



Outdoors Rx[®] challenges

Click the titles to see a video of the challenge!

Bark rubbing

- Bring paper, crayons, and tape outside; find a tree with a big trunk
- Tape paper to the tree and rub crayon over entire sheet of paper so you can see the bark pattern
- Repeat on at least 2 more trees

Penny races

- Find a penny or a coin
- Set a timer for 5 minutes
- See how many pieces of nature you can stack on top of the penny
- Use things like blades of grass, pieces of leaves, twigs, & pebbles

Nature journal

- Get a few pieces of paper and something to draw with
- Fold the paper in half to make a "journal"
- Go outside and find 5 different things to draw. Can you draw from the perspective of an ant?

Nature bracelets

- Wrap a piece of tape around your wrist with the sticky side facing out
- Go for a walk in your neighborhood
- While you're walking, collect pieces of fallen nature
- Stick these pieces of nature to the tape to make a bracelet!

Collecting

- Think of one thing in nature you can collect (acorns, pine cones, sticks, leaves, rocks)
- Go for a walk for 20 minutes, or explore your yard
- While you're walking, try to collect 20 of whatever item you chose!

Animal walks

- Think of 5 animals that live in your neighborhood
- Walk like each animal for 1 minute
- Think of 5 animals that do not live in your neighborhood
- Walk like each animal for 1 minute

Outdoors Rx is a program of the Appalachian Mountain Club.

For more info, visit: [Facebook.com/outdoorsrx](https://www.facebook.com/outdoorsrx) ~ Videos found at: bit.ly/outdoorsrxyoutube