

Get outside! Printable activity cards

Sit quietly outdoors for five minutes, eyes closed if preferred, and listen to your surroundings.	Walk for five minutes, observing as many plants, animals, fungi, and trees as possible. Spot anything new?
Search for animal tracks. Look for footprints, burrows, feathers, droppings, or feeding signs.	Walk barefoot in grass, rain, snow, or fallen leaves. Notice the textures and temperatures.
Observe the weather and wind. How do they influence what you see, hear, or feel outdoors?	Lie on the ground and watch the sky. What shapes do you see in the clouds?
Play shadow tag. Try to step on a friend's shadow head; if you succeed, you become the tagger.	Make shadow animals with your hands in sunlight. Rabbits, dragons, or anything else you imagine.
Use a magnifying glass to focus sunlight on dry leaves or paper. Watch as it begins to scorch.	On sunny days, spray water into the air to create a rainbow. Observe how droplets refract light.
Simulate rain by stomping on wet ground. Do earthworms surface? (Seagulls use this trick too.)	After rain, hold a snail race. Place snails behind a start line and see which reaches the finish first.
If it's raining, stand with your mouth open and taste the rain. How does it differ from tap water?	If it's snowing, lie back and make a snow angel. How does the snow feel against your body?
In freezing weather, create a simple ice rink by pouring water regularly. Add a warning sign if needed.	Dig in a ditch with nets and containers to discover aquatic life. What plants and creatures can you find?