



HEY, CAMPER!

Gather your gear and head into the wild (your backyard!) to learn simple skills for exploring nature. Plan ahead: Be sure the weather forecast looks good and always have adult supervision when camping out.

mindful
enjoy health!



GEAR ROUNDUP



- Gather supplies: flashlight, glow sticks, games, first aid kit and water bottles
- Pack warm clothes for night and sturdy footwear for exploring



SETTING UP CAMP



- Lay down a tarp and pitch a tent
- Unroll the sleeping bags
- Set up camp chairs and a small table for eating and games



WATCH THE SKY



- Notice how the sky changes colors at sunset and sunrise
- Use a constellation chart to identify the nighttime stars



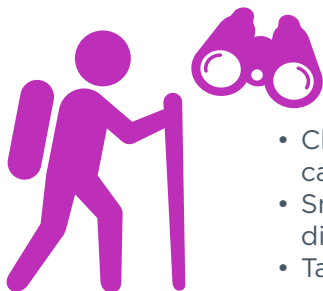
- Do crayon rubbings on trees with bumpy bark
- Use paracord and practice tying basic knots
- Build a fairy house with natural things



OUTDOOR CRAFTING

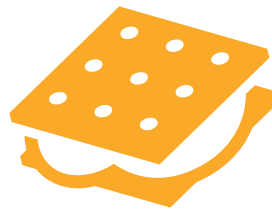


EXPLORE



- Chase fireflies: Just capture and release
- Snap photos of 10 different bugs
- Take a flashlight walk

Keep these inside until it's mealtime:



- PB&J tortilla roll-ups
- Hummus and veggie sticks
- S'mores
- Fruit kabobs
- Walking tacos
- English muffin pizzas
- Trail mix



MAKE-AHEAD FEASTS