:

- What you **see**?
- What you **hear**?
- What you **feel**?
- What you **smell**?



MINDFUL PHOTOGRAPHY

Use an available device to take photos of things you notice.



Look at the photos afterward and talk about what you noticed.

BUILD SOMETHING

Use sticks, rocks, leaves, or toys to build a tower, house, path, or anything you imagine.

Try working together or building side by side.



CHALK ART

Use sidewalk chalk to draw:

- a short story,
- your favorite things,
- your peaceful place,
- or whatever you'd like!



LISTENING GAME

Sit quietly for a moment and listen.

How many different sounds can you hear?



SNACK BREAK

Eat a snack together outside.

Notice what you **see**, **hear**, and **feel** while you eat. Do you **smell** anything? How does it **taste**?!



OUTDOOR ACTIVITY CARDS

FOR KIDS

