

Get Outdoors Weekly Challenge

How it works:

- Adventure outdoors to enjoy nature! Any activity you choose! (See the Attached Checklist for Ideas)
- Repeat activities are allowed, but you are encourage to try new things!
- Each activity must be 1 hour or more, atleast once every week this year!

Why do it:

- Because you will feel better and nature therapy is real!

Let's Connect!

Share a photo of where your adventures take you and tag #livelongintheoutdoors



Regina & Quinn Stafford

Get Outdoors Weekly Challenge

Winter Activity Ideas

Go ice skating or sledding

Go on a hike in the rain

Build a bonfire in your backyard fire pit

Take your dog on a walk

Go skiing or snowboarding

Winter constellation viewing

Build a snowman or woman

Go fishing or visit a creek

Feed the birds with a homemade bird feeder

Puddle jump with little kids

Go duck hunting

Winter photoshoot of nature

Fly a kite on a windy day

Take a winter picnic to a park

Go winter camping in a lodge, tent or trailer

Auto tour at the wildlife refuge



Follow the blog

Stop by the blog at www.livelongintheoutdoors.com
for the latest outdoor tips, inspiration, gear reviews, recipes, and
stories of our family adventures!

