

## 30 DAYS OF OUTDOOR ACTIVITIES

# Rewilding Challenge

by [OutdoorFamiliesOnline.com](http://OutdoorFamiliesOnline.com)

Start a nature journal. Record your Rewilding Challenge experiences. <b>1</b>	Go outside with your wildings and practice forest bathing. Just sit and listen. <b>2</b>	Take off your shoes and feel the ground under your feet. <b>3</b>	Lay down on the earth and focus all your energy on the sky above. <b>4</b>	Take your meal outside. <b>5</b>	Gather treasures in nature, like acorns, leaves, rocks, and build a mandala. <b>6</b>	Lay on your belly and look down. Focus on the tiniest of details of the ground. <b>7</b>
Write a nature haiku. <b>8</b>	Learn new ways to get out. Ask a friend what their favorite outdoor activity is. <b>9</b>	Combine stewardship & nature. Go on a litter clean-up walk. <b>10</b>	Find a seed pod and examine it. <b>11</b>	Lift up a rock and see what is living underneath. <b>12</b>	Make a meal together and connect to your food. <b>13</b>	Gather nature items from the ground and make a self-portrait. <b>14</b>
Prepare a warm drink and enjoy it outside together. <b>15</b>	Help a neighbor by performing an outdoor chore for them. <b>16</b>	Make a nature weaving with sticks, string, and some nature treasures. <b>17</b>	Go birding. See how many feathered friends you can count. <b>18</b>	Go outside and notice how many different trees you can find and identify. <b>19</b>	Discover a new outdoor place. <b>20</b>	Make a bird feeder from simple home materials. <b>21</b>
Make a sound map. <b>22</b>	Get your hands dirty by doing some seed starting with soil and potting. <b>23</b>	Grab your gear and go for a hike or nature walk. <b>24</b>	Lay a blanket down and look up at the night sky. <b>25</b>	Sit next to a tree and truly contemplate its aliveness. <b>26</b>	Make a mud pie. <b>27</b>	Climb a tree. <b>28</b>
Grab some paper and crayons and make a tree or leaf rubbing. <b>29</b>	In your nature journal, write an outdoor intention and watch it manifest! <b>30</b>	<p>JOIN NEW REWILDING CHALLENGES MONTHLY AT:  <a href="https://facebook.com/groups/RewildingOutdoorFamilies">facebook.com/groups/RewildingOutdoorFamilies</a></p> <p>FIND MORE OUTDOOR ACTIVITIES AT:  <a href="http://OutdoorFamiliesOnline.com">OutdoorFamiliesOnline.com</a></p>				