

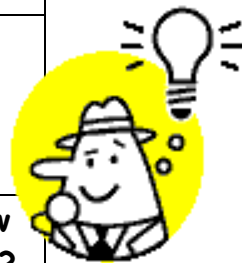


## Take a Child Outside Week HOME"FUN" instead of HOME"WORK"!

September 24-30, 2013: [www.takeachildoutside.org](http://www.takeachildoutside.org)

Use the log below to document the activity you did for the day, sign in the box and, have the adult who participated with you sign in the box. Complete 5 activities, return your form, and you can choose a special classroom privilege!

Tuesday, Sept. 24 <sup>th</sup>
Wednesday, Sept. 25 <sup>th</sup>
Thursday, Sept. 26 <sup>th</sup>
Friday, Sept. 27 <sup>th</sup>
Saturday, Sept. 28 <sup>th</sup>
Sunday, Sept. 29 <sup>th</sup>
Monday, Sept. 30 <sup>th</sup>
<b>Final Student Reflection: What was your favorite activity? Overall, how did you like Take a Child Outside Week? Did you discover anything new?</b>



**Student: What was your favorite activity? Did you discover anything new?**

**Final Parent/Adult Reflection: What was your favorite activity? Overall, how did you like Take a Child Outside Week? Did you discover anything new? Was there anything you disliked? Add any other comments you'd like...**



**Activity Choices: Each activity must be done with you AND an adult!... just YOU, a parent or other adult, and the OUTDOORS!!! Adults - have fun too! ☺ Even the teachers want to do this assignment!**



<p>Spend 10-15 minutes outside sketching the same tree or flower. Look around together and decide what you will sketch. Don't look at each other's sketch until the sketch is done. Then, compare and talk about similarities and differences.</p>	<p>Wake up EARLY one morning and sit outside together while it's still dark for at least 10 minutes. Just LISTEN to sounds around you. Describe as many sounds as possible. Do you hear insects, birds, traffic, water...? Do you ever take time to notice these things? Did you hear anything you couldn't identify?</p>	<p>Take a walk on the Greenway or in a park. Watch and listen for birds, snakes, squirrels, insects, dogs, and people! Do people seem to be enjoying themselves? What was your favorite thing about the walk? Was there a creek near by? What was the water like?</p>
<p>Go outside tonight and try to find some stars. Are they bright? Are some bigger than others? What do they look like? Pick a star make up your own name for it. <i>Extra: What are constellations? Get your parent or adult friend to help you find one.</i></p>	<p>Go outside in the afternoon together and turn over a few logs or rocks around your yard. What did you find? Discuss together. Can you find an ant colony in your yard or in your neighborhood? Watch it - what do you notice?</p>	<p>Look around the outside of your house or in the woods to find at least 3 spider webs. Use a mist spray bottle to spray the webs with water so you can see the shape better. What types of spiders are there? What shapes are their webs? Do any have prey stuck in the web? Draw one web. ( the Morning is a great time to do this activity.</p>
<p>Ask your parents to take you on a hike. Take a camera or pen/ paper and list as many possible things that are ALIVE! -plants, animals, Fungi, as long as they are LIVING! Each individual thing counts (if you see oak tree, pine tree, birch tree - each counts separately!) How many Living Things did you find? What did you learn about our world?</p>	<p>Find 2 different wildflowers/flowers outside. Draw a picture of each one. What colors are they? Are there lots of them in your yard? Do you know the names of the flowers.</p>	<p><b>Go outside together 3 different times throughout the evening to try to spot the moon. Have at least a 30-minute interval between each time you go out. How does the moon's location change throughout the night? Predict where it will be in the morning. Go outside once the next morning (before sunrise) and try to spot the moon again! Was it where you expected?</b></p>

## Take a Child Outside Week

*September 24—September 30 Annually* **Take A Child Outside**

**Week** is a program designed to help break down obstacles that keep children from discovering the natural world. By arming parents, teachers and other caregivers with resources on outdoor activities, our goal is to help children across the country develop a better understanding and appreciation of the environment in which they live, and a burgeoning enthusiasm for its exploration.

### Going outside:

- connects children to the natural world
- helps kids focus in school
- reduces chances of obesity

So take a child outside!

On this site you can:

- **pledge to take a child outside** and record your outdoor experiences
- get ideas for **outdoor activities**
- find **participating organizations** in your area

**Come, be a part of this national movement!**

For more information or to offer financial support, contact **Liz Baird**, Director of School Programs, at 919.733.7450 x601.

This program is an initiative of the North Carolina Museum of Natural Sciences and is held in cooperation with partner organizations across the U.S. and Canada. Take a Child Outside Week is sponsored locally by Dover Foundation, Inc. and Great Outdoor Provision Company.