

Children in Nature Challenge
Family Checklist

Close To Home (10 Point Activities)

- Walk around the house or apartment building/complex
- Go for a hike around the neighborhood
- Visit and play at a local park, state park, nature center, school outdoor classroom, walking path around a school or park
- Work in a family garden plot (either at home or a garden plot offered by the community in a community garden)
- Visit a local farmers market
- Camp in your backyard
- Build a bat house
- Plant a tree
- Go for a bike ride
- Attend a bike safety class
- Go swimming
- Play in the rain, snow and/or mud
- Organize a neighborhood outdoor play day
- Do a family bonding activity (ex-mother/son hike)
- Parks and Recreational Day Camps with Outdoor Nature-Related Activities
- Other (Describe)

At School (20 Point Activities)

- One or more parent participates with their child(ren) on a Walking Schoolbus.
- Family participates in outdoor classroom clean ups, plantings, presentations, etc.
- Create an after school nature club
- Other (Describe)

Further Afield (10 Point Activities)

- Visit a Missouri State Park or Historic Site
- Visit a Missouri Department of Conservation Nature Center, Interpretive site or Range
- Visit a botanical garden
- Take a farm tour
- Attended a WOW School
- Visit a Zoo
- Other (Describe)