

# Experience, Explore & Get Outdoors!

A year long calendar designed to connect  
children with nature!

## How to use this Calendar

This calendar is meant to help childcare providers get children outside and engage in exploratory natural play every day of the year. The simple activities make it easy for childcare providers to use. Feel free to adjust activities to fit your children's needs and your children's interests!

It would be beneficial for every child to have their own nature journal. This would allow them to keep a record of activities and drawings. To make a simple journal, punch holes in scrap paper and attach it to a stick.

To help build the diversity and scope of the fun outside activities for the children, plan field trips to orchards, community gardens, zoos and nature centers. Invite guest speakers such as Master Gardeners, Master Naturalists, Park Naturalists, Biologists, Fish Hatchery Technicians, or farmers. There are many wonderful organizations that would be excited to partner with childcare providers!

Most importantly, **let the children explore** and **encourage them to ask questions**.

For healthy snack ideas and a book list, see the resource pages found at the back of this calendar.

Now go outside and explore!



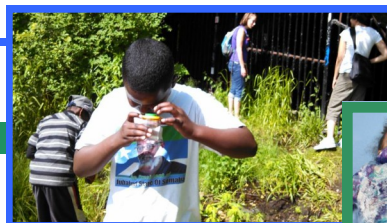
<http://www.mnprojectgo.org/>

## Project Get Outdoors Background

Project GO was founded in the fall of 2005 to facilitate outdoor experiences that develop healthy kids and increase environmental stewardship behaviors.

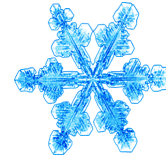
Project GO helps communities throughout Minnesota to develop after-school and summer programs that link kids and adult volunteers to nature experiences in their local communities.





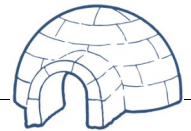

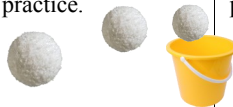








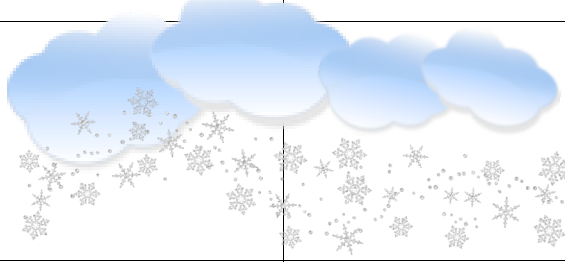

Our vision is to create a world in which all kids, everyday, spend time outdoors. These programs will link youth and caring adult volunteers to exploration, play and reflection in nature so children grow to be healthy, comfortable outdoors, and knowledgeable about their land and community throughout their lives. This contact with nature will provide physical, mental, and social health benefits to all participants, and citizens will demonstrate environmental stewardship behaviors.





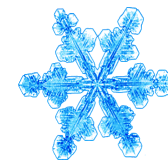
# January











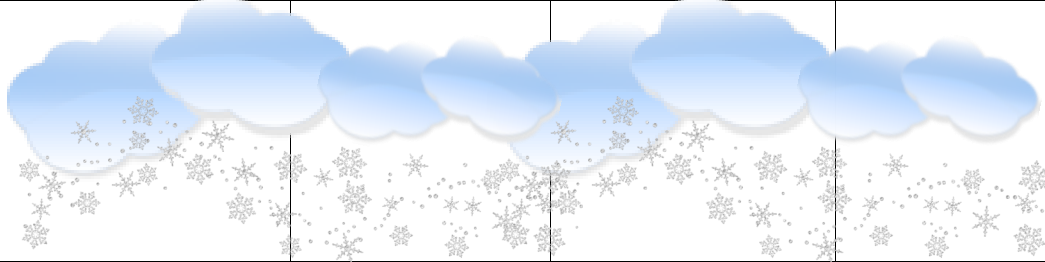



<p>1 <i>Track Animals in the snow.</i> Search for animal tracks and try to guess who was there.</p> 	<p>2 <i>Toss around Snowballs.</i> Set up buckets for throwing Snowballs. Hang one on a tree branch and play basketball.</p> 	<p>3 <i>Reenact a winter themed story.</i> Act out the winter story outside.</p>	 <p>4 <i>Make impressions in the snow.</i> Make a snow angel. Make impressions of different animals.</p>	<p>5 <i>Go 'Ice Fishing'.</i> Have the kids find a stick to use as their pole. Add string and a magnet. Take them fishing for paper fish with paper-clips.</p> 	<p>6 <i>Try Winter Bowling.</i> Freeze water balloons with water infused with food coloring. Freeze 4-6 hours. Remove the balloon and use the ice ball as your bowling ball. Set up objects as pins. Now bowl!</p>	<p>7 <i>Build an Igloo.</i> You can do this with snow or try building a mini igloo with ice cubes, add food coloring for color!</p> 
<p>8 <i>Take your kids on a Shape Hike.</i> Have them point out all the different shapes, or ask them to only look for items that are a specific shape.</p>	<p>9 <i>I Spy...</i> Take the kids outside. Choose a letter and ask the kids to name all the items they see in the area beginning with that letter.</p> 	<p>10 <i>Big and Small.</i> Have the kids search for something big and small. Practice taking big and small steps.</p>	<p>11 <i>Target Practice.</i> Set up targets or paint a target in the snow for snowball target practice.</p> 	<p>12 <i>Find Pairs.</i> Have kids search for two of the same kinds of things, acorns, pinecones, sticks, etc.</p>	<p>13 <i>Follow the Leader: Animal Noises.</i> The leader makes an animal noise and everybody else repeats it, switch the leader so everyone gets a turn.</p> 	<p>14 <i>Play Catch!</i></p> 
<p>15 <i>Play a game of Hide-and-Seek outside.</i></p> 	<p>16 <i>Attach a yard stick to a pole.</i> Measure each snowfall.</p>	<p>17 <i>Act like an Animal of your Choosing.</i> Take turns guessing what animal the others are acting out.</p> 	<p>18 <i>Sing a Song.</i> Ask the kids to dance like specific animal then call out different animals as the song goes on.</p>	<p>19 <i>Acting out Animal Facts.</i> Share animal facts with kids and have them act like the animals mentioned.</p>	<p>20 <i>Food Chain.</i> Go on a hike and have the kids pick up different items, afterwards ask them what animals might eat their items, or how they can be used.</p>	<p>21 <i>Spiders!</i> Play the "Spider and Flies" tag Game. Look for signs of spiders inside!</p> 
<p>22 <i>Help the Earth.</i> Pick up any trash you see on today's walk.</p> 	<p>23 <i>Simon Says: Nature Themed.</i> Say things like... act like a tree, hop like a rabbit, fall like a leaf, etc.</p> 	<p>24 <i>Winter Counting.</i> Have kids find 24 winter items. Help them count the items out.</p>	<p>25 <i>Binocular Extravaganza!</i> Make binoculars out of toilet paper rolls or use your hands, go on a park or backyard safari with your binoculars.</p>	<p>26 <i>Aging a Pine Tree.</i> Go on a hike and find a pine tree, to age it just count the number of branch layers! What was the oldest tree you found?</p>	<p>27 <i>Animal Homes.</i> Ask kids to pretend to be an animal. Now have them find a place that would be a good home for that animal and talk about it.</p>	<p>28 <i>Hike around and see what animals are out and about.</i></p> 
<p>29 <i>Cloud-ing Around.</i> Watch the clouds and have the kids act like clouds.</p>	<p>30 <i>Stick Pick-up.</i> Pick up sticks on a hike with the kids. Set the sticks up in a 'stick jumping course' and have the kids jump through it.</p>	<p>31 <i>Revisit a favorite activity from this month.</i></p>				



# February



<p><b>1 Animal Calling.</b> Take turns with the kids making animal calls and repeating each other, guess what animal it is.</p>	<p><b>2 Build a Winter Fort!</b></p> 	<p><b>3 Set off on a Nature Scavenger Hunt.</b> Put a list of natural items together for the kids to find.</p>	<p><b>4 Bury an item outside and draw a map for children to follow, using natural landmarks!</b></p> 	<p><b>5 Rockin' Nature.</b>  Form a 'nature band' using natural items as your instruments, get creative!</p>	<p><b>6 Adopt a Tree.</b> Pick a tree to observe throughout the year. Write what you see going on in and around your tree. Name it.</p>	<p><b>7 Edible Snowman.</b> Be a friend to the birds by dressing your snowman up with yummy treats for them.</p> 
<p><b>8 Create a Nature Notebook.</b> Have children draw natural items on pieces of paper. Help them identify the items/animals. Staple the pages and they have their very own nature notebook!</p>	<p><b>9 Try out different ways of keeping warm.</b> Put on extra layers, run around, etc. Talk about different ways animals stay warm.</p>	<p><b>10 Gauge the Snow.</b> Place a few jars in different spots around the grounds, after it snows compare how much was collected in each jar.</p>	<p><b>11 Observe your Snowy Surroundings!</b> Play outside and before you go in pick an item from outside to draw once you get inside.</p>	<p><b>12 Foraging Animals.</b> On today's hike, look for signs of animals feeding.</p> 	<p><b>13 Tree Scrapbooking.</b> Visit your adopted tree, make a bark rubbing and write down observations in your tree's scrapbook.</p>	<p><b>14 Happy Valentine's Day!</b> Cut out cardboard hearts, spread peanut butter, sprinkle birdseed on them, and hang them up for the birds!</p> 
<p><b>15 Go on a search for Snow Fleas.</b> On a warmer winter day look in sunny spots for pepper looking snow fleas. Watch them carefully and you may see them jumping!</p>	<p><b>16 Play games outside in the snow.</b> Tag, Polar bears and Penguins (sharks and minnows), etc.</p> 	<p><b>17 Icicle Hunting.</b> On today's hike you will be looking for icicles. How many can you find? Compare their sizes. Ask what causes icicles to grow?</p>	<p><b>18 Go outside and listen to the birds.</b> Can you see who is making the sounds? Try to identify the different birds.</p> 	<p><b>19 Organizing Animals.</b> On your walk look for animals, jot down those you see. Group them by number of legs, fur, feathers, or scales.</p>	<p><b>20 Search for animals on today's walk.</b> When you find an animal, ask the children what people may use it for. Discuss, food, clothing, pets, etc.</p>	<p><b>21 Night Time.</b> Pretend it is night, ask the kids what would be different. Play a game of 'Marco Polo', with the 'it' person blindfolded.</p>
<p><b>22 Find Bird Nests.</b> Hike around and search for old bird nests, feel free to use gloves to collect bird nests and inspect them more closely.</p> 	<p><b>23 Create your own animal.</b> Talk about the imaginary animals, what they like to eat, what they like to do, where they live, and what they sound like.</p>	<p><b>24 Designs in Nature.</b> On today's hike, see what patterns and designs you can find in nature. Take pictures or sketch them.</p>	<p><b>25 Play Snow Pie Tag, also known as "Fox and Geese".</b> Draw a large pie diagram in the snow. Players must stay on the diagram paths.</p>	<p><b>26 Tree Types.</b> On your walk, look at the trees. Some are green and others have no leaves. Talk about coniferous and deciduous trees.</p>	<p><b>27 Go on an imaginary Cave Exploration.</b> What do you see in the cave? Get down and crawl through the low parts of the 'cave'.</p> 	<p><b>28 Revisit a favorite activity from this month.</b></p>
<p><b>29 It's a Leap Year!</b> Sit quietly apart, close your eyes and listen to nature. After several minutes share with each other what you heard. How did the sounds make you feel?</p>						

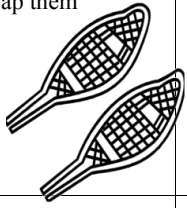




# March



**1 Snowshoeing.** Construct snowshoes out of shoe boxes and lids. Strap them to the kids' feet, and go for a hike.



**2 Animal Pairs.** Tell kids what animal they will be, only have 2 of each animal. Have the kids make their animal call and try to find their partner.

**3 Winter Olympics.** Set up different courses and games outside.



**4 Snow Snakes.** Decorate sticks 2-3 feet, these are your snow snakes. Race them, see who can throw theirs the farthest, hit a target, and best design. This is a traditional Native American Winter sport.



**5 Mystery Objects.** Collect natural items to be placed in brown paper lunch bags. Have the children keep their eyes closed as they reach in the bag and feel the item. Can they guess what is in the bag?

**6 Build Snowmen and Snow-women along with Snow-animals!**



**7 Age a Pine Tree.** Go on a hike and find a pine tree, to age it just count the number of branch layers! What was the oldest tree you found?

**8 Nature Collage.** Have the kids collect natural items that can then be assembled into a collage.

**9 Owls.** Play a game of freeze tag where the 'it' person is an owl and the others are mice. Talk about owls, including how they are nocturnal and eat their prey whole.

**10 Snow-obstacle Course.** Set up an obstacle course made of snow!

**11 Take off on a Snowy Scavenger Hunt.** Look for natural items or hide specific items for the kids to find.



**12 Play Snow Pie Tag,** also known as "Fox and Geese". Draw a large pie diagram in the snow. Players must stay on the diagram paths.

**13 Track Animals in the snow.** Search for animal tracks and try to guess who was there.



**14 Paint the Snow.** Use spray bottles filled with colored water to create works of art in your yard or at the park!



**15 Try your very best to Catch Snowflakes on your tongue and in your hands!**

**16 Toss around Snowballs.** Set up buckets or targets for a snowball toss.



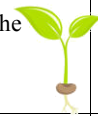
**17 Reenact a winter themed story.** Act out the winter story outside.

**18 Make impressions in the snow.** Make a snow angel. Make impressions of different animals.

**19 Winter Counting.** Have kids find 19 winter items. Chat with them about winter.

**123456...**

**20 Plant a Seed.** Plant seeds with kids, talk about plant growth. Have the kids act like a growing plant.



**21 Feed the Birds!** Collect pine cones on a hike, cover them in peanut butter, roll them in birdseed and hang them up for the birds!

**22 Mimic a Bird.** Observe a bird and act like it. If you were a bird where would you fly to first?



**23 Go on a Gathering Mission.** Give the kids a specific item to find and gather or have them gather things they find interesting.

**Take a Hike.** Go out and explore nature!



**25 Take your kids on a Shape Hike.** Have them point out all the different shapes, or ask them to only look for items that are a specific shape.

**26 I Spy...** Take the kids outside. Choose a letter and ask the kids to name all the items they see in the area beginning with that letter.

**27 Target Practice.** Set up targets for children to throw balls into.



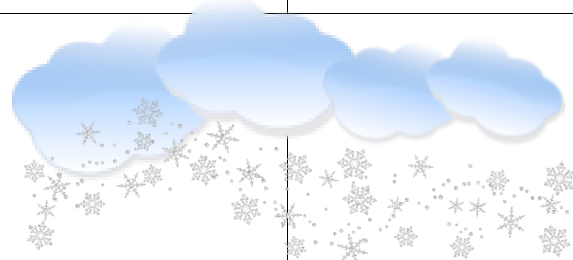
**28 Find the Pairs.** Have kids search for two of the same kinds of things, leaves, acorns, flowers etc.

**29 Follow the Leader: Animal Noises.** The leader makes an animal noise and everybody else repeats it, switch the leader so everybody gets a turn!

**30 Set up an Obstacle Course.** Get kids to crawl, roll, hop, climb, etc.



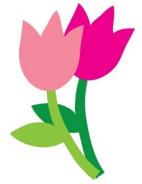
**31 Revisit a favorite activity from this month.**

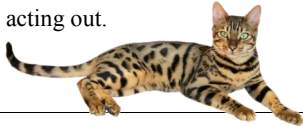







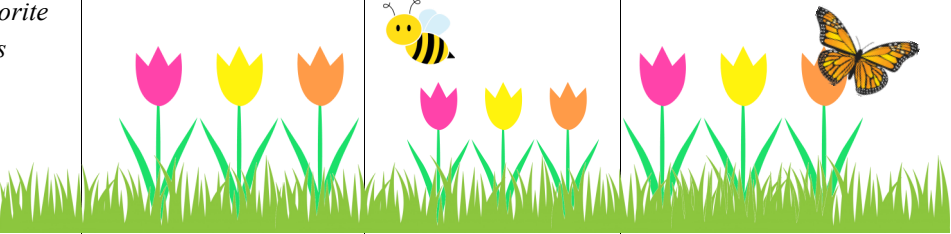


**Project Get Outdoors**  
Experience Explore & Get Outdoors



# April



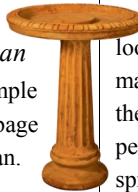




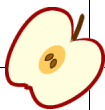


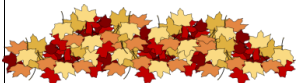
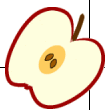
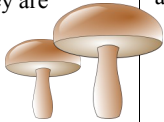








<p>1 <i>Act like an Animal of your choosing.</i> Take turns guessing what animal the others are acting out.</p> 	<p>2 <i>Sing a Song.</i> Ask the kids to dance like a specific animal then call out different animals as the song goes on.</p>	<p>3 <i>Reenact a spring themed story.</i> Try to act out the spring story outside.</p> 	<p>4 <i>Simon Says: Nature Themed.</i> Say things like... act like a tree, hop like a rabbit, fall like a leaf, etc.</p>	<p>5 <i>Binocular Extravaganza!</i> Make binoculars out of toilet paper rolls or use your hands. Go on a park or backyard safari with your binoculars. Find buds on trees.</p> 	<p>6 <i>Spring Counting.</i> Have kids find 6 of a specific spring item. Chat with them about spring.</p>	<p>7 <i>Animal Homes.</i> Ask kids to pretend to be an animal. Now have them find a place that would be a good home for that animal and talk about it.</p>
<p>8 <i>Stick Pick-up.</i> Pick up sticks on a hike with the kids. Set the sticks up in a 'stick jumping course' and have the kids jump through it.</p>	<p>9 <i>Motions of Weather.</i> Have the kids act out different types of weather (snow, rain, storms, earthquake, etc.).</p> 	<p>10 <i>Acting out Animal Facts.</i> Share animal facts with kids and have them act like the animals mentioned.</p>	<p>11 <i>Go on a hike and collect rocks of all sizes.</i> Have the kids sort the rocks and pick a rock to paint.</p> 	<p>12 <i>Create a Nature Notebook.</i> Have children draw natural items on pieces of paper. Help them identify the items/animals. Staple the pages and they have their very own nature notebook!</p>	<p>13 <i>Set off on a Nature Scavenger Hunt.</i> Put a list of natural items together for the kids to Find.</p> 	<p>14 <i>Bury an item outside and draw a map for children to follow, using natural landmarks!</i></p>
<p>15 <i>Paint in the Rain!</i> Have children paint on a white piece of paper with water colors in the rain. Watch as the rain enhances their paintings!</p>	<p>16 <i>Rockin' Nature.</i> Form a 'nature band' using natural items as your instruments, get creative!</p> 	<p>17 <i>Tree Scrapbooking.</i> Visit your adopted tree, make a bark rubbing/ leaf rubbing and write down observations in your tree's scrapbook.</p>	<p>18 <i>Build a Spring Fort!</i></p> 	<p>19 <i>Trash to Treasure.</i> Collect twigs and dried grass and place in a flower pot. Watch to see if birds take items to use in their nests. Add pieces of thread and narrow strips of cloth.</p>	<p>20 <i>Food Chain.</i> Go on a hike and have the kids pick up different items, afterwards ask them what animals might eat their items.</p>	<p>21 <i>Play a game of Hide-and-Seek outside.</i></p> 
<p>22 <i>Get out the chalk and Hop Scotch!</i></p> 	<p>23 <i>Take your kids on a Color Hike.</i> Have them point out all the different colors, or ask them to only look for items of one color.</p>	<p>24 <i>Splash in the Rain Puddles.</i></p> 	<p>25 <i>Froggy Fun.</i> Play a game of leap frog. Afterwards, search for frogs.</p> 	<p>26 <i>Rainbows.</i> Go on a hike and look for the colors of the rainbow, have children point to the different colored objects.</p>	<p>27 <i>Animal Calling.</i> Take turns with the kids making animal calls and repeating each other, guess what animal it is.</p>	<p>28 <i>Play a game of sardines (reverse hide and seek, one hider and multiple seekers).</i></p>
<p>29 <i>Leaf/Twig Tag.</i> Play tag, but after a person is tagged, they do not become it right away, instead they pick up a leaf/twig and continue playing until they have 3 their hand, then they are it.</p>	<p>30 <i>Revisit a favorite activity from this month.</i></p>					



# May

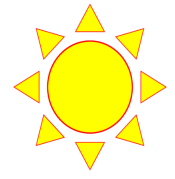
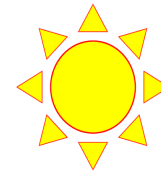


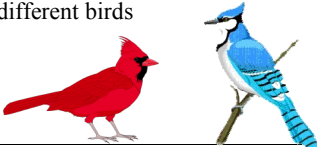






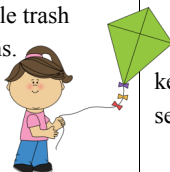

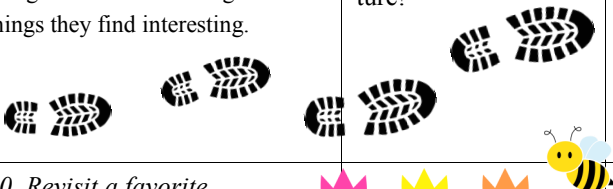


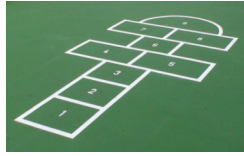


<p>1 <i>Search for Toads in the area.</i> Afterwards play a game of Leap Toad (Leap Frog).</p> 	<p>2 <i>Shadow Prints.</i> Find a few natural items to place on a dark piece of construction paper. Leave in sun all day, remove items and see the prints.</p>	<p>3 <i>Snakes!</i> Wriggle a jump rope on the ground back and forth, act like it's a snake. The kids have to jump over the snake without landing on it, it they do, they're out.</p> 	<p>4 <i>Catch the Rain.</i> Place a few jars out in different spots for collecting rain. After a rainfall compare how much was collected in the jars.</p>	<p>5 <i>Set up a Bird Bath outside and see who comes to clean up!</i> It can be as simple as an upturned garbage lid on a garbage can.</p> 	<p>6 <i>Create a Spring Mural.</i> Take a walk outside and look around. Have the kids make observations and draw them on a large piece of paper. Talk about the changes spring brings.</p>	<p>7 <i>First Signs of Spring.</i> Go on a hike and see how many signs of spring you can find!</p> 
<p>8 <i>State Symbol Scavenger Hunt.</i> On today's hike search for MN's state symbols. For state symbols visit <a href="http://www.leg.state.mn.us/leg/symbols.aspx">http://www.leg.state.mn.us/leg/symbols.aspx</a></p>	<p>9 <i>Create your own animal.</i> Talk about the imaginary animals, what they like to eat, what they like to do, where they live, and what they sound like.</p>	<p>10 <i>Organizing Animals.</i> On your walk look for animals, jot down those you see. Group them by number of legs, fur, feathers, or scales.</p>	<p>11 <i>Search for Bird Feathers.</i> Try to guess what kind of bird they came from.</p> 	<p>12 <i>Go on a Ladybug hunt.</i> How many can you find? You can even take pictures and upload them to Cornell University's "Ladybug Project" site.</p>	<p>13 <i>Go on a Salamander Hike.</i> Search in damp warm places, under logs and leaves.</p> 	<p>14 <i>Get your rain gear out and walk in the rain.</i></p> 
<p>15 <i>On today's hike ask kids to point out animal homes.</i> Talk about the baby animals that might live there. Ask, do the babies hatch from eggs?</p> 	<p>16 <i>Finding Fern Fiddleheads.</i> On today's hike search for fiddleheads. You can steam them as a side dish or chill them and put them on a salad!</p> 	<p>17 <i>Seeking Seedlings.</i> Go outside and search for baby trees/seedlings. How many can you find? Can you tell what kind of tree seedling they are?</p> 	<p>18 <i>Search for animals on today's walk.</i> When you find an animal, ask the children what people may use it for. Discuss, food, clothing, pets, etc.</p>	<p>19 <i>Looking at Leaf Litter.</i> On today's walk search for leaf litter, poke through it, what do you see?</p> 	<p>20 <i>Night Time.</i> During the day pretend it is night, ask the kids what would be different. Play a game of 'Marco Polo', with the 'it' person blindfolded.</p>	<p>21 <i>Look for Textured Rocks.</i> Take paper and crayons and make rock rubbings. Talk about the different textures.</p>
<p>22 <i>Painting with Food.</i> Cut some fruits and veggies up, use them as stamps. Place them in paint and then stamp them onto paper. Talk about fruits and veggies.</p> 	<p>23 <i>Designs in Nature.</i> On today's hike, see what patterns and designs you can find in nature. Take pictures or sketch them.</p>	<p>24 <i>Paint in the Rain!</i> Have children paint on a white piece of paper with water colors in the rain. Watch as the rain enhances their paintings!</p>	<p>25 <i>Go on a Mushroom Hunt.</i> Look up the mushrooms you find to see if they are edible.</p> 	<p>26 <i>Mystery Crop.</i> Dig up some earth and place it in a paper cup or pot, water it and see what grows.</p> 	<p>27 <i>Color hardboiled eggs with crayons.</i> Hide the eggs outside for the kids to find. Talk about camouflage and how other animals like to eat bird eggs too!</p> 	<p>28 <i>Play a game of "Fishermen and Fishes" Sharks and Minnows.</i> Talk about fishing and fish.</p>
<p>29 <i>Go on a Wildflower Hike.</i> Avoid picking wildflowers so others can enjoy them too. What color are the flowers? Do they smell good?</p>	<p>30 <i>Try your hand at building a bird nest.</i> Was it difficult? Birds only have beaks and feet to weave their nests!</p> 	<p>31 <i>Revisit a favorite activity from this month.</i></p>				



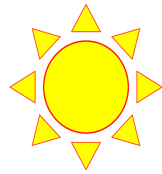
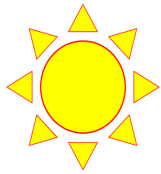


# June

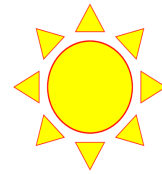
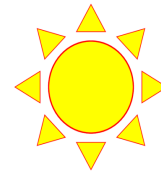
















<p>1 Sit quietly apart, close your eyes and listen to nature. After several minutes share with each other what you heard. How did the sounds make you feel?</p>	<p>2 Go outside and listen to the birds. Can you see who is making the sounds? Try to identify the different birds</p> 	<p>3 We're going on a Worm Hunt. After a spring rain, look for worms. Watch the worms in action, can you wriggle like a worm?</p>	<p>4 Learning about Leaves. Talk about the 2 main types of leaves, netted and parallel veins. Go for a walk and see if you can find examples of both.</p>	<p>5 Visit a Puddle. Talk about how it got there. Find natural items to place in the puddle. Ask the kids which ones they think will float and which ones will sink. Test it out!</p> 	<p>6 Play in the Dirt. Let the kids dig in the dirt, build towns and get dirty!</p> 	<p>7 An Amazing Amphibian Adventure! Search for frogs, toads, salamanders and other amphibian friends. Play a game of "Leap Frog" while you are at it.</p>
<p>8 Read Outside!</p> 	<p>9 Rain Senses. Stand outside where you can listen to the rain, how does it make you feel? Now let the rain fall on your face, how does it feel?</p>	<p>10 Get Muddy!</p> 	<p>11 Spring Counting. Have kids find 11 of a specific spring item. Chat with them about spring coming to an end.</p>	<p>12 Experience Camping. Set up a tent or sheet tent in the yard, pretend you are camping. Ask the kids to build a stick pile for the imaginary fire.</p> 	<p>13 "Bat and Moths". Play this game (Marco Polo) with the Bat being blindfolded, the moths must stay in place.</p> 	<p>14 Construct a Raft. Have the kids find natural items to build a raft with. After building the rafts test them out on the water.</p>
<p>15 Go Fly a Kite! If you don't have a kite search online for simple trash bag kite patterns.</p> 	<p>16 Pinecones Hunt. Observe them and talk about their seeds hidden under the scales. When pinecones get wet they close up to keep their seeds dry. Why? Because seeds are dispersed by the wind.</p>	<p>17 Take your kids on a Shape Hike. Have them point out all the different shapes, or ask them to only look for items that are a specific shape.</p>	<p>18 Have playtime and naptime outside!</p> 	<p>19 Rhyming Reptile Romp. Search for reptiles, if you can't find any, name a couple and have the kids try to come up with words that rhyme with the names.</p>	<p>20 Revisit the Spring Mural from May 6, what has changed since then?</p>	<p>21 Feed the Birds! Collect pine cones on a hike, cover them in peanut butter, roll them in birdseed and hang them up for the birds!</p>
<p>22 Mimic a Bird. Observe a bird and act like it. If you were a bird where would you fly to first?</p>	<p>23 Go on a Gathering Mission. Give the kids a specific item to find and gather or have them gather things they find interesting.</p> 	<p>24 Take a Hike. Go out and explore nature!</p> 	<p>25 Take your kids on a Color Hike. Have them point out all the different colors, or ask them to only look for items of one color.</p>	<p>26 Wind Racing. Have kids pick a natural item to be their 'race car'. Line the items up on the starting line and they have to blow their items across the finish line.</p> 	<p>27 I Spy... Take the kids outside. Choose a letter and ask the kids to name all the items they see in the area beginning with that letter.</p>	<p>28 Get out the chalk and Hop Scotch!</p> 
<p>29 Big and Small. Have the kids search for something big and small. Practice taking big and small steps.</p>	<p>30 Revisit a favorite activity from this month.</p> 					<p>Project Get Outdoors Experience Explore &amp; Get Outdoors</p> 

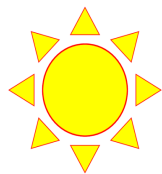
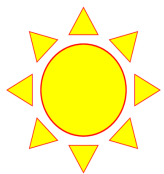




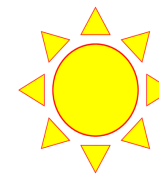
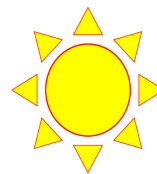
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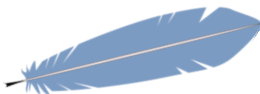





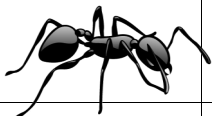


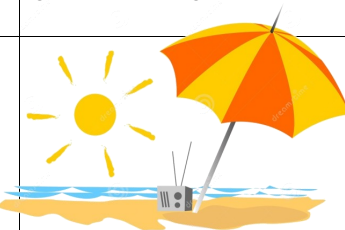




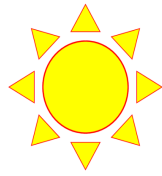
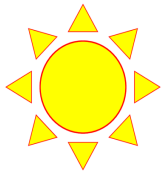
<p><b>1 Tree Types.</b> On your walk today, look at the different trees. Some have needles and some have leaves. Talk about coniferous and deciduous trees.</p>	<p><b>2 Follow the Leader: Animal Noises.</b> The leader makes an animal noise and everybody else repeats it, switch the leader so everyone gets a turn.</p> 	<p><b>3 Set up an Obstacle Course.</b> Get kids to crawl, roll, hop, climb, etc.</p>	<p><b>4 Assemble an Underwater Viewer.</b> Rubber band plastic wrap around a paper towel tube and take it to a pond/river. Stick it in the water and look around.</p>	<p><b>5 Act like an Animal of your choosing.</b> Take turns guessing what animal the others are acting out.</p> 	<p><b>6 Reenact a summer themed story.</b> Try to act out the summer story outside.</p>	<p><b>7 Simon Says: Nature Themed.</b> Say things like... act like a tree, hop like a rabbit, fall like a leaf, etc.</p>
<p><b>8 Summer Counting.</b> Have kids find 8 of a specific summer item. Chat with them about summer.</p> 	<p><b>9 Rainbows.</b> Go on a hike and look for the colors of the rainbow, have children point to the different colored objects.</p> 	<p><b>10 "River Races".</b> Go to a river or make a water chute, using a hose and plastic tarp. Have the kids each mark a stick as theirs and then race them down the chute!</p>	<p><b>11 Race Bugs!</b> Have the kids go on a bug hunt to find their racing bug. Trace a small circle in the center of a large circle. Put the bugs in the center circle and whichever one exits the larger circle first, wins!</p> 	<p><b>12 Animal Homes.</b> Ask kids to pretend to be an animal. Now have them find a place that would be a good home for that animal and talk about it.</p>	<p><b>13 Go on a search for Butterflies!</b></p> 	<p><b>14 Cloud-ing Around.</b> Watch the clouds and have the kids act like clouds.</p>
<p><b>15 Move like a River.</b> Ask kids to act how they think a river acts. Talk about how a river moves normally or when it hits the shore or rock, etc.</p>	<p><b>16 Animal Calling.</b> Take turns with the kids making animal calls and repeating each other, guess what animal it is.</p>	<p><b>17 Build a Summer Fort!</b></p> 	<p><b>18 Set off on a Nature Scavenger Hunt.</b> Put a list of natural items together for the kids to find.</p>	<p><b>19 Shadow Print.</b> Find a few natural items to place on a dark piece of construction paper. Leave in sun all day, remove items and see the prints.</p>	<p><b>20 Bury an item outside and draw a map for children to follow, using natural landmarks!</b></p>	<p><b>21 Bubbles.</b> Make your own, find recipes online.</p> 
<p><b>22 Rockin' Nature.</b> Form a 'nature band' using natural items as your instruments, get creative!</p> 	<p><b>23 Tree Scrapbooking.</b> Visit your adopted tree, make a bark rubbing/ leaf rubbing and write down observations in your tree's scrapbook.</p>	<p><b>24 Trash to Treasure.</b> Collect twigs and dried grass and place in a flower pot. Watch to see if birds take items to use in their nests. Add pieces of thread and narrow strips of cloth.</p>	<p><b>25 Create a Nature Notebook.</b> Have children draw natural items on pieces of paper. Help them identify the items/animals. Staple the pages and they have their very own nature notebook!</p>	<p><b>26 Be on the lookout for Milkweed.</b> Break a leaf or stalk in two, does anything come out? Why is this plant named Milkweed?</p>	<p><b>27 Play Catch!</b></p> 	<p><b>28 Raisins.</b> Place grapes in the sun, protect them from critters. After a few hours check them, what happened?</p>
<p><b>29 Nut Hunt.</b> Collect nuts with the kids. Talk about what animals like to eat nuts. Leave a pile near a window to see who comes.</p>	<p><b>30 Leaf Rubbings.</b> Have the kids collect a handful of leaves. Try to identify them. Make leaf rubbings with crayons/colored pencils and paper.</p> 	<p><b>31 Revisit a favorite activity from this month.</b></p> 	 			



# August








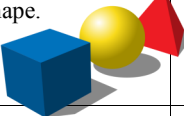



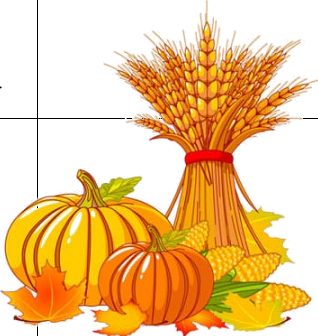
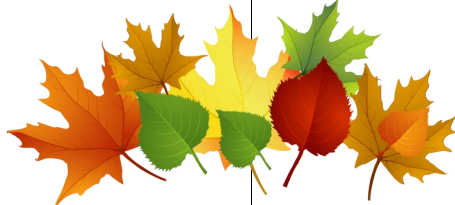



<p>1 <i>Go on an imaginary Cave Exploration.</i> What do you see in the cave? Get down and crawl through the low parts of the 'cave'...</p> 	<p>2 <i>Snakes!</i> Wiggle a jump rope back and forth, act like it's a snake. The kids have to jump over the snake without landing on it, it they do, they're out.</p> 	<p>3 <i>Search for Toads in the area.</i> Afterwards play a game of Leap Toad (Leap Frog)</p> 	<p>4 <i>Catch the Rain.</i> Place a few jars out in different spots for collecting rain. After a rainfall compare how much was collected in the jars.</p> 	<p>5 <i>Set up a Bird Bath outside and see who comes to clean up!</i> It can be as simple as an upturned garbage lid on a garbage can.</p> 	<p>6 <i>Paint in the Rain!</i> Have children paint on a white piece of paper with water colors in the rain. Watch as the rain enhances their paintings!</p>	<p>7 <i>Organizing Animals.</i> On your walk look for animals, jot down those you see. Group them by number of legs, fur, feathers, or scales.</p>
<p>8 <i>Search for Bird Feathers.</i> Try to guess what kind of bird they came from.</p> 	<p>9 <i>Go on a Ladybug hunt.</i> How many can you find? You can even take pictures and upload them to Cornell University's "Ladybug Project" site.</p> 	<p>10 <i>Go on a Salamander Hike.</i> Search in damp warm places, under logs and leaves.</p>	<p>11 <i>Get your rain gear out and walk in the rain.</i></p> 	<p>12 <i>On today's hike ask kids to point out animal homes.</i> Talk about the baby animals that might live there. Ask, do the babies hatch from eggs?</p>	<p>13 <i>Night Time.</i> Pretend it is night, ask the kids what would be different. Play a game of 'Marco Polo', with the 'it' person blindfolded.</p>	<p>14 <i>Look for Textured Rocks.</i> Take paper and crayons and make rock rubbings. Talk about the different textures.</p> 
<p>15 <i>Painting with Food.</i> Cut some fruits and veggies up, use them as stamps. Place them in paint and then stamp them onto paper. Talk about fruits and veggies.</p>	<p>16 <i>Create your own animal.</i> Talk about the imaginary animals, what they like to eat, what they like to do, where they live, and what they sound like.</p>	<p>17 <i>Designs in Nature.</i> On today's hike, see what patterns and designs you can find in nature. Take pictures or sketch them.</p>	<p>18 <i>Help the Earth.</i> Pick up any trash you see on today's walk.</p> 	<p>19 <i>Play a game of Fishermen and Fishes</i> "Sharks and Minnows." Talk about fishing and fish.</p> 	<p>20 <i>Go on a Wildflower Hike.</i> Avoid picking wildflowers so others can enjoy them too. What color are the flowers? Do they smell good?</p>	<p>21 <i>Tree Ponderings.</i> Look at all the different trees, big and small, what do/could people use them for? Paper, fire, furniture, jewelry, building houses, etc.</p>
<p>22 <i>Ant Behavior.</i> Spend time watching the ant on the sidewalk. Imagine you are an ant, where would you go, what would you be doing?</p> 	<p>23 <i>Zoomed in on Nature.</i> Have the kids place their cutout hand or foot on the ground, on a tree, etc and look underneath. What do they find in those small areas?</p>	<p>24 <i>Natural Textures.</i> Give your kids paper and a crayon and have them make rubbings of different textured natural items. Describe the textures.</p> 	<p>25 <i>Experience Camping.</i> Set up a tent or sheet tent in the yard, pretend you are camping. Ask the kids to build a stick pile for the imaginary fire.</p> 	<p>26 <i>Mystery Objects.</i> Collect natural items to be placed in brown paper lunch bags. Have the children keep their eyes closed as the reach in the bag and feel the item. Have them guess what it might be!</p> 	<p>27 <i>Animal Pairs.</i> Tell kids what animal they will be, only have 2 of each animal. Have the kids make their animal call and try to find their partner.</p> 	<p>28 <i>Sun Bathing.</i> Talk about how reptiles need the sun to keep warm. Have the kids find the best spots outside for a reptile to stay warm (rocks, blacktop, etc.).</p>
<p>29 <i>Rock 'n' Roll.</i> Search for lots of rocks of different sizes, textures, colors, etc. Have the kids compare their rocks.</p>	<p>30 <i>Picnic Time.</i> Enjoy a snack or your lunch outside!</p> 	<p>31 <i>Revisit a favorite activity from this month.</i></p>				



# September







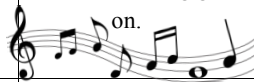


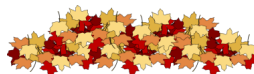
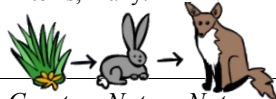




<p><b>1 Rhyming Reptile Romp.</b> Search for reptiles, if you can't find any, name a couple and have the kids try to come up with words that rhyme with the names.</p>	<p><b>2 Welcome Bugs.</b> Place a board down in the yard, revisit it several days from now to see who is living under it.</p> 	<p><b>3 Sit quietly apart, close your eyes and listen to nature.</b> After several minutes share with each other what you heard. How did the sounds make you feel?</p>	<p><b>4 Learning about Leaves.</b> Talk about the 2 main types of leaves, netted and parallel veins. Go for a walk and see if you can find examples of both.</p> 	<p><b>5 Play in the Dirt.</b> Let the kids dig in the dirt, build towns and get dirty!</p> <p>Revisit your board from September 2nd has anyone moved in?</p>	<p><b>6 Rain Senses.</b> Stand outside where you can listen to the rain, how does it make you feel? Now let the rain fall on your face, how does it feel?</p> 	<p><b>7 An Amazing Amphibian Adventure!</b> Search for frogs, toads, salamanders and other amphibian friends. Play a game of "Leap Frog" while you are at it.</p>
<p><b>8 Get Muddy!</b></p> 	<p><b>9 Read Outside!</b></p> 	<p><b>10 Nature Collage.</b> Have the kids collect natural items that can be assembled into a collage.</p>	<p><b>11 Windy Ways.</b> Have the kids listen to see if they can hear the wind. Blow bubbles, and race them (the wind). Talk about the wind and what it can do (spread seeds, move clouds, etc.)</p>	<p><b>12 Have playtime and naptime outside!</b></p> 	<p><b>13 Reenact a summer themed story.</b> Try to act out the summer story outside.</p> 	<p><b>14 Summer Counting.</b> Have kids find 14 of a specific summer item. Chat with them about summer coming to an end.</p>
<p><b>15 "River Races".</b> Go to a river or make a water chute, using a hose and plastic tarp. Have the kids each mark a stick as theirs and then race them down the chute!</p>	<p><b>16 Race Bugs!</b> Have the kids go on a bug hunt to find their racing bug. Trace a small circle in the center of a large circle. Put the bugs in the center circle and whichever one exits the larger circle first, wins!</p>	<p><b>17 Take your kids on a Shape Hike.</b> Have them point out all the different shapes, or ask them to only look for items that are a specific shape.</p> 	<p><b>18 Tree Scrapbooking.</b> Visit your adopted tree, make a bark rubbing/leaf rubbing and write down observations in your tree's scrapbook.</p>	<p><b>19 Go on a Ladybug hunt.</b> How many can you find? You can even take pictures and upload them to Cornell University's "Ladybug Project" site.</p> 	<p><b>20 Nut Hunt.</b> Collect nuts with the kids. Talk about what animals like to eat nuts. Leave a pile near a window to see who comes.</p>	<p><b>21 Play a game of Hide-and-Seek outside</b></p> 
<p><b>22 Go outside and listen to the birds.</b> Can you see who is making the sounds? Try to identify the different birds.</p> 	<p><b>23 Where is the Woolly Bear Caterpillar?</b> Search for the fuzzy brown and black banded caterpillar, how many did you find?</p>	<p><b>24 Mimic a Bird.</b> Observe a bird and act like it. If you were a bird where would you fly to first?</p>	<p><b>25 Go on a Gathering Mission.</b> Give the kids a specific item to find and gather or have them gather things they find interesting.</p>	<p><b>26 Take a Hike.</b> Go out and explore nature!</p> 	<p><b>27 Take your kids on a Color Hike.</b> Have them point out all the different colors, or ask them to only look for items of one color</p>	<p><b>28 Play with Bubbles.</b> Make your own, find recipes online.</p>
<p><b>29 I Spy...</b> Take the kids outside. Choose a letter and ask the kids to name all the items they see in the area beginning with that letter.</p>	<p><b>30 Revisit a favorite activity from this month.</b></p>					














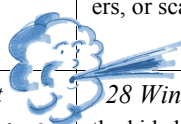
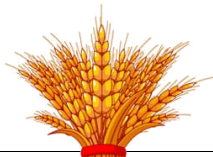
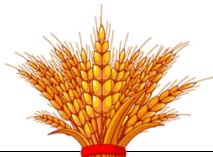
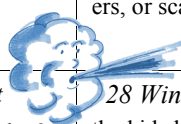
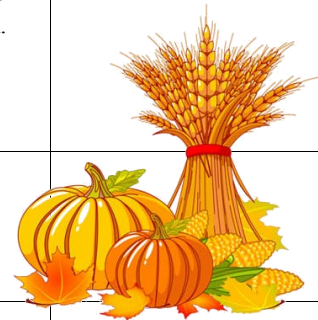

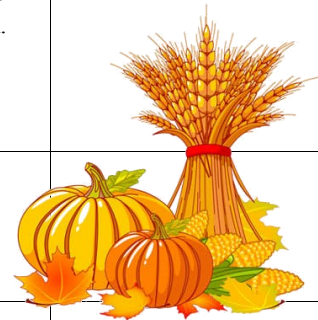



# October



<p>1 <i>Big and Small.</i> Have the kids search for something big and small. Practice taking big and small steps.</p>	<p>2 <i>Target Practice.</i> Set up targets or buckets for kids to throw balls at.</p> 	<p>3 <i>Find the Pairs.</i> Have kids search for two of the same kinds of things, leaves, acorns, flowers etc.</p>	<p>4 <i>Follow the Leader: Animal Noises.</i> The leader makes an animal noise and everybody else repeats it, switch the leader so everyone gets a turn.</p> 	<p>5 <i>Set up an Obstacle Course.</i> Get kids to crawl, roll, hop, climb, etc.</p>	<p>6 <i>Play Catch!</i></p> 	<p>7 <i>Act like an Animal of your choosing.</i> Take turns guessing what animal the others are acting out.</p>
<p>8 <i>Reenact a fall themed story.</i> Try to act out the fall story outside.</p> 	<p>9 <i>Simon Says: Nature Themed.</i> Say things like... act like a tree, hop like a rabbit, fall like a leaf, etc.</p>	<p>10 <i>Sing a Song.</i> Ask the kids to dance like a specific animal then call out different animals as the song goes on.</p> 	<p>11 <i>Binocular Extravaganza!</i> Make binoculars out of toilet paper rolls or use your hands, go on a park or backyard safari with your binoculars to find fall colors.</p> 	<p>12 <i>Fall Counting.</i> Have kids find 12 of a specific fall item. Chat with them about fall.</p>	<p>13 <i>Acting out Animal Facts.</i> Share animal facts with kids and have them act like the animals mentioned.</p>	<p>14 <i>Animal Homes.</i> Ask kids to pretend to be an animal. Now have them find a place that would be a good home for that animal and talk about it.</p> 
<p>15 <i>Jump in a pile of leaves!</i> Have the kids help pile leaves and then jump on in!</p> 	<p>16 <i>Motions of Weather.</i> Have the kids act out different types of weather (snow, rain, storms, earthquake, etc.).</p>	<p>17 <i>Stick Pick-up.</i> Pick up sticks on a hike and set them up in a 'stick jumping course' and have the kids jump through it.</p>	<p>18 <i>Food Chain.</i> Go on a hike and have the kids pick up different items, afterwards ask them what animals might eat their items, if any.</p> 	<p>19 <i>Go on a hike and collect rocks of all sizes.</i> Have the kids sort the rocks and pick a rock to paint.</p>	<p>20 <i>Play a game of sardines (reverse hide and seek, one hider and multiple seekers).</i></p>	<p>21 <i>Leaf/Twig Tag.</i> Played like traditional tag, but after a person is tagged, they do not become it right away, instead they pick up a leaf/twig and continue playing until they have 3, then they are it.</p>
<p>22 <i>Bury an item outside and draw a map for children to follow, using natural landmarks!</i></p> 	<p>23 <i>Paint in the Rain!</i> Have children paint on a white piece of paper with water colors in the rain. Watch as the rain enhances their paintings!</p>	<p>24 <i>Rockin' Nature.</i> Form a 'nature band' using natural items as your instruments, get creative!</p>	<p>25 <i>Create a Nature Notebook.</i> Have children draw natural items on pieces of paper. Help them identify the items/animals. Staple the pages and they have their very own nature notebook!</p>	<p>26 <i>State Symbol Scavenger Hunt.</i> On today's hike search for MN's state symbols. For state symbols visit <a href="http://www.leg.state.mn.us/leg/symbols.aspx">http://www.leg.state.mn.us/leg/symbols.aspx</a></p>	<p>27 <i>Assemble a Scarecrow.</i></p> 	<p>28 <i>Looking at Leaf Litter.</i> On today's walk search for leaf litter, the layer of leaves on the ground. Poke through the leaves, did you find insects or any small critters?</p>
<p>29 <i>Seed Search.</i> On today's walk have the kids search for plant seed. Talk about different seeds and how they travel.</p>	<p>30 <i>Pumpkin Head.</i> Take a pumpkin and create a face for it with different food items, using toothpicks to assemble it.</p>	<p>31 <i>Revisit a favorite activity from this month.</i></p> 				

# November

<p><i>1 Grass Gazing.</i> Lay a foot of string across the grass, pretend to be a small creature hiking along the rope. What do you see?</p>	<p><i>2 Leaf Rubbings.</i> Have the kids collect a handful of leaves. Try to identify them. Make leaf rubbings with crayons and paper.</p>	<p><i>3 Music Hike.</i> Listen to nature and the music it makes. Collect natural items and construct your own musical instruments.</p> 	<p><i>4 Leaf Crowns.</i> Help kids assemble crowns by piercing the stem of one leaf into another, until you have a circle.</p>	<p><i>5 Mystery Crop.</i> Dig up some earth and place it in a paper cup or pot, water it and see what grows.</p> 	<p><i>6 Find Bird Nests.</i> Hike around and search for old bird nests, feel free to use gloves to collect bird nests and inspect them more closely.</p>	<p><i>7 Play a game of "What Time is it Mr. Fox?"</i>. Talk about foxes, how they live in dens, their babies are called kits and they are secretive.</p> 
<p><i>8 Find the Pairs.</i> Have kids search for two of the same kinds of things, leaves, acorns, flowers etc.</p> 	<p><i>9 Try your hand at building a bird nest</i> Was it difficult? Birds only have beaks and feet to weave their nests!</p> 	<p><i>10 Visit a Puddle.</i> Talk about how it got there. Find natural items to place in the puddle. Ask the kids which ones they think will float and which ones will sink. Test it out!</p>	<p><i>11 Bat and Moth.</i> Play this game (Marco Polo) with the Bat being blindfolded, the moths must stay in place. Talk about bats, particularly how they hibernate during the winter.</p> 	<p><i>12 Construct a Raft.</i> Have the kids find natural items to build a raft with. After building the rafts test them out on the water.</p> 	<p><i>13 Zoomed in on Nature</i> Have the kids place their cutout hand or foot on the ground, on a tree, etc and look underneath. What do they find in those small areas?</p>	<p><i>14 Feed the Birds!</i> Collect pine cones on a hike, cover them in peanut butter, roll them in birdseed and hang them up for the birds!</p> 
<p><i>15 Wind Racing.</i> Have kids pick a natural item to be their 'race car'. Line the items up on the starting line and they have to blow their items across the finish line.</p>	<p><i>16 Helicopter Races.</i> Collect Maple Helicopter seeds. Have the kids throw them up and see whose stays in the air the longest.</p> 	<p><i>17 Cranberry Drop.</i> Hide Cranberries outside for kids to find. Now test the freshness of the cranberries by dropping them on a wood or tile floor, if they bounce they are fresh!</p> 	<p><i>18 Animal Calling.</i> Take turns with the kids making animal calls and repeating each other, guess what animal it is.</p>	<p><i>19 Build a Fall Fort!</i></p> 	<p><i>20 Set off on a Nature Scavenger Hunt.</i> Put a list of natural items together for the kids to find.</p> 	<p><i>21 Organizing Animals.</i> On your walk look for animals, jot down those you see. Group them by number of legs, fur, feathers, or scales.</p>
<p><i>22 Night Time.</i> Pretend it is night, ask the kids what would be different. Play a game of 'Marco Polo', with the 'it' person blindfolded.</p>	<p><i>23 Seasonal Decorating with Nature.</i> Collect natural items to make centerpieces and decorations for the upcoming festivities.</p> 	<p><i>24 Create your own Animal.</i> Talk about the imaginary animals, what they like to eat, what they like to do, where they live, and what they sound like.</p>	<p><i>25 Designs in Nature.</i> On today's hike, see what patterns and designs you can find in nature. Take pictures or sketch them.</p>	<p><i>26 Help the Earth.</i> Pick up any trash you see on today's walk.</p> 	<p><i>27 Learning about Leaves.</i> Talk about the 2 main types of leaves, netted and parallel veins. Go for a walk and see if you can find examples of both.</p>	<p><i>28 Windy Ways.</i> Have the kids listen to see if they can hear the wind. Blow bubbles, and race them (the wind). Talk about the wind and what it can do (spread seeds, move clouds, etc.).</p> 
<p><i>29 Make a Corn Husk Doll.</i></p> 	<p><i>30 Revisit a favorite activity from this month.</i></p>					


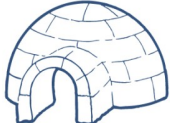
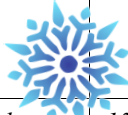







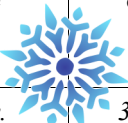

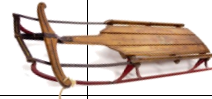






# December





<p>1 <i>Play a game of Hide-and-Seek outside.</i></p> 	<p>2 <i>Build an Igloo.</i> You can do this with snow or try building a mini igloo with ice cubes, add food coloring for color!</p> 	<p>3 <i>Read Outside!</i></p>	<p>4 <i>Natural Textures.</i> Give your kids paper and a crayon and have them make rubbings of different textured natural items. Describe the textures.</p>	<p>5 <i>Reenact a winter themed story.</i> Try to act out the winter story outside.</p> 	<p>6 <i>Take your kids on a Color Hike.</i> Have them point out all the different colors, or ask them to only look for items of one color.</p>	<p>7 <i>Sit quietly apart, close your eyes and listen to nature.</i> After several minutes share with each other what you heard. How did the sounds make you feel?</p>
<p>8 <i>I Spy...</i> Take the kids outside. Choose a letter and ask the kids to name all the items they see in the area beginning with that letter.</p>	<p>9 <i>Follow the Leader: Animal Noises.</i> The leader makes an animal noise and everybody else repeats it, switch the leader so everyone gets a turn.</p> 	<p>10 <i>Set up an Obstacle Course.</i> Get kids to crawl, roll, hop, climb, etc.</p>	<p>11 <i>Tree Scrapbooking.</i> Visit your adopted tree, make a bark rubbing and write down observations in your tree's scrapbook.</p>	<p>12 <i>Track Animals in the snow.</i> Search for animal tracks and try to guess who was there.</p> 	<p>13 <i>Try Winter Bowling.</i> Freeze water balloons with water infused with food coloring. Freeze 4-6 hours. Remove the balloon and use the ice ball as your bowling ball. Set up objects as pins and bowl!</p>	<p>14 <i>Take your kids on a Shape Hike.</i> Have them point out all the different shapes, or ask them to only look for items that are a specific shape.</p>
<p>15 <i>Hike around and see what animals are out and about.</i></p> 	<p>16 <i>Try out different ways of keeping warm.</i> Put on extra layers, run around, etc. Talk about different ways animals stay warm.</p> 	<p>17 <i>Observe your Snowy Surroundings!</i> Play outside and before you go in pick an item from outside to draw once you get inside.</p>	<p>18 <i>Gauge the Snow.</i> Place a few jars in different spots around the yard, after it snows compare how much was collected in each of the jars.</p> 	<p>19 <i>Go on a search for Snow Fleas.</i> On a warmer winter day look in sunny spots for pepper looking snow fleas. Watch them carefully and you may see them jumping!</p>	<p>20 <i>Edible Snowman.</i> Be a friend to the birds by dressing your snowman up with yummy treats for them!</p> 	<p>21 <i>Build Snowmen and Snow-women along with Snow-animals.</i></p> 
<p>22 <i>Take off on a Snowy Scavenger Hunt.</i> Look for natural items or hide specific items for the kids to find.</p> 	<p>23 <i>Seasonal Decorating with Nature.</i> Collect natural items to make centerpieces and decorations for the upcoming festivities.</p>	<p>24 <i>Try your very best to Catch Snowflakes on your tongue and in your hands!</i></p>	<p>25 <i>Feed the Birds!</i> Collect pine cones on a hike, cover them in peanut butter, roll them in birdseed and hang them up for the birds!</p> 	<p>26 <i>Construct a Snow Fort!</i> Or an entire snow village.</p>	<p>27 <i>Mimic a Bird.</i> Observe a bird and act like it. If you were a bird where would you fly to first?</p> 	<p>28 <i>Go Sledding!</i> Find a hill or just pull each other around on a sled.</p>
<p>29 <i>Paint the Snow.</i> Use spray bottles filled with colored water to create works of art in your yard or at the park!</p>	<p>30 <i>Go on a Gathering Mission.</i> Give the kids a specific item to find and gather or have them gather things they find interesting.</p>	<p>31 <i>Revisit a favorite activity from this month.</i></p>				



# Story Books

- 1) *A Camping Spree With Mr. Magee* by Chris Van Dusen
- 2) *A Fawn in the Grass* by Joanne Ryder
- 3) *A Nest Full of Eggs* by Priscilla Belz Jenkins
- 4) *A Pair of Socks* by Stuart J. Murphy
- 5) *A Pet Named Sneaker* by Joan Heilbroner
- 6) *A Rainbow of My Own* by Don Freeman
- 7) *A Tree is Nice* by Janice May Udry
- 8) *A Walk in the Rain* by Sarah Vazquez
- 9) *A Walk in the Rain* by Ursel Scheffler
- 10) *A Warm Winter Tail* by Carrie A Pearson
- 11) *Aaaarrgghh! Spider!* By Lydia Monks
- 12) *ABCs of Animal Dances* by Vanessa Estelle Salgado
- 13) *About Amphibians: A Guide for Children* by Deborah J Short, Josefina Tinajero and Alfredo Schifini,
- 14) *About Birds: A Guide for Children, 2nd Edition* by Cathryn Sill
- 15) *About Insects: A Guide for Children* by Cathryn P. Sill
- 16) *About Mammals: A Guide for Children* by Cathryn P. Sill
- 17) *Alphabet Under Construction* by Denise Fleming
- 18) *Animal Actions* by Julia Donaldson
- 19) *Animal Naps* by Catherine Ham
- 20) *Animal Sounds* by Golden Books
- 21) *Animals (Baby Touch and Feel)* by DK Publishing
- 22) *Animals in Winter* by Henrietta Bancroft
- 23) *Animals Keeping Warm (animal photo essays)* by Jane Burton
- 24) *Annie and the Wild Animals* by Jan Brett
- 25) *Are You a Butterfly?* By Judy Allen
- 26) *Are You a Ladybug? (Backyard Books)* by Judy Allen
- 27) *Are you a Spider? (Backyard Books)* by Judy Allen
- 28) *Are You an Ant? (Backyard Books)* by Judy Allen
- 29) *Are You My Mother?* by P.D. Eastman
- 30) *Are You Ready to Play Outside? (An Elephant and Piggie Book)* by Mo Willems
- 31) *Art* by Patrick McDonnell
- 32) *Astonishing Animals (Record Breakers)* by Anita Ganeri
- 33) *Aw, Nuts!* By Rob McClurkan
- 34) *Baby Animals (Little Golden Book)* by Garth Williams
- 35) *Baby Animals* by National Geographic Kids
- 36) *Barnyard Dance!* by Sandra Boynton
- 37) *Bat Loves the Night: Read and Wonder* by Nicola Davies
- 38) *Bats at the Library* by Brian Lies
- 39) *Bats* by Gail Gibbons
- 40) *Beaches and Bicycles: A Summer Counting Book* by Rebecca F. Davis
- 41) *Big and Small* by Britta Teckentrup
- 42) *Big and Small* by Elizabeth Bennett
- 43) *Big Bug, Little Bug* by Paul Stickland
- 44) *Big Night for Salamanders* by Sarah Marwil Lamstein
- 45) *Birds* by Kevin Henkes
- 46) *Birds of a Different Feather* by Kelley Wendel
- 47) *Birdsongs* by Betsy Franco
- 48) *Bright Baby Touch and Feel Winter* by Roger Priddy
- 49) *Brown Bear, Brown Bear, What Do You See* by Bill Martin Jr. and Eric Carle
- 50) *Bubble Bubble* by Mercer Mayer
- 51) *Bubble Trouble* by Margaret Mahy
- 52) *Bugs Galore* by Peter Stein
- 53) *Bugs! Bugs! Bugs!* by Bob Barner
- 54) *Bugs, Beetles, and Butterflies* by Harriet Ziefert
- 55) *Busy Bugs; A Book About Patterns* by Jayne Harvey
- 56) *Busytown Boat Race* by Richard Scarry
- 57) *Butterfly Colors and Counting* by Jerry Pallotta
- 58) *By Pond and River* by Arabella Buckley
- 59) *Can I Play Too? (An Elephant and Piggie Book)* by Mo Willems
- 60) *Catch the Ball* by Eric Carle
- 61) *Caves (Landforms)* by Cassie Mayer
- 62) *Cheers for a Dozen Ears: A Summer Crop of Counting* by Felicia Sanzari Chernesky
- 63) *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault
- 64) *Cleaning up Litter (Help the Environment)* by Charlotte Guillain
- 65) *Clouds (Le's-Read-and-Find-Out Science 1)* by Anne Rockwell
- 66) *Come On, Rain!* By Karen Hesse
- 67) *Count Down to Fall* by Fran Hawk
- 68) *Countdown to Spring! An Animal Counting Book* by Janet Schulman
- 69) *Curious George at the Baseball Game* by H. A. Rey and Margret Rey
- 70) *Curious George Builds an Igloo* by H. A. Rey
- 71) *Curious George Flies a Kite* by H.A. Rey and Margaret Rey
- 72) *Curious George Goes Camping* by Margret Rey and H.A. Rey
- 73) *Curious George Home Run* by H. A. Rey
- 74) *Diary of a Worm* by Doreen Cronin
- 75) *Dirt Boy* by Eric Jon Slingerup
- 76) *Dirt on My Shirt: Selected Poems* by Jeff Foxworthy
- 77) *Dirt: The Scoop on Soil* by Natalie M. Rosinsky
- 78) *Disney Bunnies: Thumper Finds a Friend* by Disney Book Group
- 79) *Disney's Little Einsteins: Music of the Meadow* by Susan Ring

# Story Books Continued

- 80) *Double Trouble Groundhog Day* by Bethany Roberts
- 81) *Downhill Fun: A Counting Book About Winter* by Michael Dahl
- 82) *Duck Tents* by Lynne Berry
- 83) *Elmer's Weather* by David McKee
- 84) *Erick's Hungry Winter* by Lois L. Sando
- 85) *F is for Fiddlehead: A New Brunswick Alphabet* by Marilyn Lohnes
- 86) *Fabulous Fishes* by Susan Stockdale
- 87) *Fall is Here: Counting 1 to 10* by Pamela Jane
- 88) *Fall Leaves* by Loretta Holland
- 89) *Fall Leaves Fall* by Zoe Hall
- 90) *Feathers: Not Just for Flying* by Melissa Stewart
- 91) *Feel the Wind* by Arthur Dorros
- 92) *Fine Feathered Friends: All About Birds* by Tish Rabe (Cat in the Hat Learning Library)
- 93) *Flowers and Showers: A Spring Counting Book* by Rebecca F. Davis
- 94) *Flowers Are Calling* by Rita Gray
- 95) *Footballs and Falling Leaves: A Fall Counting Book* by Rebecca F Davis
- 96) *Four Hungry Kittens* by Emily Arnold McCully
- 97) *Fox in Socks* by Dr. Seuss
- 98) *Foxes (Welcome to the World of)* by Diane Swanson
- 99) *Franklin Plants a Tree* by Paulette Bourgeois
- 100) *Frederick* by Leo Lionni
- 101) *Frog and Toad Are Friends* by Arnold Lobel
- 102) *Frog and Toad* books by Arnold Lobel
- 103) *Frog on a Log* by Phil Roxbee Cox
- 104) *From Pinecone to Pine Tree* by Ellen Weiss
- 105) *From Seed to Maple Tree: Following the Life Cycle* by Laura Salas
- 106) *From Seed to Pine Tree* by Suzanne Slade
- 107) *Fun in the Mud* by Anna Prokos
- 108) *Gobble It Up! A Fun Song About Eating!* By Jim Arnosky (book and CD)
- 109) *Grandfather Twilight* by Barbara Helen Berger
- 110) *Green Eggs and Ham* by Dr. Seuss
- 111) *Gus & Gertie and the Lucky Charms* by Diane deGroat and Joan Lowery Nixon
- 112) *Gusts and Gales* by Josepha Sherman
- 113) *Hello, Bugs!* By Smriti Prasadam
- 114) *Hello, Minnesota!* By Constance Van Hoven and David Walker
- 115) *Hello, Red Fox* by Eric Carle
- 116) *Hey, Little Ant* by Phillip M. Hoose
- 117) *Hide and Seek* by Taro Gomi
- 118) *Hide and Seek Harry Around the House* by Kenny Harrison
- 119) *Home for a Bunny* by Margaret Wise Brown
- 120) *Home in the Cave* by Janet Halfmann
- 121) *Hooey Higgins and the Big Boat Race* by Steve Voake
- 122) *Hop on Pop* by Dr. Seuss
- 123) *Hopper Hunts for Spring* by Marcus Pfister
- 124) *How to Make a Bird Feeder* by RIGBY
- 125) *I Can Eat a Rainbow* by Annabel
- 126) *I Can Save the Earth!* By Alison Inches
- 127) *I Love Fall!: A Touch-and-Feel Board Book* by Alison Inches
- 128) *If It's Snowy and You Know it, Clap Your Paws!* By Kim Norman
- 129) *If You Plant a Seed* by Kadir Nelson
- 130) *Iggy Pig's Snowball Fight!* By Vivian French
- 131) *In My Nest* by Sara Gillingham
- 132) *In My Tree* (board book) by Sara Gillingham
- 133) *In the Mushroom Meadow* by Alison Inches
- 134) *In the Small, Small Pond* by Denise Fleming
- 135) *In the Snow: Who's Been Here?* By Lindsay Barrett George
- 136) *In the Tall, Tall Grass* by Denise Fleming
- 137) *It's Raining, It's Pouring* by Kin Eagle
- 138) *It's Spring* by Susan Swan
- 139) *It's Spring!* By Samantha Berger
- 140) *Jack-o-Lanterns (Fall Fun)* by Lola M. Schaefer
- 141) *Jump!* By Scott M. Fischer
- 142) *Just Like Daddy* by Cecilia Johansson
- 143) *Just Like Mommy* by Cecilia Johansson
- 144) *Keeping Warm* by Alan Rubin
- 145) *Kite Day (Bear and Mole Stories)* by Will Hillenbrand
- 146) *Kite Flying* by Grace Lin
- 147) *Kumak's Fish: A Tall Tale from the Far North* by Michael Bania
- 148) *Leaf* by Stephen Michael King
- 149) *Leaf Man* by Lois Ehlert
- 150) *Let it Fall* by Maryann Cocca-Leffler
- 151) *Let it Rain* by Maryann Cocca-Leffler
- 152) *Let it Shine* by Maryann Cocca-Leffler
- 153) *Let's Count Summer: A Fun Kids Counting Book for Children Age 2 to 5* by Alina Niemi
- 154) *Let's Find It!: My First Nature Guide* by Katya Arnold
- 155) *Let's Go Nuts!: Seeds We Eat* by April Pulley Sayre
- 156) *Let's Go Rock Collecting* by Roma Gans
- 157) *Little Bird Takes a Bath* by Marisabina Russo
- 158) *Little Cloud* by Eric Carle

# Story Books Continued

- 159) *Little Friends: Big and Small* by Roger Priddy
- 160) *Little Quack's Bath Book* by Lauren Thompson
- 161) *Llama Llama I Love You* by Anna Dewdney
- 162) *Maisy Grows a Garden* by Lucy Cousins
- 163) *Maisy's Nature Walk (A Maisy First Science Book)* by Lucy Cousins
- 164) *Mama Built a Little Nest* by Jennifer Ward
- 165) *Marsh Music* by Marianne Berkes
- 166) *Miles and Miles of Reptiles: All About Reptiles* by Tish Rabe
- 167) *Milo and the Mysterious Island* by Marcus Pfister
- 168) *Mine, All Mine!* By Claire Hawcock
- 169) *Minnesota* by Amy Van Zee
- 170) *Minnesota Facts and Symbols* by Bill McAuliffe
- 171) *Miss Maple's Seeds* by Eliza Wheeler
- 172) *Mitchell Goes Bowling* by Hallie Durand
- 173) *Mommy and Mikel Go for a Walk* by Ann Morris
- 174) *Mouse Count* by Ellen Stoll Walsh
- 175) *Mouse Paint* by Ellen Stoll Walsh
- 176) *Mouse Shapes* by Ellen Stoll Walsh
- 177) *Mouse's Summer Muddle* by Anita Loughrey
- 178) *Move!* by Robin Page
- 179) *Mr. Brown Can Moo! Can You?* by Dr. Seuss
- 180) *Mud* by Mary Lyn Ray
- 181) *Mushroom in the Rain* by Mirra Ginsburg
- 182) *Music Everywhere!* By Maya Ajmera, Elise Derstine and Cynthia Pon
- 183) *Music is for Everyone* by Jill Barber
- 184) *My Big Animal Book* by Roger Priddy
- 185) *My Jack-o'-Lantern* by Nancy Skarneas
- 186) *My Very First Book of Animal Homes* by Eric Carle
- 187) *My, Oh My -- A Butterfly!: All About Butterflies* by Tish Rabe
- 188) *Nature Close-Up - Ants* by Elaine Pasco
- 189) *Nature Close-Up - Earthworms* by Elaine Pascoe
- 190) *Nature Close-Up - Seeds and Seedlings* by Elaine Pascoe
- 191) *Night in the Country* by Cynthia Rylant
- 192) *Night Tree* by Eve Bunting
- 193) *No Two Alike* by Keith Baker
- 194) *Nothing Sticks Like a Shadow* by Ann Tompert
- 195) *Nuts* by Paula Gerritsen
- 196) *Nuts to You!* By Lois Ehlert
- 197) *Oh No, Woolly Bear!* By Patricia McFadden
- 198) *Oh Say Can You Say What's the Weather Today?: All About Weather* by Tish Rabe
- 199) *Oh Say Can You Seed?: All About Flowering Plants* by Bonnie Worth
- 200) *Oliver and Amanda and the Big Snow* by Jean Van Leeuwen
- 201) *Olivia and the Snow Day* by Farrah McDoogle
- 202) *Ollie's Valentine* by Olivier Dunrea
- 203) *One Duck Stuck: A Mucky Ducky Counting Book* by Phyllis Root
- 204) *One Fish Two Fish Red Fish Blue Fish* by Dr. Seuss
- 205) *One Frozen Lake* by Deborah Jo Larson
- 206) *One Snowy Night* by M. Christina Butler
- 207) *One Winter's Day* by M. Christina Butler
- 208) *Our Tree Named Steve* by Alan Zweibel
- 209) *Out of Sight till Tonight!: All About Nocturnal Animals* by Tish Rabe
- 210) *Outside Your Window: A First Book of Nature* by Nicola Davies
- 211) *Over and Under the Snow* by Kate Messner
- 212) *Over in a River: Flowing Out to the Sea* by Marianne Berkes
- 213) *Owl Babies* by Martin Waddell
- 214) *Owl's Winter Rescue* by Anita Loughrey
- 215) *Owls* by Gail Gibbons
- 216) *Pancakes, Pancakes!* By Eric Carle
- 217) *Penguin and Pinecone* by Salina Yoon
- 218) *Peppa Pig and the Treasure Hunt* by Candlewick Press
- 219) *Pepper: A Snowy Search* by Liam O'Donnell
- 220) *Percival the Beautiful Butterfly* by Jill Turner
- 221) *Picnic* by Emily Arnold McCully
- 222) *Picnic!: A Day in the Park (Ant Hill)* by Joan Holub
- 223) *Piggy Paints* by Jim Benton
- 224) *Pinny the Bowling Pin* by Leah Ward
- 225) *Pirate Treasure! (Zoe and Beans)* by Chloe and Mick Inkpen
- 226) *Planting a Rainbow* by Lois Ehlert
- 227) *Pooh's Leaf Pile* by Isabel Gaines
- 228) *Puddle Pug* by Kim Norman
- 229) *Puddles* by Jonathan London
- 230) *Pumpkin Jack* by Will Hubbell
- 231) *Put Me In the Zoo* by Robert Lopshire
- 232) *Quiet Bunny & Noisy Puppy* by Lisa McCue
- 233) *Rabbit's Spring Adventure (Animal Seasons)* by Anita Loughrey
- 234) *Rain* by Peter Spier
- 235) *Rain* by Robert Kalan
- 236) *Rain Rain Rivers* by Uri Shulevitz
- 237) *Rain!* By Linda Ashman
- 238) *Rainbow Fish Colors* by Marcus Pfister
- 239) *Red Leaf Yellow Leaf* by Lois Ehlert



# Story Books Continued

- 240) *Red Sled* by Lita Judge
- 241) *River Story* by Meredith Hooper
- 242) *Rivers (Natural Wonders)* by Alyse Sweeney
- 243) *Rivers (Water Habitats)* by JoAnn Early Macken
- 244) *Rosie Raccoon's Rock and Roll Raft (Animal Antics A to Z)* by Barbara deRubertis
- 245) *S is for S'mores: A Camping Alphabet* by Helen Foster James
- 246) *Scarecrow* by Cynthia Rylant
- 247) *Scrambled Eggs Super!* By Dr. Seuss
- 248) *Sid's Surprise* by Candace Carter
- 249) *Sing* by Tom Lichtenheld
- 250) *Smooth and Rough (My World of Science)* by Angela Royston
- 251) *Snow Bugs* by Susan Schade
- 252) *Snow* by Cynthia Rylant
- 253) *Snow* by Ray Mckie and P.D. Eastman
- 254) *Snow* by Uri Shulevitz
- 255) *Snow is Falling* by Franklyn M. Branley
- 256) *Snow Music* by Lynne Rae Perkins
- 257) *Snowball Fight!* By Jimmy Fallon and Adam Stower
- 258) *Snowballs* by Lois Ehlert
- 259) *Snowmen at Night* by Caralyn Buehner
- 260) *Sonder the Snow Snake* by Annie B. Fox
- 261) *Spring is Here: A Barnyard Counting Book* by Pamela Jane
- 262) *Spring Walk* by Virginia Snow
- 263) *Squirrel's Fall Search (Animal Seasons)* by Anita Loughrey
- 264) *Stanley's Stick* by John Hegley
- 265) *Stellaluna* by Janell Cannon
- 266) *Stick and Stone* by Beth Ferry
- 267) *Stick Man* by Julia Donaldson
- 268) *Sticks: EyeLike Nature* by PlayBac
- 269) *Stones: EyeLike Nature* by PlayBac
- 270) *Stranger in the Woods* by Carl
- 271) *Sunshine and Snowballs* by Margaret Wise Brown
- 272) *Swirl by Swirl: Spirals in Nature* by Joyce Sidman
- 273) *Tacky and the Winter Games* by Helen Lester
- 274) *Ten Little Ladybugs* by Melanie Gerth
- 275) *Ten on the Sled* by Kim Norman
- 276) *The Animal Dance* by Je'Taylor
- 277) *The Animals Winter Sleep* by Lynda Graham-Barber
- 278) *The Animals' Winter Sleep* by Lynda Graham-Barber
- 279) *The Ants Go Marching (Classic Books With Holes)* by Dan Crisp
- 280) *The Big Snow* by Berta and Elmer Hader
- 281) *The Big Snowball* by Wendy Cheyette Lewison
- 282) *The Biggest Leaf Pile* by Steve Metzger
- 283) *The Biggest Snowman Ever* by Steven Kroll
- 284) *The Biggest Valentine Ever* by Steven Kroll
- 285) *The Bubble Factory* by Tomie dePaola
- 286) *The Cloud Book* by Tomie de Poala
- 287) *The Egg* by Dick Bruna
- 288) *The First Day of Winter* by Denise Fleming
- 289) *The Flower Alphabet Book* by Jerry Pallotta
- 290) *The Fort that Jack Built* by Boni Ashburn
- 291) *The Frog House* by Mark Taylor
- 292) *The Frog in the Pond* by Wil Mara
- 293) *The Fruit and Veggie ABC Book (An Ed the Dragon Book)* by Mary Lee
- 294) *The Giving Tree* by Shel Silverstein
- 295) *The Great Smoky Mountain Salamander Ball* by Lisa Horstman
- 296) *The Grouchy Lady Bug* by Eric Carle
- 297) *The Icicle* by Valery Voskoboinikov
- 298) *The Letters are Lost* by Lisa Campbell Ernst
- 299) *The Listening Walk* by Paul Showers
- 300) *The Little Gardener* by Jan Gerardi
- 301) *The Little Scarecrow Boy* by Margaret Wise Brown
- 302) *The Mitten* by Jan Brett
- 303) *The Mushroom Hunt* by Simon Frazer
- 304) *The Owl Who Was Afraid of the Dark* by Jill Tomlinson
- 305) *The Parable Series: The Pine Tree Parable* by Liz Curtis Higgs
- 306) *The Perfect Nest* by Catherine Friend
- 307) *The Pine Tree Parable* by Liz Curtis Higgs
- 308) *The Pinecone Walk* by Barbara Springfield
- 309) *The Puddle* by David M. McPhail
- 310) *The Quiet Book* by Deborah Underwood
- 311) *The Raft* by Jim LaMarche
- 312) *The Rainbow Fish* by Marcus Pfister
- 313) *The Salamander Room* by Anne Mazer
- 314) *The Scarecrow's Hat* by Ken Brown
- 315) *The Secret Life of the Woolly Bear Caterpillar* by Laurence Pringle
- 316) *The Shape Of Me And Other Stuff* by Dr. Seuss
- 317) *The Snowy Day* by Ezra Jack Keats
- 318) *The Stick* by Clay Rice
- 319) *The Sun Is My Favorite Star* by Frank Asch
- 320) *The Sun: Our Nearest Star* by Franklyn M. Branley

# Story Books Continued

- 321) *The Tiny Seed* by Eric Carle
- 322) *The Treasure Hunt (Tales from Percy's Pak) (Percy the Park Keeper)* by Nick Butterworth
- 323) *The Tree* by Dana Lyons
- 324) *The Twelve Days of Winter: A School Counting Book* by Deborah Lee Rose
- 325) *The Very Busy Spider* by Eric Carle
- 326) *The Very Hungry Caterpillar* by Eric Carle
- 327) *The Very Lonely Firefly* by Eric Carle
- 328) *The Very Quiet Cricket* by Eric Carle
- 329) *The View at the Zoo* by Kathleen Long Bostrom
- 330) *The Wide-Mouthed Frog (A Pop-Up Book)* by Keith Faulkner
- 331) *The Wind Blew* by Pat Hutchins
- 332) *Things That Float and Things That Don't* by David A. Adler
- 333) *Time for Cranberries* by Lisl Detlefsen
- 334) *Tiny Pine Above Tree Line* by Erica Malouf
- 335) *Toads* by Eileen Ziesler
- 336) *Tom and Pippo Go for a Walk* by Helen Oxenbury
- 337) *Tracks in the Snow* by Wong Herbert Yee
- 338) *Treasure Island (The Illustrated Children's Library)* by Robert Louis Stevenson
- 339) *Trees, Leaves & Bark (Take Along Guides)* by Diane Burns
- 340) *V is for Viking: A Minnesota Alphabet* by Kathy-jo Wargin
- 341) *Veggie Wedgie, Fruity Tootie: A kid's guide to fruits and veggies!* By Allison Ria Duran
- 342) *Watch Pine Trees Grow* by Therese M. Shea
- 343) *We're Going on a Leaf Hunt* by Steve Metzger
- 344) *We're Going on a Picnic!* by Pat Hutchins
- 345) *We're Going to Feed the Ducks* by Margrit Cruickshank
- 346) *What Does Violet See? Snowflakes and Icicles (Baby Einstein)* by Julie Aigner-Clark
- 347) *What Makes a Shadow?* by Clyde Robert Bulla
- 348) *When We Go Camping* by Margriet Ruurs
- 349) *White Snow, Bright Snow* by Alvin Tresselt
- 350) *Whose Nest?* By Lynette Evans
- 351) *Winnie Finn, Worm Farmer* by Carol Brendler
- 352) *Wonders of Nature (Little Golden Book)* by Jane Werner Watson
- 353) *Woodpecker Forest* by Tejima, *The Best Nest* by P.D. Eastman
- 354) *Working Animals of the World (All About Animals)* by Tammy Gagne
- 355) *Zebra Stripes Go Head to Toe* by Sheryl and Simon Shapiro

## For More Great Ideas Check Out The Following Resources

*"Let's Go Outside: Outdoor Activities and Projects to Get You and Your Kids Closer to Nature"* by Jennifer Ward

*"I Love Dirt!"* by Jennifer Ward

*"Nature in a Nutshell for Kids"* by Jean Potter

*"The Kids' Nature Book: 365 Indoor/Outdoor Activities and Experiences"* by Susan Milford

*"The Kids' Outdoor Adventure Book: 448 Great Things to Do in Nature Before You Grow Up"* by Stacy Tornio and Ken Keffer

Be sure to visit your local library for more great books on nature play and nature stories!

# Healthy Snack Ideas

- 1) Cut a banana in half lengthwise, spread peanut butter or yogurt on the banana and place animal crackers on top.
- 2) Sprinkle Shredded Cheese on a tortilla shell; fold in half and microwave for 20 seconds, top with salsa.
- 3) Dip animal crackers or apple slices in flavored Greek yogurt.
- 4) Make granola energy ball bites and roll in coconut. Granola Energy Ball Recipe: <http://www.gracefullittlehoneybee.com/no-bake-energy-bites/>
- 5) Try celery sticks with a small cup of peanut butter and a small cup of goldfish. Children can dip the celery sticks in peanut butter and then in the goldfish cup to 'fish out' the crackers.
- 6) Stuff a whole-grain pita pocket with ricotta or cottage cheese and Granny Smith Apple slices. Add a dash of cinnamon.
- 7) Provide a variety of snacks and label them with the letter they begin with. Example—a bag of carrots labeled with a C, slices of apples labeled with an A, etc.
- 8) Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- 9) Cut cheese and fruit slices into shapes.
- 10) Grapes and pretzel sticks.
- 11) Fill a celery stick with cottage cheese. Place pairs of blueberries, mini pretzels and raisins on top.
- 12) Fruit kabob with different sized fruit pieces, large and small.
- 13) Toast a whole grain waffle and top with low-fat yogurt and sliced fruit.
- 14) Spread a scoop of frozen yogurt on two graham crackers and add sliced banana, put together like a sandwich.
- 15) Dip pita chips in hummus.
- 16) Make a mini-sandwich with tuna or egg salad on a dinner roll.
- 17) Dip baby carrots, bell pepper slices and cherry tomatoes in low-fat ranch dressing.
- 18) Spread peanut butter on apple slices.
- 19) Animal Crackers - Place the crackers in a food chain if you can! Provide yogurt or peanut butter to dip animal crackers in.
- 20) Spread mustard on a tortilla shell. Top with a slice of lunch meat, low-fat cheese and lettuce. Then roll it up.
- 21) Spider snacks—crackers, peanut butter and pretzel sticks. <http://amberbrunson.blogspot.com/2010/10/spider-snacks.html>
- 22) Fill cherry tomatoes with low-fat cottage cheese and sprinkle with dried dill.
- 23) Microwave a cup of tomato or veggie soup and enjoy with whole grain crackers.
- 24) Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag.
- 25) PB&J Sushi Rolls. <http://www.jif.com/recipes/details/pbj-sushi-rolls-3004>
- 26) Wheat bread with whipped cream cheese spread, sprinkled with chopped broccoli and shredded carrots.
- 27) Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
- 28) Snap pea and pretzel stick pine trees. <https://s-media-cache-ak0.pinimg.com/originals/a8/8c/aa/a88caa40272e727758102949a7e265fa.jpg>
- 29) Cauliflower and low-fat cottage cheese.
- 30) Graham crackers and Nutella, see if children can build a fort/house.
- 31) Oranges/mandarins with faces drawn on them. [http://underconstructionblog.typepad.com/under\\_construction/2010/10/halloween-fruit.html](http://underconstructionblog.typepad.com/under_construction/2010/10/halloween-fruit.html)
- 32) Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
- 33) Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
- 34) Sprinkle grated parmesan cheese on hot popcorn.
- 35) Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
- 36) Rice cakes topped with light vegetable cream cheese.
- 37) Apple sauce with animal crackers.
- 38) Warm Banana-Roll Ups. <http://www.superhealthykids.com/warm-banana-roll-ups/>
- 39) Egg Snowman. Hard boiled eggs, carrots and toothpicks. <http://www.roxyskitchen.com/egg-snowman.html>
- 40) Guacamole with pita chips.
- 41) Make granola bars and cut into heart shapes with cookie cutter. <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>
- 42) Dip mini-toaster waffles in cinnamon applesauce.
- 43) Dip veggies in low-fat cottage cheese.
- 44) Dip baked tortilla chips in bean dip. Talk about how pollinators made this snack possible!
- 45) Make fruit popsicles out of a fruit smoothie blend, frozen in Dixie cups with popsicle sticks.
- 46) Mini bagel spread with low-fat cream cheese and jam.
- 47) Pretzel and shredded carrot 'twigs' with raisins and or grapes for eggs
- 48) Wild Rice Soup and crackers. [http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#\\_a5y\\_p=1910370](http://www.twopeasandtheirpod.com/slow-cooker-chicken-and-wild-rice-soup/#_a5y_p=1910370)
- 49) Dip animal crackers in low-fat pudding.
- 50) Grape/Chip bats on cheese cube stands. <http://being808.com/2014/10/30/healthy-eats-have-your-party-guests-swarming-around-your-grape-bat-bites/>
- 51) Happy Scarecrow face toast. <http://www.joybauer.com/photo-gallery/10-kid-friendly-breakfast-ideas/Happy-Toast.aspx>





# Healthy Snack Ideas Continued

- 52) Curly Hotdog Snake. <http://www.cbc.ca/bestrecipes/recipes/curly-hotdog-snakes>
- 53) String Cheese Snowmen. <http://www.nobiggie.net/string-cheese-snowmen/>
- 54) Breakfast Owl. Toast, peanut butter with sliced strawberry wings and beak, banana slices and blueberry eyes and cheerio belly feathers. <http://www.cheerios.com/SevenDays-six.aspx>
- 55) Baked Kale Chips. <http://growing-minds.org/baked-kale-chips/>
- 56) Cinnamon-Sugar Snowflakes. <http://happyhooligans.ca/cinnamon-sugar-snowflakes/>
- 57) String cheese and mixed nuts.
- 58) Veggie Hummus Pita. <http://www.parents.com/pregnancy/my-body/nutrition/prenatal-meal-plan/?rb=Y#page=8>
- 59) Zucchini Parmesan Crisps. <http://damndelicious.net/2014/02/24/zucchini-parmesan-crisps/>
- 60) Rainy Day Fruit Plate. <http://redtri.com/how-about-cookie-food-art/slide/11/#slide>
- 61) Pretzel Stick roll ups. <http://www.culinary.net/articles/features/FutureDetail.aspx?ID=1470>
- 62) Teddy Bear Toast. <http://www.craftymorning.com/teddy-bear-toast-healthy-kids-breakfast/>
- 63) Rainbow fruit kabobs. <http://cf.iheartnaptime.net/wp-content/uploads/2013/07/50-BEST-Kids-Lunch-and-Snack-Ideas-8.jpg>
- 64) Blueberry Muffins and Milk. (They are the State Muffin and State Drink!)
- 65) Strawberries and Cream Sandwich. <http://alidaskitchen.com/2012/06/16/strawberries-and-cream-sandwiches/>
- 66) Tomato and olive ladybug. <http://www.tasteofhome.com/recipes/ladybug-appetizers>
- 67) Steamed Fiddleheads with parmesan cheese.
- 68) Hardboiled eggs.
- 69) Fruit Salamanders. <https://s-media-cache-ak0.pinimg.com/originals/f5/e2/15/f5e21585ac63750e01633c275126b190.jpg>
- 70) Chicken Fingers. <http://www.fitnessmagazine.com/recipes/lunch/lighten-up-healthy-chicken-fingers-recipe/>
- 71) Fruits and Veggies.
- 72) Strawberry Muffins. <http://growing-minds.org/strawberry-muffins/>
- 73) Fruit and cracker pizza. <http://www.sunshineandhurricanes.com/easy-fruit-and-cracker-pizzas/>
- 74) Hardboiled eggs and or grapes.
- 75) Tuna salad cucumber bites. <http://www.healingandeating.com/2014/07/tuna-salad.html>
- 76) Cheese sticks and crackers.
- 77) Goldfish Crackers and Orange Slices. <http://www.creativefun4you.com/?p=705>
- 78) Carrot stick, celery, low-fat ranch dressing flower. <http://www.momtastic.com/food/400333-12-fun-healthy-snacks-for-kids/?slideshow=351#/slide/6>
- 79) Salsa and chips.
- 80) Carrot Cake Oatmeal Cookie. [http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm\\_medium=viraltag-content-network&utm\\_source=viraltag-post&utm\\_campaign=Viraltag](http://amyshealthybaking.com/blog/2014/10/10/carrot-cake-oatmeal-cookies/?utm_medium=viraltag-content-network&utm_source=viraltag-post&utm_campaign=Viraltag)
- 81) Blueberry Cheesecake Bites. <http://www.gimmesomeoven.com/easy-blueberry-cheesecake-bites-recipe/>
- 82) Dirt Dessert... Healthy Style. <http://www.thechirpingmoms.com/2013/03/this-weeks-giveaway-happy-family-food.html>
- 83) Frozen Yogurt Mud Pies. <http://www.cindysrecipesandwritings.com/frozen-yogurt-mud-pies-sundaysupper/>
- 84) Graham cracker kites. <http://becauseisaidsoandothermommyisms.blogspot.com/2011/03/windy-day-snack.html>
- 85) Kiwi and grape turtles. <https://www.pinterest.com/pin/361765782545917051/>
- 86) Pinecone snack. <http://www.handmadecharlotte.com/recipe-snowy-pinecone-snacks/>
- 87) Pretzel rods and peanut butter.
- 88) Peaches and yogurt.
- 89) Cubed cantaloupe, honeydew and watermelon.
- 90) Vegetable bug on cheese and cracker. <http://www.allexterminators.com/kids/healthy-snacks-for-kids-who-love-bugs/>
- 91) Butterfly Snacks. A snack baggie, separated into 2 sections by a clothespin in the middle (butterfly's body). <http://www.jugglingwithkids.com/2012/01/butterfly-snacks.html>
- 92) Fish in the River. Celery stalks with low fat cream cheese and goldfish crackers. <http://www.food.com/recipe/fish-in-the-river-156929>
- 93) Strawberry cream cheese sandwich. [http://www.eatingwell.com/recipes\\_menus/recipe\\_slideshows/healthy\\_kids\\_snacks\\_recipes?slide=3#/leaderboardad](http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_kids_snacks_recipes?slide=3#/leaderboardad)
- 94) Mixed nut snack.
- 95) Sliced apples, babybel cheese and fruit leather. <http://www.cutefoodforkids.com/2011/10/22-very-hungry-caterpillar-inspired.html>
- 96) Grapes and Raisins
- 97) Ants on a Log. <http://catchmyparty.com/photos/667998>
- 98) Apple slices turkey. <http://frugalnewenglandkitchen.com/getting-kids-to-eat-apples-healthy-apple-snacks-recipes-pinterest/>



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\*\*Snack Ideas gathered from the American Diet Association, Lil Sprouts Cook Book by Carla A. Pederson and Rynetta Renford, and Pinterest.

This project was made possible by the help  
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