

100 Hours Outside

Warren County Conservation District



Parent/Guardian:

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

This project encourages 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 ever has been. We encourage you to enjoy time as a family 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 be entered into a drawing to win a fun 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

Return the completed tracker by July 31 to:

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

100 Hours Outside



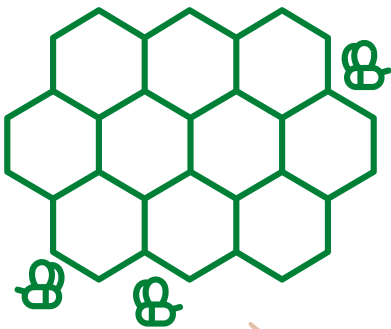
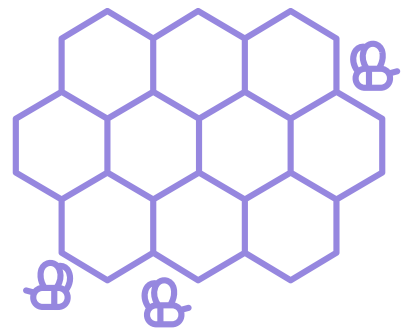
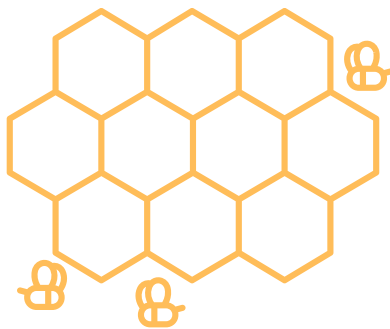
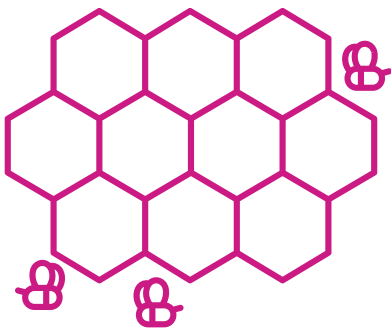
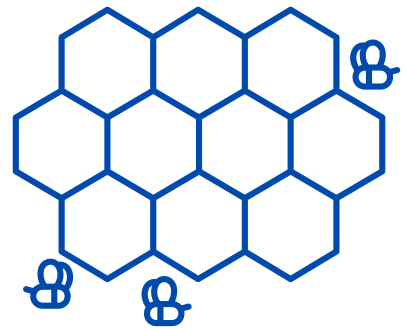
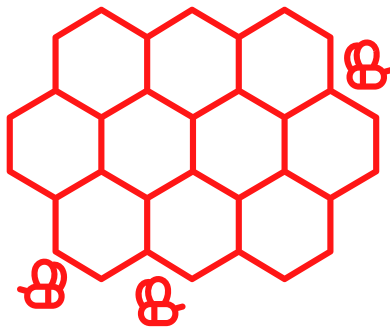
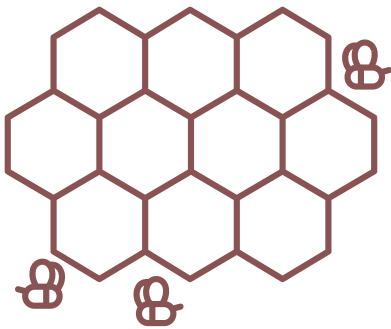
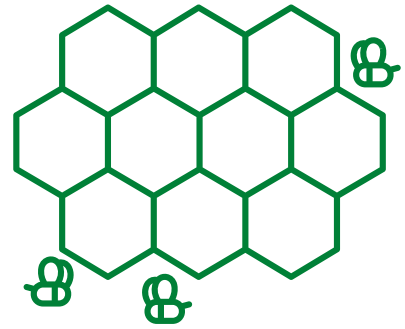
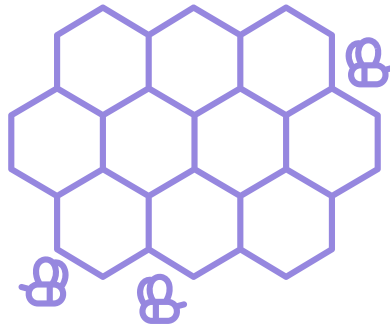
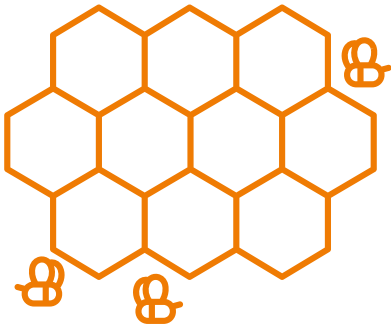
Warren County Conservation District

goal: Spend 100 hours outside this summer!

When your 100 hours are complete and your parent or guardian confirms it with their signature, turn in this tracker by **July 31**.

(Color one hexagon for each hour outside.)

Turn in via email: morgan.wccdky@outlook.com.



Name: _____

Age: _____

I live in Warren Co.:

Parent/Guardian: _____

