

100 Hours Outside



Warren County Conservation District

Set aside screens this summer and go outside! Being outdoors is important for our overall well-being and most of us don't spend enough time doing it.

This project is to encourage our children (and caregivers) to spend more time grounding, connecting with nature, and appreciating our natural resources. Conserving our resources is more important now than it has ever been. We encourage you to enjoy time as a family unit outdoors and create memories you might not have otherwise.

This is simple: complete the 100 Hours Outside tracker, turn it in by July 31, and your child(ren) will receive a completion prize.

Think outside the box! Being outside can be more than tag, swimming, and hikes! Check out the ideas below and get creative.

 HOMEMADE JUICE HIKE	 PUTT PUTT GOLF
 PICNIC HIKE	 PLANT A CONTAINER GARDEN
 TANK TOP HIKE	 COOK ON A OUTDOOR GRILL
 THREE MILE HIKE	 VISIT A NEW STATE PARK
 BINOCULARS HIKE	 CELEBRATE 1ST DAY OF SUMMER
 SKIP ROCKS	 PLAY TENNIS
 SUMMER FORAGING	 WATER A GARDEN
 SPRINKLER PARTY	 HOMEMADE POPSICLES
 MUD KITCHEN	 READ IN THE GRASS
 CAMPING TRIP	 BERRY PICKING
 SUMMER FARM VISIT	 HOST A BBQ
 SUMMER ZOO TRIP	 SUMMER FLOWER PRESS
 GO TO A FARMERS MARKET	 EXPLORE A CAVE
 LOOK FOR BIRD NESTS	 OUTDOOR CONCERT
 LAKE DAY	 JUNE NATURE SHELF FIND

 WATERMELON HIKE	 MAKE HOMEMADE JAM
 SUNRISE HIKE	 SUMMER SCAVENGER HUNT
 SUNSET HIKE	 HOTDOGS OVER A FIRE
 LONGEST HIKE YET	 VISIT A NEW STATE PARK
 WATERFALL HIKE	 LEMONADE STAND
 COLLECT SEASHELLS	 MAKE A SANDCASTLE
 LEAP OVER WAVES	 HARVEST SOMETHING FROM A GARDEN
 DELIVER FRESH FLOWERS	 SWIM IN A POOL
 PLAY WITH A HOSE	 READ IN THE SAND
 ANOTHER CAMPING TRIP	 FIREWORKS
 JUMP ROPE	 JUMP OFF A DIVING BOARD
 TUBE DOWN A RIVER	 KAYAK OR CANOE
 GO TO A FARMERS MARKET	 SPLASH PAD
 COUNTY FAIR	 GO TO A PARADE
 BEACH DAY	 JULY NATURE SHELF FIND

These prompts are from 1000hoursoutside.com

To sign up, email, text, or call:

- morgan.wccdky@outlook.com
- 270-846-4506

Include: Your name, address, child(rens) name and age(s)

Return completed tracker by July 31 to:

- morgan.wccdky@outlook.com
- 270-846-4506 (text photo)
- For in-person appointments, contact 270-846-4506

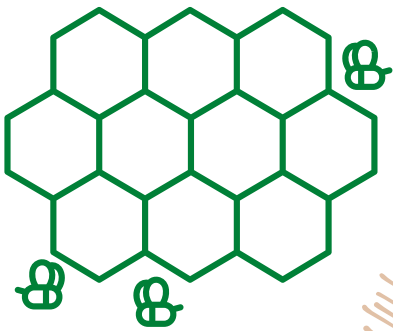
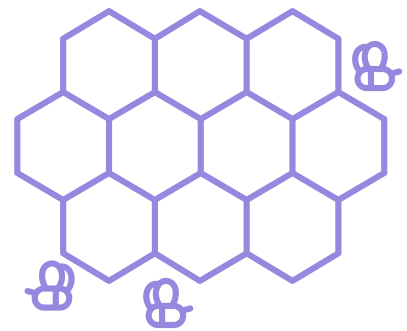
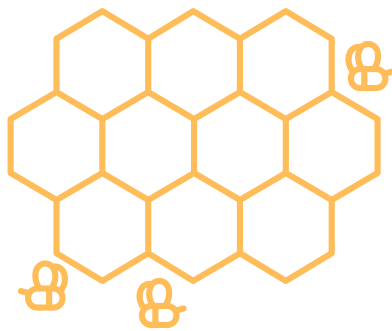
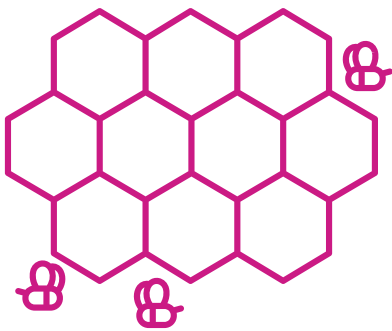
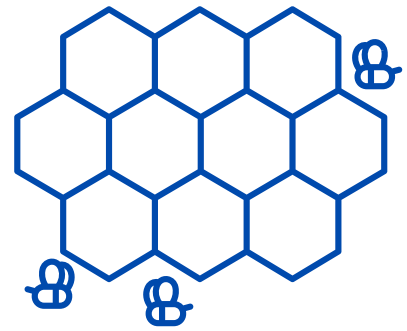
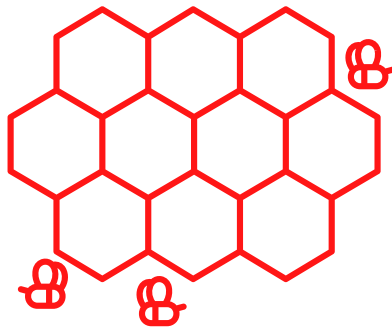
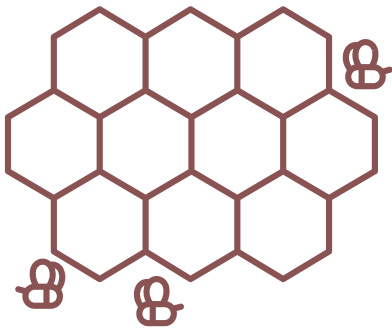
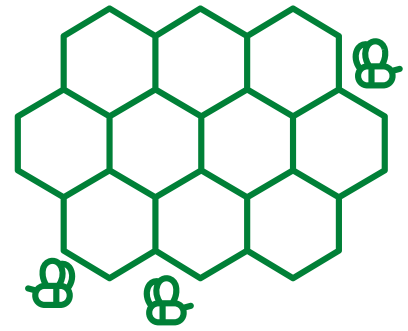
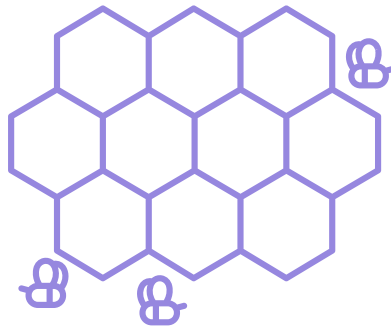
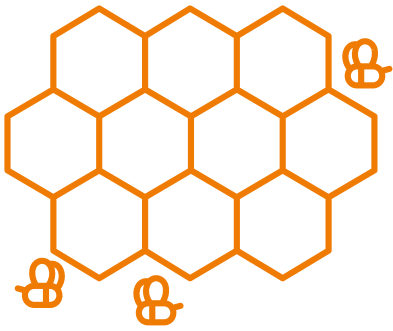
100 Hours Outside



Warren County Conservation District

goal: Spend 100 hours outside this summer!

(Color one hexagon for each hour outside.)



When your 100 hours are complete and your parent or guardian confirms it with their signature, turn in this tracker by **July 31** to WCCD to claim your prize!
Turn in via text or email: 270-846-4506,
morgan.wccdky@outlook.com.

Student Signature

Parent/Guardian