

365Outside

Refresh Your Life

December Outside Activity Guide

AFTER DARK ACTIVITY

Make a wish on a star! Go outside after dark, choose a beautiful star, and make a secret wish on it. Maybe it will come true!

Time: 2 Minutes

Materials: Sticks, string or pipe cleaners

Make a stick star! Find five somewhat straight sticks outside that are all about the same length. Arrange them into a star shape. Use six sticks if you'd rather make a Star of David. Secure the corners with pipe cleaners or string. Hang in a window!

Time: 30 Minutes

AFTER DARK ACTIVITY

Materials: Flashlight

Get some exercise! Have a grown up shine a flashlight around after dark. See if you can "catch" the light. For older kids, see if they can hide from the light!

Time: 10 Minutes

Materials: Paper, Markers or Crayons

Spread a little holiday spirit to those you love! Make a holiday card to share with a friend or family member. Hand deliver it to a neighbor, or make a point of taking a little walk on the way to putting it in the mail.

Time: 20 Minutes

Materials: Found objects

Build a fairy house! Find a sheltered cozy spot outside and use sticks, leaves, or whatever else you can find to build a cozy home for a tiny fairy.

Time: 20 Minutes

Materials: Sticks, String, Natural fibers (leaves, grass, pine needles, etc.)

Make your own nature paintbrushes! Gather some twigs and some natural fibers, whether they are leaves, grasses, pine needles, etc. Arrange the fibers in a bunch around the end of a twig and secure by tightly wrapping them with twine or string. Trim the edges of the fibers to make them more even. Leave as a pretty decoration, or try them out with some paints!

Time: 30 Minutes

Materials: Found objects, Large bowl or casserole dish, water

Explore some science! Gather some objects outside and predict whether you think they will sink or float. Inside, fill a bowl with water and test each object. If you want, you can even make a chart to keep track!

Time: 30 Minutes

Materials: Found objects, paper plates, contact paper, string

Make a sun catcher! Gather some lightweight, flat objects outside. They can be leaves, flowers, grasses, twigs, anything! Cut out the center of some paper plates, then apply contact paper over the back. Arrange the natural objects on the exposed contact paper. Hang in front of a window!

Time: 30 Minutes

Materials: Sculpey clay, Playdoh, or make your own salt dough, found objects

Make your own fossils! Gather some materials from outside (rocks, shells, sticks, leaves, ferns, etc). Make salt clay, or use Sculpey or Playdoh. Shape the clay into discs and then press the objects in to make impressions. Leave Playdoh out to dry or bake Sculpey or salt dough at about 275F for 20 minutes, or until hard.

Time: 30 Minutes

Materials: Chalk

Spread a little holiday spirit to strangers! Use chalk to create a holiday card on the sidewalk or street. (Have a grownup help!)

Time: 20 Minutes

AFTER DARK ACTIVITY

Materials: Glass jar or paper bag, candle or glow stick

Spread light! Make your own lantern by putting a candle or a glow stick in a jar or paper bag (glow stick only). Decorate it if you would like. Set it on your doorstep and take a little walk to see the beauty from afar.

Time: 15 Minutes

Break a sweat! Build an obstacle course outside. See who can complete it in the least amount of time.

Time: 20 Minutes

Materials: Bird seed, peanut butter and pinecones or cardboard (optional)

Feed some birds! Sprinkle some bird seed outside your window, or make your own bird feeder! Spread peanut butter on a pinecone or a piece of corrugated cardboard, then press into bird seed. Thread a piece of yarn through and hang it from a tree.

Time: 15 Minutes

AFTER DARK ACTIVITY

Materials: Flashlight

Make shadows! Go outside after dark with a flashlight. Take turns using your hands to project shadow puppets onto a building. Try using your whole body too!

Time: 10 Minutes

Just soak it in. Find a nice spot to sit, spread out a blanket if you want, and just sit. See if your child can sit and watch the sky for the same number of minutes as his/her age.

Time: 5-10 Minutes

Materials: Favorite story, blanket or sleeping bag, flashlight

Read a story outside. If it's after dark, snuggle under a big blanket and use a flashlight or headlamp.

Time: 15 Minutes

Materials: Vase or Glass Jar, found objects

Find beauty. Choose a nice glass or vase from in your house. Fill it with beautiful things you find outside. Put it somewhere you will see it every day.

Time: 20 Minutes

Materials: Trash bag

Make the world a better place! Clean up some trash and dispose of it properly.

Time: 15 Minutes

AFTER DARK ACTIVITY

Materials: Warm drinks, blankets

Get cozy! Have something warm to drink outside in the dark. Make some tea or cocoa, snuggle up with someone you love, and watch the night sky while you enjoy a warm drink.

Time: 15 Minutes

Materials: Paint, paint brushes, found objects

Paint natural objects! Find the perfect stick, or the perfect rock, or the perfect acorn, or the perfect pinecone. Anything! Paint it with your favorite colors and designs. Display it proudly.

Time: 20 Minutes

Use your senses. While outside, name something you sense with four of your senses. What do you see? What do you hear? What do you smell? What do you feel? You probably shouldn't taste anything, but if you could what would it be?

Time: 15 Minutes

Materials: Found objects

Use found objects to create a collage or art piece outside. Leave it for others to enjoy!

Time: 15 Minutes

AFTER DARK ACTIVITY

Materials: Glow sticks

Have a grownup hide some glow sticks outside. Go find them after the sun sets!

Time: 15 Minutes

AFTER DARK ACTIVITY

Learn about a constellation! Research or talk with a grownup about a constellation. After dark, go outside and find it. See if a grown up can tell you the myth behind the constellation.

Time: 15 Minutes