

FOSS HOME/SCHOOL CONNECTION

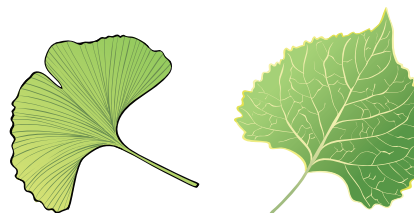
Take the Everyday Outside Challenge!

Introduction:

Things are not normal right now. We are spending a lot of time indoors and away from our friends and extended family. School is closed so we do not have recess, libraries are closed, and many stores and restaurants are closed. One way to take care of our minds and bodies is to go outdoors for breaks. During these breaks, we unplug from screens, breathe fresh air, and let our senses engage with the natural world.

Consider this challenge if

- *your city allows you to go outdoors for walks*
- *you ask and receive permission from your family*
- *you are healthy*
- *you practice social distancing (staying more than 6 feet away from anyone you don't live with)*



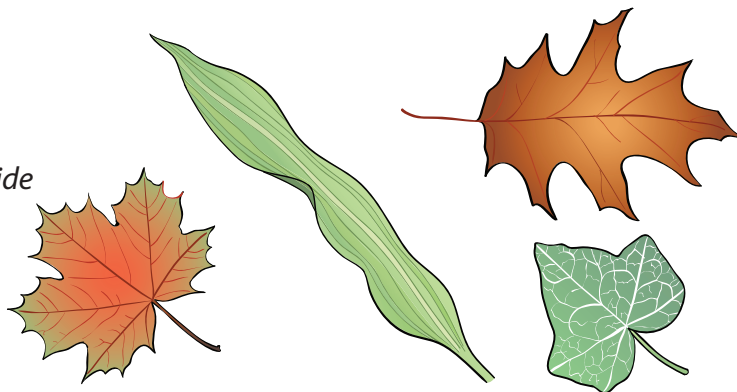
We do not recommend that you go to playgrounds, as the equipment may not be cleaned.

Action:

Take the Everyday Outside Challenge! To participate, all you have to do is go outside for at least 30 minutes every day (no matter the weather!). Here are some things to do, but the options are wide open. Remember to get permission from an adult at home if you are doing this alone.

Some other things you can do:

- *Read a book*
- *Play with an indoor toy outside*
- *Do your school work outside instead of inside*
- *Set up an art space and color and draw*
- *Have a snack outdoors*
- *Play a card game or board game*
- *Go for a walk in your neighborhood*
- *Go on a nature hunt—how many different items of one color can you find on one walk? Pick a different color each day and see how many things of that color you can find.*
- *Diagram the inside of a house with chalk—and then play in it.*
- *Find a spot where you can sit and relax, go to this same spot several times a week. You might want to bring a journal (maybe your science notebook) and draw, write poetry, reflect on how you are doing, draw things you see.*



The ideas of what to do are wide open. There is no right way or wrong way to do this. Simply go outside for at least 30 minutes. Remember to take some deep breaths, and let yourself relax. Let your teacher know that you are taking the challenge! How many students in your class are taking this challenge?