365 WITH NATURE

Summer Nature Tracker

Exploration
Hike
Beach
Park
Birdwatch

Mindfulness
Sit in Park
Stargaze
Read Under Tree
Meditate Outdoors

Creative
Photograph Nature
Nature Journal
Wood Chimes
Scavenger Hunt

Sustainable
Rain Gardening
Rock Garden
Plant-Based Diet
Permaculture Lesson

Health
Swimming
Fire-Starting Skills
Tai Chi in Park
Kayak

Gardening
Plant Tree
Herb Garden
Visit Farm
Compost

Conservation
Pickup Litter
Build Birdhouse
Nature Documentary
Wildlife Sanctuary

Education
Survival Workshop
Identify Constellations
Green Building Tour
Nature Class

Community
Nature Walk
Family Day Outside
Nature Trivia
Tree Climbing Course

Seasonal
Meter Shower
Eclipse
Fly a Kite
Visit Hot Spring