

Activities



Check out these fun things to do outside! Pick a few that you like and incorporate them into your NaturePHL program.

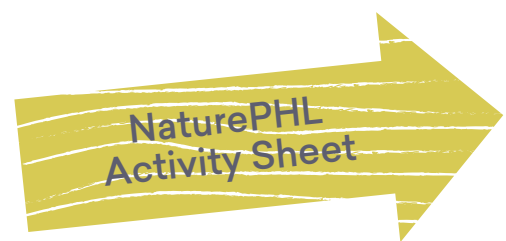
Park Activities

- Do a scavenger hunt! Check out a sample on the back of this sheet or make your own.
- Walk your dog. Find out which parks allow pets, and explore with your pet (Local shelters often need volunteers to walk dogs as well).
- Learn some yoga moves and take them outside. Here are a couple fun ones to do with kids
www.fitnessmagazine.com/workout/yoga/poses/beginner-yoga-poses
- Do a color search - Look for something around you to match each color.
- Go outside and listen and look around you. Write down what you see and hear!
- Use crayons and paper to create a leaf rubbing.
- Dig for worms and insects, flip over rocks and explore what's underneath.
- Find some sticks and build something!
- Climb trees and observe from above.

Home and Neighborhood Activities

There are many things to do outside on your block, in your neighborhood, or in your own backyard.

- Play games! Tag, hide and seek, or hop scotch are a great start.
- Let your child take the lead in imaginative games and play.
- Start a pickup game.
- Use a window box or a planter and plant some seeds in the spring.
- Get messy with arts and crafts outdoors.
- Take pictures of nature you find around you.



Nature Word Search



Word List

- | | |
|----------|--------------|
| BLUEJAY | LEAF |
| BRANCH | NATURE |
| CREEK | PARK |
| EXERCISE | PHILADELPHIA |
| FLOWER | PICNIC |
| FUN | PLANT |
| GRASS | ROCK |
| GREEN | SUNSHINE |
| HEALTHY | TRAILS |
| LADYBUG | TREE |

Nature Scavenger Hunt



Spider's Web



Something rough



Worm



Something smooth



Feather



Ant



Grass



Puddle



Dew Drops



Mushroom



Tree Bark



Pine Cone



2 rocks that look alike



Stick



Dandelion



Clover

How many of these items can you spot?

Remember!

Take nothing but memories,
leave nothing but footprints.