

NATURE ADVENTURE

ACTIVITY CARDS

AGES 7-11

Children
& Nature
Network

*Use these cards as
inspiration to get out into
nature and have some fun
with family and friends!*

*You will find four cards, each with
different activity suggestions
to try while camping!*

1 LEAP IN!

*A simple adventure you can go on
in almost any outdoor location –
from the park, to your own yard or
balcony.*

2 PLAY ON!

Bring out the creative side in you!

3 SPEAK UP!

*You and your family (and friends!)
can play with words, tell about
adventures, or even make up a song!*

4 GREEN UP!

*Stewardship is the theme here,
and in this activity, you will help
animals or local areas thrive
because of what you do!*

HAVE FUN!



CAMPING

1

LEAP IN!
AGES 7-11

CAMPSITE SPORTS

When you go on a camping trip, your biggest adventure will be spending time walking, eating, and even sleeping in the great outdoors. But what do you do if you get to camp and still have energy left for extra activities? Try these ideas:

1

Invent a campsite sport. Don't have a ball and bat? Play baseball with a stick and a pinecone. Find a large, flat rock to stand on, and practice some yoga moves. Climb a tree!

2

Play squirrel tag. In this game, every player but one is a squirrel and picks his or her safe tree. When the non-squirrel calls "Run!" the squirrels scramble to a new tree. The first one to be tagged before getting to a new tree is now "it."

3

Go solo. Choose five minutes to spend completely alone someplace near your campsite. See what new things you notice when your fellow campers aren't close enough to talk to.

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CAMPING

STAR POWER

Spend some time stargazing from your campsite.

- ★ Which constellations do you know?
- ★ Which constellations can other people with you point out?

Try making up a constellation of your own by incorporating a set of stars you see. Think of a constellation as a picture in the sky that you can name! If you want, you can use a laser pointer to make it easier for everyone to see one another's constellation.

NOTE: Laser pointers can cause damage to eyes, so please avoid looking directly into or pointing the laser at anyone else's eyes.



3

SPEAK UP!
AGES 7-11



CAMPING

GROUP STORYTELLING

Do you like to listen to or tell campfire stories?

Try this idea: One person starts a story about camping, making up only the first few sentences or so . . . then another person continues the story, adding on a few more sentences. Continue on until everyone in the group has had at least one opportunity to add to the story. Be sure the story has a good ending!



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CAMPING

4

GREEN UP!
AGES 7-11

TAKE CARE OF THE TRAILS

When you're camping out, you'll probably find hiking trails nearby. You can help hikers and wildlife alike by helping to keep these trails clear and clean of trash and debris. Here's how:

1

Clear large sticks. You don't need to clean up all the sticks along a trail to make it clean. It is a trail after all—it's supposed to have leaves, sticks, mud, and other items from nature. However, you can clear the large sticks that other people may trip over. Just gently move them off to the side near the trail instead.

2

Clean up garbage. Look for garbage along the trails and pick it up. Use a trash bag and gloves if you have them. Make a habit of bringing these supplies with you on your walks.

3

Don't be a part of the problem. Be extra careful when you're getting things out of your pockets or pack—it's easy to accidentally drop tissues, food wrappers, and other trash of your own.



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