



ECO Challenge Checklist

50 Simple Activities to Do Outside!

Jump in a puddle	Write in a nature journal
Make a fort with sticks	Lie down on the ground for 10 minutes
Sing a song to a bird	Find a seed in nature and plant it
Draw a picture of a flower	Catch a raindrop in your mouth
Catch a Frog	Sing a song to a tree
Climb a Tree	Find a special rock
Go for a walk	Make something using sticks
Make a crown of dandelions	Hug a tree
Cloud watch	Listen to the birds
Dance in the rain	Sing a song to a rock
Paint with mud	Drink tea with a tree
Make a mud pie	Find a rock with a line in it & make a wish
Find a bird nest	Look for a shooting star
Find a worm longer than your hand	Watch phases of the moon change
Find a constellation (star pattern)	Watch a sunset/sunrise
Find the moon in the sky and howl at it!	Make a spring wand
Eat lunch outside	Hunt for nightcrawlers with a flashlight
Find 5 insects	Build a mud castle
Build a mouse house	Trace 5 nature items
Make a stick person (peep)	Make a tree bark rubbing
Read a book outside	Find and follow some animal tracks
Celebrate Earth Day	Adopt a flower and visit it daily
Pick up litter	Find 5 shades of green in nature
Find a Fungi	Find 3 different seeds
Do a sit spot	Leave a nature message for someone to find