



BE OUTSIDE
IDAHO CHILDREN IN NATURE

101 THINGS TO DO OUTSIDE!

Things to Do Outside in Winter!

There's no such thing as bad weather, only inappropriate clothing. So put on your winter woollies, grab family and friends and get outside. Walking outdoors is a great way to get kids to notice how nature hunkers down for the cold season. Contact with nature reduces stress, promotes physical and emotional well-being and has even been shown to boost cognition — people actually think more clearly after a hike in the fresh air. Here are some easy suggestions for enjoying nature in winter:

- Make a snow angel.
- Build a snow fort.
- Have a snowball fight.
- Build a snowman.
- Take a walk and look for animal tracks.
- Play tag or hide and seek.
- Go sledding.
- Shovel snow.
- Build an igloo.
- Put out suet and birdseed for birds.
- Wrap in a big blanket and sit on a swing.
- Go bird watching.
- Do a winter scavenger hunt.
- Collect pine cones to make wreaths and decorations.
- Watch the sunset.
- Go ice fishing.

- Look for bird nests in trees.
- Draw pictures or take photos of trees in winter.
- Go ice skating.
- Find a small hill and “otter slide” down on your belly.
- Use twigs or string to make a “maze” in your backyard.
- Drink hot chocolate outside.
- Lick an icicle.
- Catch a snowflake in your mouth.
- Pull something in a wagon or sled.
- Go for a nature walk.
- Visit a nature center or nearby park.
- Lay on the ground and look at clouds.
- Draw shapes or write words in the snow.
- Make a neighborhood map.
- Decorate a tree in your yard.
- Watch for animals — squirrels, deer, birds.
- Have a winter picnic.
- Make a winter nature journal.
- See how many plants you can find in winter.
- Make a list of trees in your neighborhood.
- Play “Simon Says” outside.
- Go out at night to see the stars.
- Look at holiday lights and displays.
- Go snowshoeing.
- Go on a guided nature hike in winter.
- See what the river looks like in winter.
- Do a “power walk” in your neighborhood.
- Play catch with a brightly colored ball.
- Toss a spongy ball or frisbee at a target.

- Catch snowflakes and look at them with a magnifying glass.
- Make a snow sculpture.
- Melt a snowball and see how much water it holds.
- Take an avalanche awareness course with your family.
- Listen to the local weather and go outside to experience rain, snow or the wind!
- Check out a SNOTEL site to see how much snow has fallen in different parts of the state.
- Take a walk under the full moon.
- Go cross-country skiing.
- Count snowflakes on your mittens.
- Follow animal tracks.
- Look for squirrel nests.
- Draw winter trees.
- Photograph winter scenes.
- Listen to the sound of falling snow.
- Look for shooting stars at night.
- Take a walk in the falling snow.
- Use a ruler to measure snow in your backyard.

www.beoutsideidaho.org

