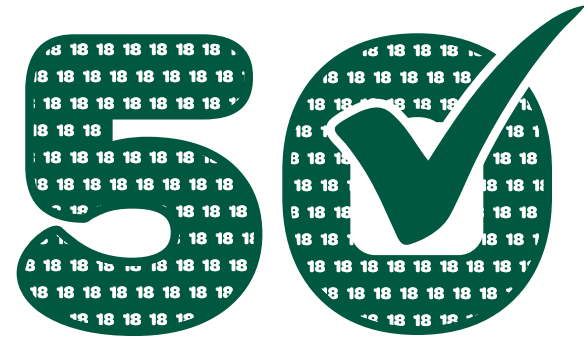


## Join the challenge!

Spending time outdoors can positively impact our mental and physical health, with fun things to do outside in every season! Grab your friends, get outdoors, appreciate nature and join the challenge!

**Will you finish the list before you turn 18?**



## Things to Do Outside Before You Turn 18

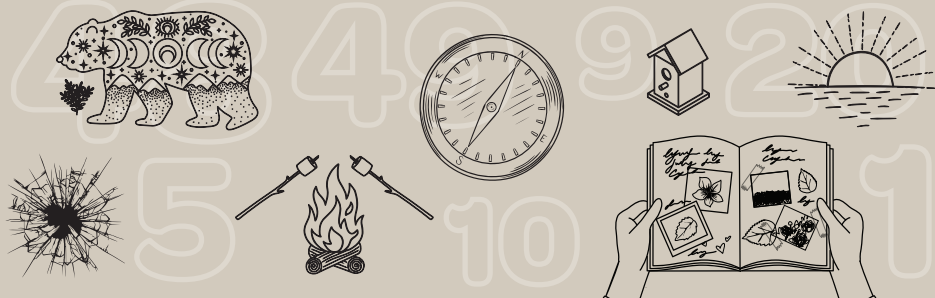
50 Things to Do Outside Before You Turn 18 is based on lists created by the Child and Nature Alliance of Canada, Active for Life, Project Learning Tree, Evergreen, Green Schoolyards America, the Entomological Society of America, and the UK's National Trust.

[greatersudbury.ca/earthcare](http://greatersudbury.ca/earthcare)

EarthCare  
Terre à cœur  
S U D B U R Y

Greater!Grand  
Sudbury

- 1. Start a nature journal
- 2. Attend a nature walk hosted by the Rainbow Routes Association
- 3. Plant a tree
- 4. Attend a community litter clean-up
- 5. Find a shatter cone
- 6. Calculate a Biodiversity Index
- 7. Eat a freshly picked blueberry
- 8. Try skating, snowshoeing, skiing or sledding
- 9. Build a bird house or bat box
- 10. Roast marshmallows at a campfire
- 11. Find, collect seeds, and plant native wildflowers
- 12. Attend an outdoor concert
- 13. Visit a local farm or farmers' market
- 14. Identify Venus and Mars in the night sky
- 15. Participate in a Bioblitz
- 16. Volunteer at a community garden or food forest
- 17. Visit Lake Laurentian Conservation Area
- 18. Rent something from the library to read or watch outside
- 19. Watch a sunrise
- 20. Watch a sunset
- 21. Make nature-inspired art: painting, photography, sculptures, collage, poetry
- 22. Map the movement of stormwater runoff from your school or home into local waterbodies
- 23. Practice mindfulness, meditation or yoga outdoors
- 24. Participate in the Great Backyard Bird Count
- 25. Volunteer to help conserve aerial insectivores with Bird Canada
- 26. Map the migration of Chimney Swifts
- 27. Look for and identify ten pollinating species (e.g., bees, butterflies, moths, flies, beetles)



- 28. Learn the names of five plants in Anishinaabemowin
- 29. Learn the names of five animals in Anishinaabemowin
- 30. Visit a lake you've never been to
- 31. Skip a rock
- 32. Visit a public site that has been regreened
- 33. Observe and draw the phases of the moon every day for a month
- 34. Track temperature and precipitation patterns for a month or season
- 35. Make and use your own flower press to preserve some favourite plants
- 36. Build a bee or insect hotel out of stuff in your recycling bin or found outside
- 37. Attend the annual Junction Creek Trout Release
- 38. Travel a section of the Junction Creek Trail
- 39. Learn about local medicinal and edible plants
- 40. Pay attention to smells - identify strongly scented plants
- 41. Draw a diagram of an insect
- 42. Draw a diagram of a plant
- 43. Learn five new birds and their calls
- 44. Plant, grow and eat a fruit or vegetable
- 45. Learn to identify five invasive species in your area
- 46. Trade a book at a Little Free Library
- 47. Experiment with making natural dyes, inks or paints out of things like soil, fruit, spices, wood ash and chalk
- 48. Make a nature mandala
- 49. Learn how to read a compass
- 50. Try the Sit Spot Practice

