

HOME/SCHOOL CONNECTION

Take the Everyday Outside Challenge!—Middle School

Introduction:

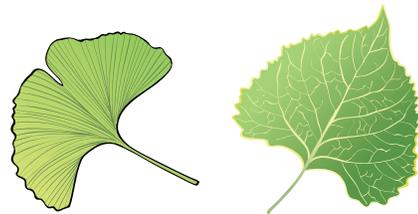
Things are not normal right now. We are spending a lot of time indoors and away from our friends and extended family. Schools are closed, sports are cancelled, and many rules are in place across the country to reduce gatherings and exposure. One way to help relieve stress and take care of our minds and 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.

The Challenge:

To participate, all you have to do is go outside for at least 30 minutes every day (no matter the weather).

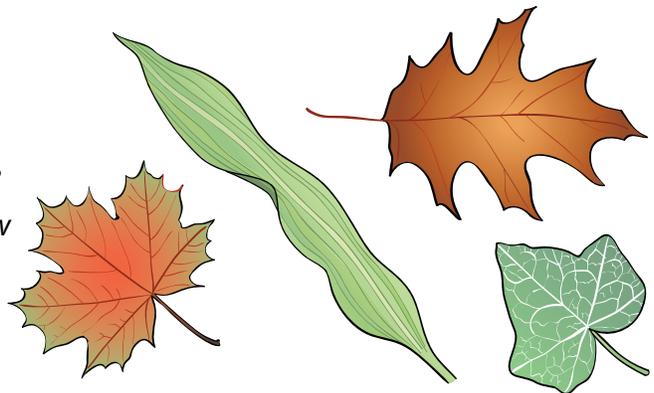
Consider participating if you

- *live in a city that allows you to go outdoors*
- *receive permission from a parent or guardian*
- *are healthy*
- *practice social distancing (staying more than 6 feet away from anyone you don't live with)*
- *follow all local rules. For example, many places have closed parks and playgrounds.*



Some things you can do:

- *Read a book outside*
- *Do your school work outside instead of inside*
- *Set up an outdoor art space and color or draw*
- *Have a snack or eat a meal outdoors*
- *Exercise outdoors*
- *Go for a walk in your neighborhood*
- *Find a comfortable solo spot where you can return to several times a week.*
If you don't have easy access to a safe outdoor space, sit by a window (preferably open).
- *Start a journal. Reflect on what is happening and how you are feeling, write poetry, draw things you see, and close your eyes and listen. What seems the same every time you visit? What changes?*



The ideas of what to do are wide open. There is no right way or wrong way to do this.

Simply be outside for at least 30 minutes every day. Remember to take some deep breaths, and let yourself relax. Encourage your friends and family to do it too, and let your teacher know that you are taking the challenge!