

VITAMIN CHALLENGE

PRESENTED BY:

Children & Nature Network

Here are 10 strategies for using Vitamin N to create a nature-rich life for your family, your community, and yourself:

Challenge 1:

Start your Vitamin N Plan by marking five of the hundreds of action ideas in the book or [excerpt](#), and put them on the calendar in July and August. Beyond the initial five, select the actions you want to do most, even if you can't do them right away. Sort them into actions you want to do for yourself, with one or more family members, and with your community.

Challenge 2:

Try the One-a-Day Vitamin N approach. Get up every morning and pick one action a day that you would like to do — and do it. Search the hashtag #vitaminN2022 on social media and engage with others in [The Trailhead](#) for ideas.

Challenge 3:

Pick low-hanging fruit, then climb higher. Once you have completed five actions in the book (along with any friends or family joining you in the challenge!), pick five more that are *out of your comfort zone*, and do those. Ask a family member or a friend to suggest actions from the book that *they* think are out of your comfort zone.

Challenge 4:

Use *Vitamin N* as a rallying point to start a family nature club. After downloading the [free tool kit](#) from C&NN, gather some parents who might be interested in creating such a club and hold a discussion (with pizza... or, okay, something healthier) at your home. *Last Child in the Woods* is also a good discussion starter, but *Vitamin N* cuts to the chase of possible adventures for your new club.

Challenge 5:

Start creating your nature-rich home, yard, garden, school, or workplace. Set a goal of three months for a natural beauty makeover of where you live, work, learn, and play. The point here is to infuse your daily environment with natural elements, and surround your family and friends with the restorative power of nature.



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Challenge 6:

Do Your Own Natural Beauty Makeover. Why not? Use *Vitamin N* as a guide to getting in better shape physically and psychologically. Create a green gym in your backyard or neighborhood. Pick the actions in the book that are appropriate for your life, then set monthly goals and see how you feel when you meet them.

Challenge 7:

Make Saturday your Vitamin N Challenge Day. Or pick another day of the week, but put it on your calendar; and make it a family tradition to set at least one day aside to do something new drawn from the book (or from other, similar books).

Challenge 8:

Keep a Vitamin N Diary. Track what you're doing, how you're doing it, and what you're learning and experiencing. You can do this in writing or drawings or digital photographs — or even sound recordings (including the sounds of the nature you've experienced on your outings). Share pieces of your diary on Instagram, Facebook, Twitter, or other social media using the tag #vitaminN2022; or start your own Vitamin N Blog.

Challenge 9:

Use *Vitamin N* as a practical guide to making your community great for families and nature, by creating a nature-rich school, school yard, library, or faith-based organization. If you're organizing a regional campaign to get kids and families outside, use it as your action manual. Challenge your city to become the best city in America for children and nature.

Challenge 10:

Create a Vitamin N Community Challenge Day for your school, extended family, place of worship, workplace, service club, or friendship network.