

Less screen. More green. 30-day Challenge

Spend at least 30 minutes outside in nature every day to build healthy habits that boost your well-being! Try one of these nature activities or create your own!



Before you begin, check your daily screen time and log it here:

DATE:

AVERAGE DAILY HOURS:

DAY 1

Go on a nature walk.

DAY 2

How many butterflies can you see?

DAY 3

Find shapes in the clouds.

DAY 4

Find a plant growing in the sidewalk cracks.

DAY 5

How many different bird songs can you hear?

DAY 6

Draw shapes in the dirt.

DAY 7

Find a colorful rock.

DAY 8

Watch ants work.

DAY 9

Look for mushrooms.

DAY 10

See any creatures that climb trees?

DAY 11

Create shapes with sticks.

DAY 12

Count how many trees you see.

DAY 13

Find a plant that smells nice.

DAY 14

Find 3 living things that are yellow.

DAY 15

Play hide and seek outside.

DAY 16

Listen to the wind.

DAY 17

Watch the sunset.

DAY 18

Find a leaf as big as your hand.

DAY 19

Find a leaf as small as your pinky toe.

DAY 20

Play duck, duck, goose around a tree.

DAY 21

Make a nature face with leaves and sticks.

DAY 22

Look for circles in nature.

DAY 23

Look for spiderwebs (but don't touch!).

DAY 24

Find a creature that crawls.

DAY 25

Find a creature that likes water.

DAY 26

Walk barefoot on grass.

DAY 27

Water flowers in a garden.

DAY 28

Find the tree with the most moss.

DAY 29

Find a plant with leaves that are not green.

DAY 30

Make up a nature song.



Project One Health

Less Screen + More Green = Children Flourishing

