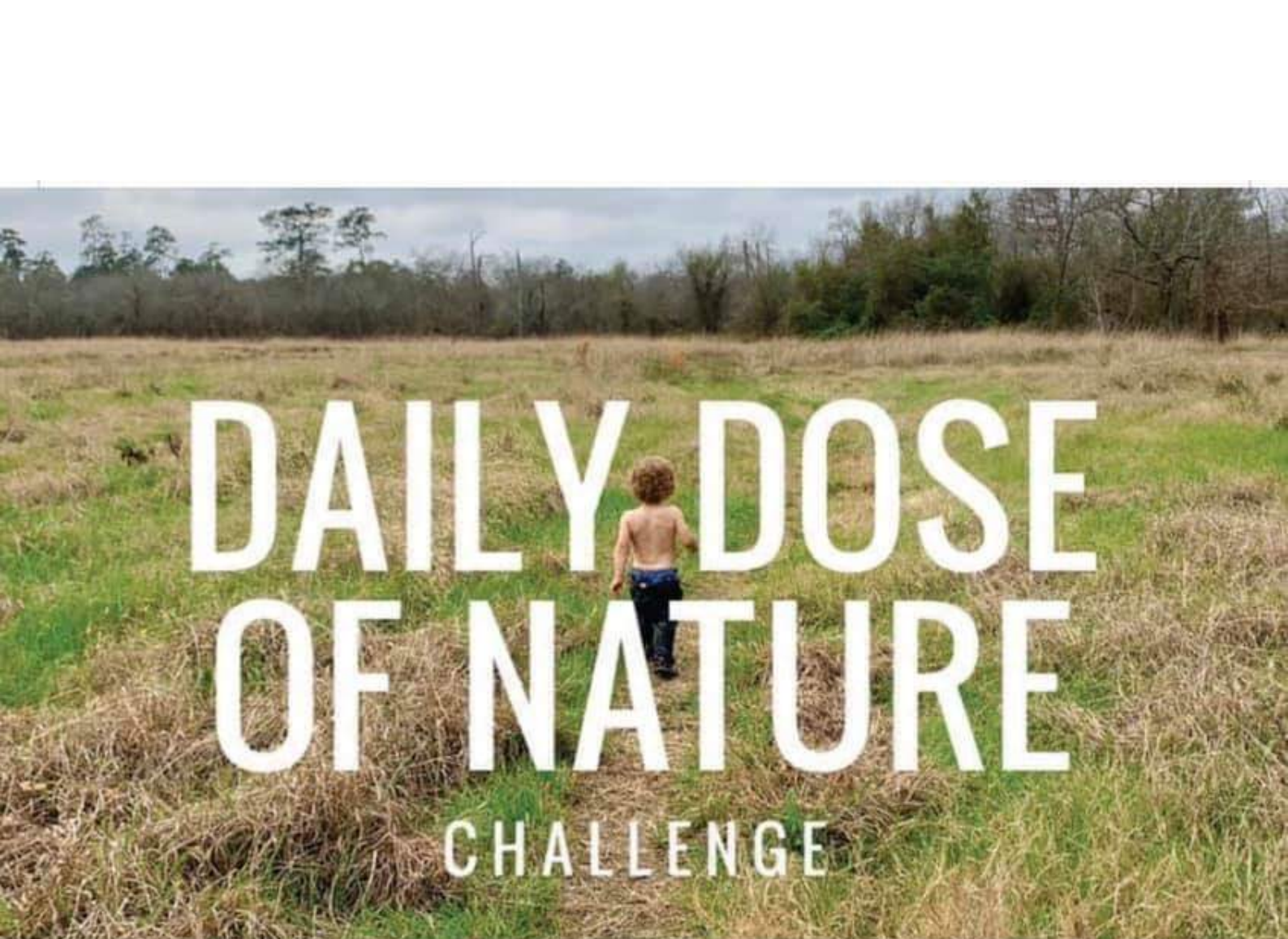


A photograph of a young child with curly hair, seen from behind, walking away on a dirt path through a field of tall grass and wildflowers. The child is shirtless and wearing dark pants. In the background, there is a line of trees under a cloudy sky.

DAILY DOSE OF NATURE

CHALLENGE

30 DAYS OF IDEAS TO HELP YOU STAY OUTSIDE WHILE SOCIAL DISTANCING

- | | | |
|---|----------------------------|------------------------|
| 1. NATURE BRACELETS | 11. ROCK PAINTING | 21. TINY TREASURES |
| 2. BIRD WATCHING | 12. RAINBOW COLOR HUNT | 22. SIGNS OF SPRING |
| 3. PAINT WITH NATURE | 13. TREE/LEAF RUBBINGS | 23. NIGHT WALK |
| 4. WORM HUNTING | 14. BUILD A NEST | 24. NATURE FACES |
| 5. MUD PIES | 15. TAKE A CLOSER LOOK | 25. NEW TRAIL |
| 6. EXPLORE A NEW PLACE
CLOSE TO HOME | 16. BUILD A BUG HOTEL | 26. PAINT WITH MUD |
| 7. STONE SOUP | 17. GO ON A BIKE RIDE | 27. WATER PLAY |
| 8. PUDDLE JUMPING | 18. NATURE SENSORY BIN | 28. SALT DOUGH FOSSILS |
| 9. NATURE SCAVENGER HUNT | 19. LOOK FOR ANIMAL TRACKS | 29. EGG HUNT |
| 10. SINK OR FLOAT | 20. BUILD A DEN/FORT | 30. ANIMAL OBSERVATION |