



Energized Explorer Challenge

Angie Avocado knows it's always a good time to play outside! Let's explore some of the ways we can have a blast outside year-round.

1. Go for a nature walk with a family member: explore an undiscovered part of your town!
2. Make a pretend house out of chalk and decorate each room with a different theme!
3. Create an obstacle course: time your family and friends to see who can go through it the fastest.
4. Play in the rain: get suited up in your rain gear and hop around in the puddles! Go back inside right away if you hear thunder or see lightning.
5. Go geocaching: Geocaching is like a treasure hunt – check online to learn how to get started!
6. Play a game: frisbee, catch, tag and “the floor is lava” are all lots of fun!
7. Go for a bike ride, and don't forget your helmet!
8. Host your own Olympics: choose your own events like the Long Jump, the 100 Meter Dash, or invent your own, like pushups or jumping jacks.
9. Hill sprints: time yourself to see how fast you can sprint up a hill. Then try doing it again, but faster! Can you beat your time?
10. Visit your local playground!

Color in one section of the progress bar for every day you play outside, and give yourself a pat on the back or a big high five!



START
FINISH