

Nature activities for neighborhoods, yards and other outdoor spaces

Observations and moments of Zen.

I-spy-a-fly

Take the classic game of I Spy outside for a spin! You don't need to go far to find things to spot with a friend. Get creative and add an interesting spin to your clues, like "I spy a pattern" or "I spy something that only comes to life when you tell it to" to point out things like a flag or a motion-sensor light. This game can be fun for all ages and doesn't have to stop at sight!

Can your game partner smell what your nose is sniffing? Or hear a sound the other heard first? Challenge a friend to engage all their senses to figure out exactly what's around them!



Reading in nature

Materials: books of your choice

Read in nature! Whether it be a fictional story that has a ton of details about enchanted forests or a book about a period of our history, there's nothing that allows your imagination to run wild like being out in nature.

Mindfulness

Concentrate on breathing and become more mindful of your surroundings. There's no better place than a nearby park or any quiet area at home to settle in and let your body and mind become part of your surroundings.