



# MARCH **Outdoor** CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>Day 1</b> Start a nature journal. Record Outdoor Challenge experiences.	<b>Day 2</b> Go outside with your family and practice sitting and listening.	<b>Day 3</b> Take off your shoes and feel the ground under your feet.	<b>Day 4</b> Lay down on the earth and focus all of your energy on the sky above.	<b>Day 5</b> Take your meal outside.	<b>Day 6</b> Gather treasures in nature, like acorns, leaves, rocks, and build a mandala.
<b>Day 7</b> Lay on your belly and look down. Focus on the tiniest of details on the ground.	<b>Day 8</b> Write a nature haiku.	<b>Day 9</b> Learn new ways to get out. Ask a friend what their favorite outdoor activity is.	<b>Day 10</b> Combine stewardship and nature. Go on a litter clean-up walk.	<b>Day 11</b> Find a seed pod and examine it.	<b>Day 12</b> Lift up a rock and see what is living underneath.	<b>Day 13</b> Make a meal together and connect to your food.
<b>Day 14</b> Gather nature items from the ground and make a self portrait.	<b>Day 15</b> Prepare a warm drink and enjoy it outside together.	<b>Day 16</b> Help a neighbor by performing an outdoor chore for them.	<b>Day 17</b> Make a nature weaving with sticks, string, and some nature treasures.	<b>Day 18</b> Go birding. See how many feathered friends you can count.	<b>Day 19</b> Go outside and notice how many different trees you can find and identify.	<b>Day 20</b> Discover a new outdoor place.
<b>Day 21</b> Make a bird feeder from simple home materials.	<b>Day 22</b> Make a sound map.	<b>Day 23</b> Get your hands dirty by doing some seed starting with soil and potting.	<b>Day 24</b> Grab your gear and go for a hike or nature walk.	<b>Day 25</b> Lay a blanket down and look up at the night sky.	<b>Day 26</b> Sit next to a tree and feel its bark.	<b>Day 27</b> Make a mud pie.
<b>Day 28</b> Climb a tree.	<b>Day 29</b> Grab some paper and crayons and make a tree or leaf rubbing.	<b>Day 30</b> Go outside, close your eyes and identify all the sounds you hear.	<b>Day 31</b> In your nature journal, write an outdoor intention and watch it manifest			

