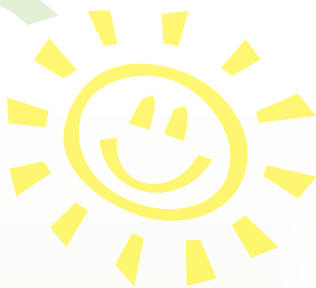


Rx Checklist for Parents & Kids

Go Outside & Play

- Look for animal tracks in the snow
- Sit quietly for 5 minutes. How many animal sounds did you hear?
- Pick and eat blueberries or raspberries together
- Grow a vegetable, then serve it to your family
- Create a list and have a nature scavenger hunt
- Make an art project from things collected in the backyard
- Explore a park or the Kalamazoo Nature Center
- Plant a garden and check it daily
- Take a walk at night without a flashlight
- Study blades of grass in the yard with a magnifying glass and see what creatures might live there
- Catch and release lightning bugs
- Find a 4-leaf clover
- Search for bird nests around your house, then watch for new activity
- Make boats from found objects and find a place to sail them
- Take a bike ride on the Kalamazoo River Valley Trail





- Make a sand castle or mud pies
- On a clear night, look for the Big Dipper or make up your own constellations
- Flip over a big rock and talk about what you see
- Play I SPY using only clues that describe Nature
- Make an outdoor village for your toys
- Visit a different park or playground weekly during the summer
- Go wading together in a shallow stream or river
- Roll down a hill in a cardboard box
- Make a snow fort
- Visit an orchard to pick strawberries in June, cherries or blueberries in July, or apples in September
- Find five leaves that are different colors or shapes



Go Outside & Play

 Kalamazoo
Nature Center
www.naturecenter.org

