<u>Make up a new game</u> and invite a friend or neighbor to play	Create a family plan to reduce, reuse, and recycle	Try a new food and learn about its cultural significance	Host a neighborhood field day	Count the star constellations you can identify in the night sky — try the free SkyView app
Host a family nature photoshoot and create a collage with your photos	Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials	Create a <u>nature</u> <u>journal</u> to record items and moments that are meaningful to you	Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	Go outside or to a window and use your senses to be <u>mindful of</u> <u>your environment</u>
Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>	Invite a friend on an outdoor adventure in your community	FREE PLAY	Become a Blue Star Families volunteer in your community	Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry
Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>	Borrow a book about nature from a friend or the library and learn something new	Create a neighborhood chalk obstacle course	Visit a park in-person or virtually and learn something new from a ranger or guide	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family
Spend 15 minutes <u>playing outside</u> at least three times this week	Learn about an animal habitat and recreate it with natural objects you find	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Collect leaves outside and make a <u>leaf rubbing</u>
ALUE STA				



NATURE BINGO Ν G B

Try a new food and learn about its cultural significance	Make up a new game and invite a friend or neighbor to play	Host a family nature photoshoot and create a collage with your photos	Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials	Create a <u>nature</u> journal to record items and moments that are meaningful to you
Host a neighborhood field day	Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	Go outside or to a window and use your senses to be <u>mindful of</u> your environment	Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>	Invite a friend on an outdoor adventure in your community
Count the star constellations you can identify in the night sky — try the free SkyView app	Become a Blue Star Families volunteer in your community	FREE PLAY	Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>	Borrow a book about nature from a friend or the library and learn something new
Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry	Create a neighborhood chalk obstacle course	Create a family plan to reduce, reuse, and recycle	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family	Learn about an animal habitat and recreate it with natural objects you find
Visit a park in-person or virtually and learn something new from a ranger or guide	Collect leaves outside and make a <u>leaf rubbing</u>	Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	Spend 15 minutes playing outside at least three times this week
OUTDOOR EXPLORERS				In partnership with ALLIANCE FOR A HEALTHIER GENERATION

Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials	Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	Create a family plan to reduce, reuse, and recycle	Go outside or to a window and use your senses to be <u>mindful of</u> your environment	Host a family nature photoshoot and create a collage with your photos
Invite a friend on an outdoor adventure in your community	Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry	Count the star constellations you can identify in the night sky — try the free SkyView app	Borrow a book about nature from a friend or the library and learn something new	Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>
Try a new food and learn about its cultural significance	<u>Make up a new game</u> and invite a friend or neighbor to play	FREE PLAY	Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>	Learn about an animal habitat and recreate it with natural objects you find
Become a Blue Star Families volunteer in your community	Visit a park in-person or virtually and learn something new from a ranger or guide	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Collect leaves outside and make a <u>leaf rubbing</u>
Host a neighborhood field day	Create a neighborhood chalk obstacle course	Create a <u>nature</u> journal to record items and moments that are meaningful to you	Spend 15 minutes <u>playing outside</u> at least three times this week	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family
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HEALTHIER

GENERATION

OUTPOOK

EXPLORERS

NATURE BINGO Ν G B

Go outside or to a window and use your senses to be <u>mindful of</u> your environment	Visit a park in-person or virtually and learn something new from a ranger or guide	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family	Learn about an animal habitat and recreate it with natural objects you find	Borrow a book about nature from a friend or the library and learn something new
Become a Blue Star Families volunteer in your community	Count the star constellations you can identify in the night sky — try the free SkyView app	Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Spend 15 minutes <u>playing outside</u> at least three times this week	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen
Invite a friend on an outdoor adventure in your community	Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	FREE PLAY	Make up a new game and invite a friend or neighbor to play	Host a family nature photoshoot and create a collage with your photos
Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry	Create a family plan to reduce, reuse, and recycle	Host a neighborhood field day	Create a <u>nature</u> journal to record items and moments that are meaningful to you	Create a neighborhood chalk obstacle course
Try a new food and learn about its cultural significance	Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>	Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>	Collect leaves outside and make a <u>leaf</u> <u>rubbing</u>	Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials
OUTDOOR EXPLORERS				In partnership with ALLIANCE FOR A HEALTHIER GENERATION

Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family	Learn about an animal habitat and recreate it with natural objects you find	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	Spend 15 minutes playing outside at least three times this week	Create a neighborhood chalk obstacle course
Create a <u>nature</u> journal to record items and moments that are meaningful to you	Borrow a book about nature from a friend or the library and learn something new	Host a neighborhood field day	Visit a park in-person or virtually and learn something new from a ranger or guide	Draw a map of your favorite places to watch nature and share it with a new friend or neighbor
Go outside or to a window and use your senses to be <u>mindful of</u> <u>your environment</u>	Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry	FREE PLAY	Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>	Collect leaves outside and make a <u>leaf rubbing</u>
Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>	Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials	Invite a friend on an outdoor adventure in your community	Become a Blue Star Families volunteer in your community	Host a family nature photoshoot and create a collage with your photos
Create a family plan to reduce, reuse, and recycle	Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	Try a new food and learn about its cultural significance	Count the star constellations you can identify in the night sky — try the free SkyView app	Make up a new game and invite a friend or neighbor to play



Spend 15 minutes playing outside at least three times this week	Visit a park in-person or virtually and learn something new from a ranger or guide	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family	Become a Blue Star Families volunteer in your community	Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials
Borrow a book about nature from a friend or the library and learn something new	Learn about an animal habitat and recreate it with natural objects you find	Try a new food and learn about its cultural significance	Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>
Create a family plan to reduce, reuse, and recycle	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	FREE PLAY	Host a neighborhood field day	Count the star constellations you can identify in the night sky — try the free SkyView app
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Create a <u>nature</u> <u>journal</u> to record items and moments that are meaningful to you	Collect leaves outside and make a <u>leaf rubbing</u>	Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry	Host a family nature photoshoot and create a collage with your photos	Invite a friend on an outdoor adventure in your community
BLUE STAR				In partnership with

OUTDOOR EXPLORERS



NATURE/ BINGO Ν G B

Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Collect leaves outside and make a <u>leaf rubbing</u>	Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials	Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family
Create a family plan to reduce, reuse, and recycle	Visit a park in-person or virtually and learn something new from a ranger or guide	Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>	Become a Blue Star Families volunteer in your community	Create a <u>nature</u> journal to record items and moments that are meaningful to you
Spend 15 minutes playing outside at least three times this week	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	FREE PLAY	Try a new food and learn about its cultural significance	Invite a friend on an outdoor adventure in your community
Learn about an animal habitat and recreate it with natural objects you find	Go outside or to a window and use your senses to be <u>mindful of</u> your environment	Host a family nature photoshoot and create a collage with your photos	Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>	Host a neighborhood field day
Borrow a book about nature from a friend or the library and learn something new	Create a neighborhood chalk obstacle course	Make up a new game and invite a friend or neighbor to play	Explore weather and make your own music by <u>making a</u> <u>DIY rain stick</u>	Count the star constellations you can identify in the night sky — try the free SkyView app
OUTDOOR EXPLORERS				In partnership with ALLIANCE FOR A HEALTHIER GENERATION

LIANCE FOR HEALTHIER GENERATION

Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen	Create a neighborhood chalk obstacle course	Spend 15 minutes <u>playing outside</u> at least three times this week	Collect leaves outside and make a <u>leaf rubbing</u>	Learn about an animal habitat and recreate it with natural objects you find
Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Host a family nature photoshoot and create a collage with your photos	Make up a new game and invite a friend or neighbor to play	Enjoy an <u>outdoor</u> <u>activity</u> (like walking) with the whole family	Create a family plan to reduce, reuse, and recycle
Dream up your next nature adventure — add it to your <u>family</u> <u>vision board</u>	Borrow a book about nature from a friend or the library and learn something new	FREE PLAY	Visit a park in-person or virtually and learn something new from a ranger or guide	Team up with a friend or neighbor and start a <u>Little Free Library</u> , seed library, or food pantry
Make a <u>do-it-yourself</u> <u>bird feeder</u> out of recycled materials	Count the star constellations you can identify in the night sky — try the free SkyView app	Go outside or to a window and use your senses to be <u>mindful of</u> your environment	Try a new food and learn about its cultural significance	Find a quiet spot to observe nature and write a <u>nature-inspired</u> <u>Haiku</u>
Explore weather and make your own music by <u>making a DIY</u> <u>rain stick</u>	Become a Blue Star Families volunteer in your community	Invite a friend on an outdoor adventure in your community	Create a <u>nature</u> journal to record items and moments that are meaningful to you	Host a neighborhood field day
UE STA				



Draw a map of your favorite places to watch nature and share it with a new friend or neighbor	Borrow a book about nature from a friend or the library and learn something new	Make up a new game and invite a friend or neighbor to play	Create a neighborhood chalk obstacle course	Create a family plan to reduce, reuse, and recycle
Collect leaves outside and make a <u>leaf rubbing</u>	Learn about an animal habitat and recreate it with natural objects you find	Create a <u>nature</u> journal to record items and moments that are meaningful to you	Visit a park in-person or virtually and learn something new from a ranger or guide	Plant an <u>indoor</u> <u>herb plant</u> to use in the kitchen
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BLUE STAR				In partnership with

ALLIANCE FOR A HEALTHIER GENERATION

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