

# INSIDE OUT:

## Activities to Get You and Your Family Outdoors

There are only so many times you can take your kids or yourself out for 'just a walk'. Here are some ideas you can use to make your outside time\* more adventurous.

### Bear Hunt

There is a kid's song that goes like this:



We're goin' on a bear hunt,  
We're going to catch a big one,  
I'm not scared  
What a beautiful day!  
Oh look! It's some long, wavy grass!  
Can't go over it,  
Can't go under it,  
Can't go around it,  
Got to go through it!

Create a neighborhood "Bear Hunt". Have your neighbors make bears (they can even print a picture of one) and post it in their window. On your walk, sing the song and go find those bears! Use social media to create some excitement, "Bear spotted on Main St.!"

### Neighborhood Scavenger Hunt (Photo edition)



Create a list of items your child(ren) must find or do and take a photo of it.

#### Ideas:

- A house with the number "5" on it
- A door that is a color other than black or white
- Take a photo being a statue in an unusual place
- A bright colored flower
- A specific color or type/model of car
- A house with more than 5 windows

Get your neighborhood involved via social media! Create an album in your neighborhood Facebook group or Next Door and share your "finds".

### Rainbow Trail

Same idea as the bear hunt, but more colorful!

You can either color a picture of a rainbow or use washable paint (if you're adventurous) to design a beautiful, bright window mural that will bring cheer to those who pass your home as they get outside for some fresh air.



#### Variations on the theme:

Egg Hunt: Design and color "eggs" to be placed in windows as we approach Easter.

### Family Art Gallery



All of that "art" your kids have been creating? Make a gallery in your front window or on your garage door for people to see and admire. Call it "The \_\_\_\_ Family Gallery"! Make a big deal about each new piece that is added by making little descriptions for them.