

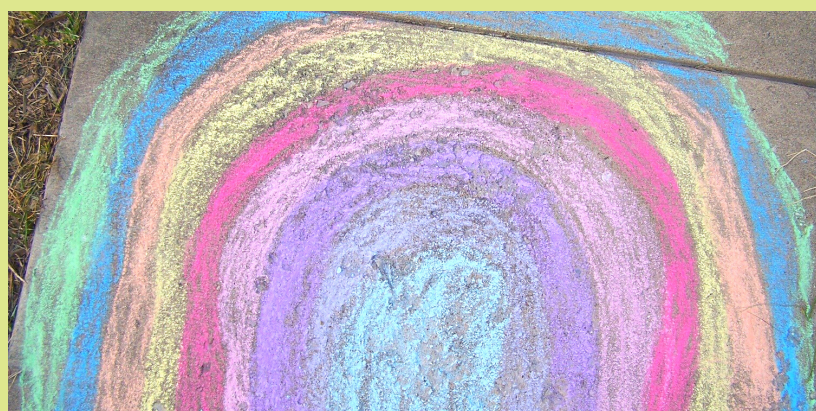
# 15 FUN IDEAS OUTDOORS WITH YOUR FAMILY WHILE SOCIAL DISTANCING

Getting outside to enjoy fresh air and exercise, while maintaining distance from other people during this time, supports our physical and mental health. Of course, family walks are wonderful, but uncertain times also call for creativity. Here are some ideas for fun outdoor family adventures!

1. **Build a fort.** Use snow, branches, cardboard, old blankets, or other things you have on hand. Your fort can be a great place to play restaurant or café and enjoy a healthy snack together.
2. **Ride bikes.** Now is a great time to explore new bike trails in your community.
3. **Make snow art.** We are coming into spring, but we may still have some snowy days. Snow people are old news – try making snow elk, snow dolphins, and more! When the snow is gone, mud art is another option.
4. **Go on a scavenger hunt.** Make your own, let the kids come up with ideas, or find one online. Now is a good time for spring scavenger hunts.
5. **Go for a picnic.** Pack up some snacks or a meal, a blanket or towel to sit on, and enjoy your food outdoors together.
6. **Do a silly photoshoot.** Make funny faces, or even craft your own props. Send the photos to family and friends to include others in the fun!
7. **Get active with the classics.** Play a game of tag, kick-the-can, hide-and-seek, duck, duck, goose, or other classic favorites.
8. **Get artsy.** Bring your favorite art materials outside and draw, paint, or shape from clay what you see.



9. **Storytime.** Spending time outdoors does not always mean being active. Enjoy family storytime, and get kids involved by having them read or act out the story.
10. **Staycation.** If you have a backyard or access to an appropriate space, pitch a tent and enjoy a staycation! You could stay for a short period of time, or even spend the night in the backyard.
11. **Look up.** See what shapes you can find in the clouds or stars. Talk about what you see and draw it.
12. **Start a garden.** Gardening can be a great way to enjoy tasty vegetables, learn about plants, and be active. If you do not have space for a garden, you can still consider growing plants in containers. Later, you can preserve the food you grow with Preserve Smart.
13. **Get out the chalk.** Use chalk in the driveway or a sidewalk area without pedestrian or bike traffic to draw, play hangman, or make your own game of hopscotch or four corners. You can also challenge yourselves to invent your own games!
14. **Blow bubbles.** Get moving by chasing bubbles when the weather is warm.
15. **Become a neighborhood naturalist.** Do you ever wonder about the names of the plants, animals, mountains, or constellations you see? Learning about nature can improve our appreciation, and now is a great opportunity to learn! Check out free apps like Seek by iNaturalist, Peaklens, and SkyView.



**While enjoying these activities, remember to protect your health and other's health by keeping your distance.**