



 **100** #naturemoments
Days of Summer

Nature is a source of joy.

It's all around us, no matter where we are or who we are. All we have to do is embrace it. Make the most of 100 days of summer with 100 nature moments.

 Simple Pleasures  Active  Discovery & Adventure  Escape & Unplug

- | | | |
|--------------------------|--|---|
| <input type="checkbox"/> | 1. Wake up early in the morning and watch the sunrise. |   |
| <input type="checkbox"/> | 2. Pitch a tent in your backyard and have a family campout on a warm summer night. |  |
| <input type="checkbox"/> | 3. Grab a friend and go searching for a four leaf clover together. |   |
| <input type="checkbox"/> | 4. Go on a scavenger hunt - find things that start with all the letters in NatureMoments. |  |
| <input type="checkbox"/> | 5. Look for 3 different kinds of birds and find out their names. |  |
| <input type="checkbox"/> | 6. Lie on the grass and listen to the sounds of nature. How many different sounds can you hear? |   |
| <input type="checkbox"/> | 7. Find 3 different kinds of trees and find out their names. |  |
| <input type="checkbox"/> | 8. Go climb a tree and sit for a while on a strong branch. |    |
| <input type="checkbox"/> | 9. Walk to the top of a local hill and look at the view. |   |
| <input type="checkbox"/> | 10. Discover a park you've never been to before. Check out the Park Finder on NatureValley.ca to find one near you. |   |
| <input type="checkbox"/> | 11. Watch the clouds and find 5 familiar shapes. |   |
| <input type="checkbox"/> | 12. Go berry picking with your family and make a delicious dessert with the berries you bring home. |  |
| <input type="checkbox"/> | 13. Watch the sunset late on a long summer day. |   |
| <input type="checkbox"/> | 14. Kick off your shoes and let your bare feet touch the grass. |   |
| <input type="checkbox"/> | 15. Put on some rain boots and splash in puddles after the rain with your family. |   |
| <input type="checkbox"/> | 16. Fly a kite and watch the tail dance in the wind. |    |
| <input type="checkbox"/> | 17. Find a thick piece of grass and place it between your thumbs to make a whistle. |   |
| <input type="checkbox"/> | 18. Go outside and look for something in nature that matches every colour of the rainbow. |  |
| <input type="checkbox"/> | 19. Walk through a neighborhood park and look for signs of wildlife like sounds of birds, animal tracks and bugs. |    |
| <input type="checkbox"/> | 20. Identify five different smells at a nearby park or in your backyard. |  |
| <input type="checkbox"/> | 21. Look for a bee and watch how it collects the pollen and nectar of the flowers. |   |
| <input type="checkbox"/> | 22. Plant a seedling in your backyard and watch it grow. |   |
| <input type="checkbox"/> | 23. Pick a white dandelion and make a wish as the seeds fly away. |  |
| <input type="checkbox"/> | 24. Hug a tree! It is good for your body, mind and spirit. |  |
| <input type="checkbox"/> | 25. Make a chain out of the flowers you find in the grass. Give it to someone special. |  |
| <input type="checkbox"/> | 26. Play a game of catch barefoot in the grass. |  |
| <input type="checkbox"/> | 27. Pick a wildflower bouquet and give it to someone you love. |  |
| <input type="checkbox"/> | 28. Star gaze - Go outside on a clear night and count the stars. Try to find the "man in the moon" and/or big dipper. |   |
| <input type="checkbox"/> | 29. Pack a simple picnic basket and eat outside with your family. |   |
| <input type="checkbox"/> | 30. Dip your feet in a nearby lake and feel the difference between the warm sun and cool lake. |   |
| <input type="checkbox"/> | 31. Go dancing in the rain on a rainy summer day. |   |
| <input type="checkbox"/> | 32. Plant flowers in your yard. |   |
| <input type="checkbox"/> | 33. Dig in the sand until you find moisture. |   |
| <input type="checkbox"/> | 34. Listen to night sounds like crickets chirping. |    |
| <input type="checkbox"/> | 35. Listen to the peaceful sounds of raindrops as they touch the leaves on trees. |   |
| <input type="checkbox"/> | 36. Go for a barefoot walk on a beach. |   |
| <input type="checkbox"/> | 37. Go for a nature walk and look for a walking stick. |    |
| <input type="checkbox"/> | 38. Go down to your closest stream, lake or pond and skip stones. |    |
| <input type="checkbox"/> | 39. Look for rainbows during the rainfall. |   |
| <input type="checkbox"/> | 40. Jump from rock to rock in a shallow stream |   |

- 41. Go swimming in a lake.  
- 42. Collect pretty rocks by the water.  
- 43. Feel the rain on your face during a rain storm.  
- 44. Start a garden (or gardening bin) in the backyard, plant seeds and watch them grow over time.  
- 45. Collect small rocks and stones and create a mini Inuksuk. 
- 46. Make a fort using sticks and pretend you and your friends live there.  
- 47. Collect sea shells at the beach.  
- 48. Go outside and count the number of squirrels you see 
- 49. Visit a local river and count how many different amphibians you can find (for example: frogs).  
- 50. Schedule time with your family to play an outdoor game of I-spy.  
- 51. Play in a sprinkler on the lawn.  
- 52. Collect twigs on a hike and make a dream catcher to hang in your room.  
- 53. Get your hands dirty and make a mud pie after a heavy rainfall.  
- 54. Roll down a grassy hill.  
- 55. Build a campfire and roast marshmallows on sticks for s'mores. 
- 56. Play an outdoor game of hide-and-seek.  
- 57. Collect sticks and stones that can be used to play an outdoor game of tic tac toe.  
- 58. Make a birdfeeder using a pinecone, smooth peanut butter, and seeds. Hang it outside and watch the birds it attracts. 
- 59. Blow bubbles in an open field and chase them in the breeze.  
- 60. Build a sandcastle and see how big you can make it.  
- 61. Sit in a garden and observe the butterflies as they flutter about.  
- 62. Roll a log onto its side and discover all the critters living beneath it. 
- 63. Use a stick to draw your name in the mud or sand. 
- 64. Be proud of your local park and throw out three pieces of garbage you find. 
- 65. Make pinwheels with a friend. Watch it spin in the wind.  
- 66. Take a sketchpad to the park and sketch three different trees. 
- 67. Find a quiet place to meditate and relax. Let the cool grass and sounds of nature soothe you.  
- 68. Build a lean-to shelter from sticks and tell stories inside. 
- 69. Have someone bury you in the sand at the beach and feel how warm the sun-soaked sand is.  
- 70. Find 3 different kinds of wildflowers and find out their names. 
- 71. Go for a walk after a rainfall and see how many worms you can count. 
- 72. Spell your name using sticks and rocks you find in a forest. 
- 73. Go for a nature walk with your family and see if you can identify the sounds of at least three different animals or insects (for example: crickets).  
- 74. Touch the bark on different trees and compare how they feel. Are some smoother than others? 
- 75. Go on a scavenger hunt: find bees, squirrels, ants, flowers, and pine cones. 
- 76. Go on a scavenger hunt: find something round, straight, and square. 
- 77. Go on a scavenger hunt: find something green, red, yellow, and blue. 
- 78. Look for a nest in a tree and try to identify the bird that it belongs to. 
- 79. Look for animal tracks by a nearby ravine and try to identify what kind of animal its from. 
- 80. Find a spider and watch it weave its web. 
- 81. Measure the diameter of a tree with a measuring tape and guess its age. 
- 82. Go for a quiet walk in a local park or trail with a friend or loved one.  
- 83. Play a game of nature hunt bingo. 
- 84. Visit geocaching.com and go geocaching with a friend or loved one. 
- 85. Grab a camera or phone and photograph a beautiful sunset.  
- 86. Get into your bathing suit and have a water balloon fight in your backyard. 
- 87. Have dinner in your backyard on a warm summer night.  
- 88. Take a day trip out to a flower field closest to your city.  
- 89. Read a book on a park bench. 
- 90. Play a game of Marco Polo at a local outdoor swimming pool. 
- 91. Walk or bike to a local store and count how many trees you see on the way.  
- 92. Find a stream or ravine and float a paper boat. 
- 93. Play a game of Frisbee, badminton or volleyball in your backyard or local park. 
- 94. Ride your bike in a nearby trail.  
- 95. Find a nice spot in a local park or by the lake and sketch the landscape in front of you. 
- 96. Get up early and watch the sunrise with your family.  
- 97. Lie in a hammock and listen to the sounds of nature.  
- 98. Catch a grasshopper. 
- 99. Balance on a log.  
- 100. Explore a ravine or creek and see what creatures live around it.  