



Get Outside Challenge!

*Sponsored by the Rochester Community PTA Council
Safe Routes, Health & Wellness and Green Committees*

Choose at least 10 activities to complete in May

Send a photo of your completed form and you can add a photo of your favorite activity to:
ddunn3499@gmail.com

Student Name: _____ Grade: _____ School: _____

Activity	Date Completed
Go to a store, school, or friend's house without driving	
Pick-up trash on a walk	
Hike a trail	
Stand under a tree and take a picture looking up	
Go fishing	
Learn about pollinators and how to protect them	
Read a book outside	
Make a tree bark rubbing on different types of trees	
Visit a Farmer's Market	
Go to SciStarter.org & try out a project	
Play a game outside	
Help plant something at home or in the community	
Go for a bike ride or skateboard outside	
Watch the sunset	
Find the Big Dipper and the North Star	
Take a "zero waste" picnic outside	
Make a homemade bird feeder	
Create your own outside challenge:	
Create your own outside challenge:	