

Join the challenge!

Spending time outdoors can help us keep our bodies and minds healthy, with fun things to do outside in every season!

Join some friends, get outdoors to enjoy nature and join the challenge!

Do you think you can finish the list before you turn 12?



Things to Do Outside Before You Turn 12



50 Things to Do Outside Before You Turn 12 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.

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Terre à cœur
S U D B U R Y

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Sudbury

- 1. Start a nature journal
- 2. Identify the plants in your school yard
- 3. Draw three plants you find outside
- 4. Learn to identify a white pine from a red pine
- 5. Build a bee or insect hotel out of stuff in your recycling bin or found outside
- 6. Learn five new birds and their calls
- 7. Find an ant and follow its trail - just observe without interfering
- 8. Learn to identify three constellations
- 9. Find and draw two different spider webs
- 10. Catch snowflakes on your tongue
- 11. Look for animal tracks in the snow
- 12. Pick up litter in your school yard
- 13. Make nature art (collage, prints, rubbings)
- 14. Eat lunch outside
- 15. Play a game of tic tac toe with rocks and sticks
- 16. Make a bird feeder out of stuff in your recycling bin or found outside
- 17. Put out bird seed in the winter
- 18. Make a wildflower bouquet
- 19. Follow the journey of stormwater from your schoolyard into nearby water bodies
- 20. Learn to identify five native plants
- 21. Read a book outside
- 22. Paint a rock
- 23. Write a poem about nature, in nature
- 24. Draw a map of your neighbourhood - include natural landmarks
- 25. Adopt a tree - pick one tree and record how it changes throughout the seasons



- 26. Build a fairy home
- 27. Make a nature weave
- 28. Play I Spy
- 29. Go on a bug hunt - record what you find in your nature journal
- 30. Make tree bark rubbings in the winter
- 31. Observe snowflakes under a magnifying glass
- 32. In the winter, count all the dreys (squirrel homes) you see
- 33. Do some snow painting (use biodegradable paint or food colouring)
- 34. Look for and draw the moon in each of its phases
- 35. Estimate the age of a tree - count the whorls
- 36. Go cloud watching
- 37. Search for winter berries but leave them for the birds
- 38. Look for a winter bird
- 39. Spot a bird's nest
- 40. Find and identify four different pinecones
- 41. Collect and compare seeds from ten different plants and trees
- 42. Plant a flower, tree or vegetable
- 43. Start a rock collection
- 44. Look for worms after it rains
- 45. Make a sundial using rocks and a stick
- 46. Go on an alphabet nature scavenger hunt
- 47. Participate in a Schoolyard Bird Blitz with Birds Canada
- 48. Build a Chimney Swift nest
- 49. Make a soil shake
- 50. Use snow to sculpt a face on a tree while incorporating features like knots, burrs and scars

