

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	 WATERMELON HIKE	 MAKE HOMEMADE JAM
 PICNIC HIKE	 PLANT A CONTAINER GARDEN	 SUNRISE HIKE	 SUMMER SCAVENGER HUNT
 TANK TOP HIKE	 COOK ON A OUTDOOR GRILL	 SUNSET HIKE	 HOTDOGS OVER A FIRE
 THREE MILE HIKE	 VISIT A NEW STATE PARK	 LONGEST HIKE YET	 VISIT A NEW STATE PARK
 BINOCULARS HIKE	 CELEBRATE 1ST DAY OF SUMMER	 WATERFALL HIKE	 LEMONADE STAND
 SKIP ROCKS	 PLAY TENNIS	 COLLECT SEASHELLS	 MAKE A SANDCASTLE
 SUMMER FORAGING	 WATER A GARDEN	 LEAP OVER WAVES	 HARVEST SOMETHING FROM A GARDEN
 SPRINKLER PARTY	 HOMEMADE POPSICLES	 DELIVER FRESH FLOWERS	 SWIM IN A POOL
 MUD KITCHEN	 READ IN THE GRASS	 PLAY WITH A HOSE	 READ IN THE SAND
 CAMPING TRIP	 BERRY PICKING	 ANOTHER CAMPING TRIP	 FIREWORKS
 SUMMER FARM VISIT	 HOST A BBQ	 JUMP ROPE	 JUMP OFF A DIVING BOARD
 SUMMER ZOO TRIP	 SUMMER FLOWER PRESS	 TUBE DOWN A RIVER	 KAYAK OR CANOE
 GO TO A FARMERS MARKET	 EXPLORE A CAVE	 GO TO A FARMERS MARKET	 SPLASH PAD
 LOOK FOR BIRD NESTS	 OUTDOOR CONCERT	 COUNTY FAIR	 GO TO A PARADE
 LAKE DAY	 JUNE NATURE SHELF FIND	 BEACH DAY	 JULY NATURE SHELF FIND

These prompts are from 1000hoursoutside.com

Return the completed tracker by July 31 to:

- penny.wccdky@outlook.com
- For in-person appointments, contact 270-202-3667

100 Hours Outside

Warren County Conservation District

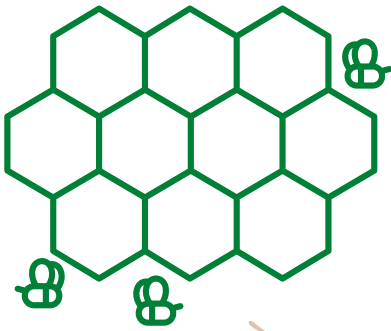
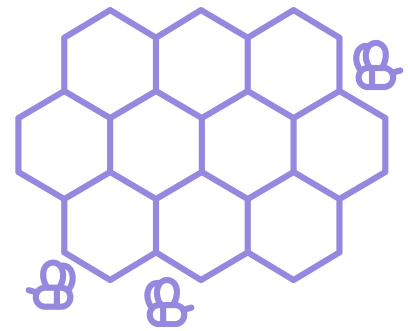
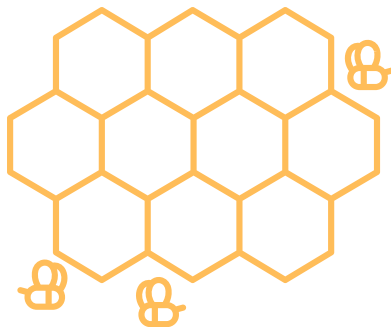
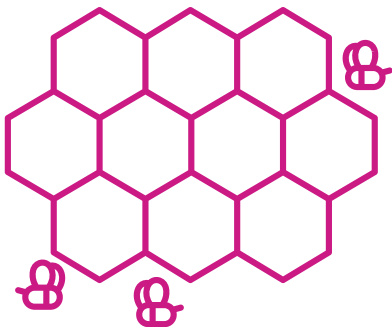
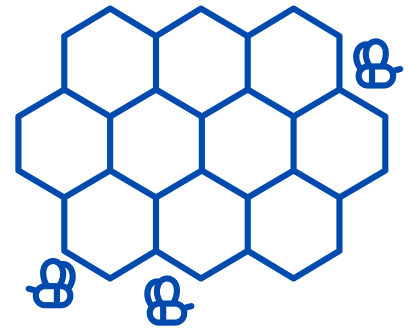
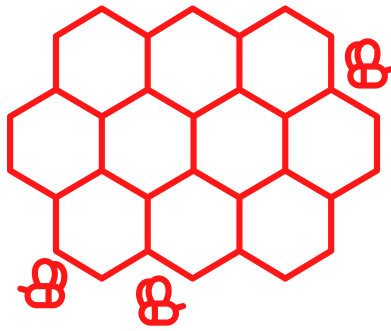
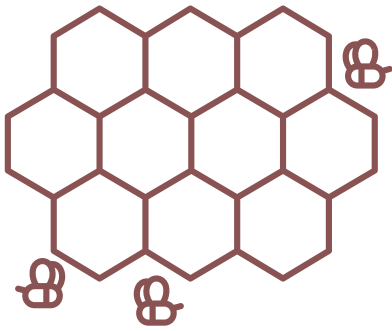
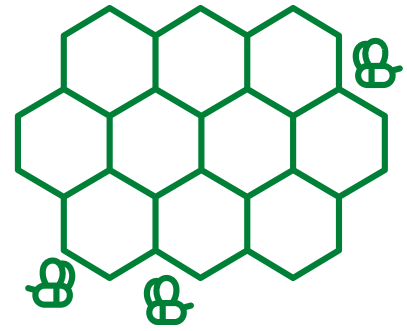
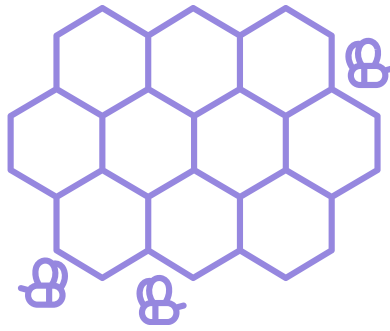
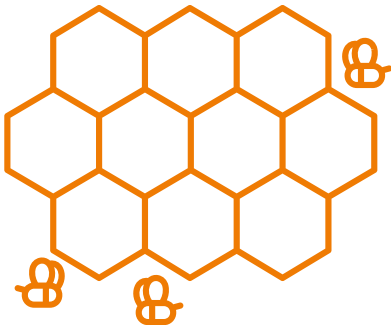


goal: Spend 100 hours outside this summer!

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: penny.wccdky@outlook.com.



Name: _____

Age: _____

I live in Warren Co.:

Parent/Guardian: _____

