

Parenting Education and Family Engagement*Working together to help students be successful in school.*

Take Home Tips

Outdoor Activities to Enjoy During the Summer

According to the CDC, going outside can improve your overall health and wellness. Fresh air and sunshine gives our bodies Vitamin D, helps elevate our moods, increases our likeliness of physical activity, and can help with concentration. However, sometimes making plans to do activities outdoors can feel overwhelming.

Here is a list of some activities to enjoy while having quality time with your family:



- Go on a nature scavenger hunt.
- Build sandcastles.
- Do some stargazing.
- Paint with water. Best part is, no clean up! Once it dries, you can paint something new!
- Make leaf prints.
 - Put a leaf on the ground. Put a piece of paper on top of the leaf and rub a crayon over it.
- Have a picnic.
- Gaze at the clouds. Try and see if you can see a shape!
- Play nature tic tac toe.
 - Find 5 of the same object to represent X's and 5 objects to represent O's. For example, 5 rocks and 5 leaves.
- Grow a garden. Observe and chart the growth of your plant.
- After a rainy day, make a splash!
 - Put some rain boots on, find some puddles and see who can make the biggest splash.
- Do some yoga in a garden.
- Start a rock collection.
- Pick up trash at a nearby park.
- Have a bicycle/toy wash.
- Watch a sunset.

Source: Centers for Disease Control and Prevention. (2020, April 9). Are There Benefits to Spending Time Outdoors? Centers for Disease Control and Prevention. https://www.cdc.gov/cancer/skin/basic_info/outdoors.htm.