

365 OUTDOOR ACTIVITY GUIDE

Complete 300+ activities and be entered to win
TETON Sports \$3,000 ultimate camping setup

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Animals

- Bird Watch
- Take a pet, *preferably yours*, for a walk
- Identify animal tracks
- Feed some fowl
- Photo bomb with an animal
- Identify three birds by sound
- Catch a fish
- Take inventory of your native bugs
- Relax outside and watch the squirrels
- Look for bats
- Look at a bug with a magnifying glass
- Practice a native animal call
- Observe some geese or other birds
- Listen for owls
- Keep a journal of animals and birds
- Visit an animal rescue/sanctuary
- Ride an animal that is not a horse
- Make a bird feeder and watch
- Dig for worms
- Take a picture with a spider
- Observe a bird's nest
- Find 3 different kinds of butterflies
- Identify bugs you see
- Visit a local beehive

Campfire

- Dance around a campfire
- Roast marshmallows
- Whittle your own marshmallow sticks
- Tell scary campfire stories
- Chop some wood
- Sing campfire songs
- Try campfire popcorn

- Start a fire without a match
- Practice ways to safely start a fire
- Gather kindling from deadfall
- Make a fire from only natural materials
- Start a fire with flint and steel
- Roast a starburst over a fire
- Make a fire in the snow
- Enjoy a campfire with your family or friends
- Get creative:* Douse a fire

Camping

- Sleep out in a hammock
- Go car camping
- Camp in a new area
- Build a shelter to sleep in
- Enjoy a backyard campout
- Go car camping
- Sleep out under the stars
- Camp out in the cold
- Sleep out on a trampoline
- Camp without a tent
- Camp with someone who never has

Events

- Make a water lantern or participate in a festival
- Participate in an organized race
- Try a tough MUDder *(or organize your own)*
- Go for a hay ride
- Plan a scavenger hunt
- Check off an outdoor bucket list item

- Have a snow/ice sculpture contest
- Participate in a tug of war
- Fly paper airplanes outside
- Participate in an Earth Day activity
- Organize a chalk art event and stroll
- Compete with your friends on an obstacle course

Explore

- Find a geocache
- Watch the solar eclipse (6.10.20)
- Get creative:* Bigfoot sighting
- Discover a new urban trail
- Create art with natural materials you find
- Visit a state park
- Identify animal skat
- Find a natural arch
- Go to a new state park
- Visit a national park
- Go to a new park
- Read a book while at your favorite national/state park
- Hike at a state park
- Camp at a national park
- Discover a new trail
- Invent a new S'mores recipe
- Find and identify cool rocks
- Create art with natural materials
- Create art with pinecones and acorns
- Walk in a dried up river bed
- Learn about and look for an animal you've never seen

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- Find something wild with binoculars
- Stand in two states at once
- Watch the sunrise and sunset today
- Visit the beach
- Visit a unique geological formation in your area
- Visit a state or national monument
- Try Canyoning
- Find a storm
- Try rock climbing or bouldering
- Go spelunking
- Find a waterfall
- Go on an adventure with a map and compass
- Rappel down a cliff
- Tour a working farm
- Enjoy the view from a high vantage point

Hiking

- Make trail mix and take it to the trail
- Carry a flag to the top of a mountain
- Climb higher than you ever have
- Practice yoga in the mountains
- Explore behind a waterfall
- Go on a color tour of autumn leaves
- Dress up like an animal and go for a walk/hike
- Practice being safe on a trail
- Watch a sunset from a peak
- Take a hike/walk with hot chocolate in tow
- Summit a new peak
- Go on a hike and practice first aid scenarios
- Take a first aid kit with you on a hike
- Do a sunrise hike
- Improve a local trail
- Meet someone new on a trail
- Climb something outside and savor the view
- Hunt for antler sheds
- Take pictures of wildflowers

Interpretive

- Harness the wind
- Music in the Outdoors
- Splash
- Balance
- "Roll with it"
- Swap feet for hands
- Get low
- Do it silently
- Eyes closed
- Holding hands
- Bug out
- Listen
- Get wild!
- Discover your inner child
- Single file
- Tri This
- Shiny
- Can't catch me
- I'm the gingerbread man
- Giving walk
- Balance
- Slow-mo
- In the shadows
- Launch it
- Blindfolded
- Look, no hands
- Lounge
- Scary forest
- Eye spy

Little Things

- Dig your toes in the sand
- Find a new smell outdoors
- Turn over a rock
- Caption a cloud
- Practice hand stands in a field or on the beach
- Take ten deep breaths outdoors
- Pick up 10 pieces of trash at your favorite local park
- Pick up trash on a walk
- Make a cairn on an existing trail
- Carve pumpkins outdoors

- Look at something old in a new way
- Identify and name cloud formations
- Read John Muir in the woods
- Enjoy the holiday lights on foot
- Take a picture of your breath
- Find some snow fleas
- Stretch outside
- Take a picture of your favorite cloud shape
- Show us your best four leaf clover (3.17.22)
- Build your own nest
- Walk barefoot outside and connect to the earth
- Lie in the grass
- Read under your favorite tree

Local

- Watch a sunrise
- Outdoor Yoga
- Venture outside, no headphones
- Read outside by candle or flashlight
- Practice pull ups using tree limb or outside bar
- Go to an outdoor farmer's market
- Write a poem about the outdoors, outdoors
- Attend a local festival or city celebration
- Watch a movie outdoors
- Swing kettlebell outside in your yard
- Practice yoga outdoors at dawn
- Attend an outdoor concert
- Skateboard at a local park
- Climb a tree or monkey bars
- Watch a scary movie outdoors
- Visit a pumpkin patch
- Get lost in a maze
- Pick apples or another fruit at an orchard
- Rake some autumn leaves
- Play tag with some kids

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- People watch at a busy location
- Walk 5,000 steps in one take
- Walk your neighborhood's steepest hill
- Visit a local nature center
- Ride a Ferris wheel with someone
- Discover a new park bench
- Walk/jog to your nearest water source
- Walk around the block
- Take a picture outdoors at noon
- Shovel someone's walk
- Invite a neighbor to go on a walk
- Share a pie outdoors (3.14.22)
- Spruce up and organize your patio and yard
- Relax outside while you read a book about nature
- Visit a dog park
- Take a walk in the rain
- Practice yoga in your front yard
- Meditate outdoors at sunrise
- Work in a community garden
- Help someone with their yard work
- Visit someone else's garden

Nighttime

- Listen to outdoor sounds at night
- Find something other than a star in the sky
- Make a wish on a star
- Find a shooting star
- Take a picture of the milky way
- Make up a new constellation and name it
- Name a star
- Go on a night hike
- Play scary night games
- Watch the solar eclipse (6.10.21)
- Dance under the full moon
- Take a walk by candlelight
- Light luminaries outdoors
- Identify constellations in the night sky
- Snowshoe or hike under the full moon
- Play sardines

Other

- Hug someone on a hike
- Practice the 7 principles of 'Leave No Trace'
- Clean up a waterway
- Organize or participate in a trail cleanup
- Play cards outside
- Cut down your own Christmas Tree
- Take a family/friend picture outdoors
- Make and stash your own geocache
- Wear bells on a walk
- Build something outdoors
- Do your work or homework outdoors
- Fly a kite
- Read a book outdoors in a hammock
- Jump on a trampoline
- Do your workout outdoors
- Have an outdoor pinata party (5.5.22)
- Play board games outside
- Take a nature drive, windows down
- Invite someone outdoors

Outdoor Eats

- Eat outdoors at a local restaurant
- Fancy eating outdoors
- Try a dehydrated outdoor meal
- Make a tinfoil dinner
- Eat outside during work or school
- Participate or plan a potluck picnic
- Have an outdoor cooking competition
- Eat something safe you find in the wild
- Plan and enjoy a fall-themed picnic
- Make a campfire dinner
- Cook a Dutch oven cobbler
- Have a picnic in the mountains
- Eat at your favorite park
- Barbecue with friends
- Eat breakfast outdoors
- Cook a family meal outdoors

Plants

- Plant something
- Work in someone's garden
- Pick fresh herbs and eat them
- Collect some wild seeds
- Identify some trees
- Collect rainwater to care for indoor plants
- Enjoy the aroma and textures of pine trees
- Identify local evergreen trees
- Visit a botanical garden
- Prune some trees
- Plant a sapling
- Plant a flower or herb garden

Silly

- Give a tree a high five
- Howl like a wolf in the wild
- Somersault or roll down a hill
- Run a homemade lemonade stand
- Find a natural echo chamber and get hollering
- Enjoy the view from a low vantage point
- Be the poop fairy and pick up someone's dog doo-doo (bonus for the tutu)
- Take photos of yourself outdoors in famous poses
- Sing on a swing
- Skip, gallop, or move in another way outdoors
- Pretend you're a turkey
- Walk a mile backwards
- Dress up your hair with things you find in nature
- Twirl outside
- Walk on a sidewalk and avoid the cracks
- Go caroling or sing while you walk
- Make nature confetti
- Make frozen bubbles
- Pretend you're a figure skater

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- Make a snow or sand angel
- Take a picture with a llama
- Create a mud cast
- Show us your best parkour
- Pretend you're a bird
- Take a photo with a real, live peacock
- Blow bubbles for someone
- Sing on a swing
- Find something freaky outdoors
- Swing big on a rope

Sports

- Try a new outdoor sport
- Do a quick mile run and track it
- Play minigolf using non-dominant hand
- Create your own outdoor sport/game
- Play basketball game 'HORSE'
- Play in a Turkey bowl
- Play flashlight tag
- Go ice skating at an outdoor rink
- Have a three-legged race
- Set up your own ice bowling
- Combine two outdoor sports
- Play hopscotch
- Toss the ball or have a family softball game
- Play hide and seek
- Play horseshoes
- Try a new lawn game
- Try slacklining
- Play tetherball
- Frolf

Water

- Have a swim-dunking battle with a friend
- Paddle somewhere new
- Purify and drink
- Interpretive: whatever floats your boat
- Play games in water
- Swim underwater and enjoy the peace
- Ride a wave
- Take a boat ride to enjoy the sunset
- Skip rocks at a lake
- Swim laps at an outdoor pool
- Visit a hot tub / hot pot
- Read poetry by a stream
- Splash your feet in a river or stream
- Take a dip in a lake
- Take a dip in a natural hot spring

Winter

- Winter sunbathe
- Make reindeer tracks in the snow
- Dig a snow tunnel
- Polar bear plunge!
- Make your own sled and slide!
- Find some winter constellations
- Spot some winter animal tracks
- Write your name in the snow or sand
- Ski or snowboard
- Build a snowman
- Have a contest tossing hats on your snowman
- Measure the temperature outside
- Make your own beach scene

- Shake a tree covered in snow
- Go for a walk while wearing as many layers as you can
- Explore a frozen creek
- Explore an ice castle
- Go cross country skiing
- Make a snow maze
- Build a fort (*preferably with snow*)
- Go tubing
- Catch a snowflake with your tongue
- Try ice fishing

Wildcard

- Wildcard _____

