

# 100 Hours Outside

Warren County Conservation District



Parent/Guardian:

Let's unplug this summer and head outside! Spending time outdoors is a simple but powerful way to boost our well-being—and many of us don't do it nearly enough.

This project is a fun way to encourage kids (and caregivers, too!) to connect with nature, enjoy the fresh air, and appreciate the natural world around us. It's also a great opportunity to teach the importance of caring for our environment. Most of all, it's a chance to make lasting memories together as a family.

It's easy to join in: just complete the 100 Hours Outside tracker, turn it in by July 31, and your child(ren) will be entered into a drawing for a fun prize! And remember—being outside can be anything you make it! Think beyond tag, swimming, or hiking. Take a meal outdoors, watch the clouds, build something, plant a garden, or just sit and listen. Check out the ideas below and get creative!

HOMEMADE JUICE HIKE	PUTT PUTT GOLF
PIGNIC 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](mailto:morgan.wccdky@outlook.com)
- For in-person appointments, contact 270-846-4506

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Warren County Conservation District

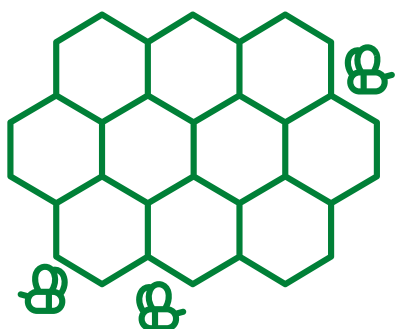
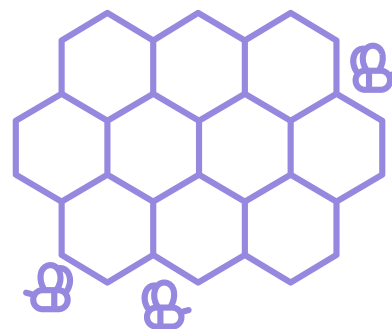
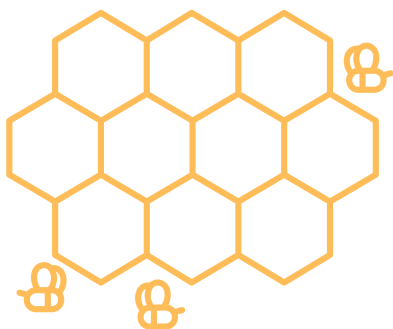
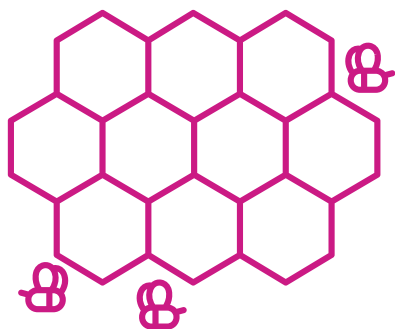
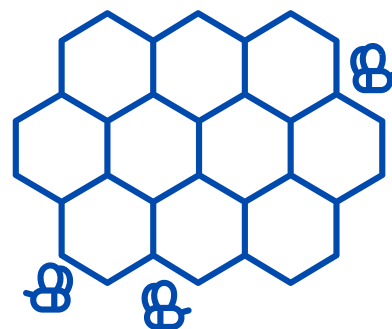
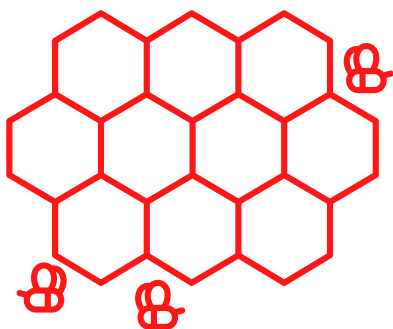
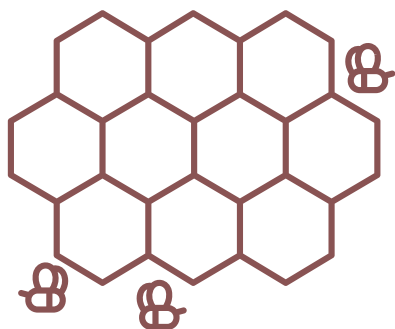
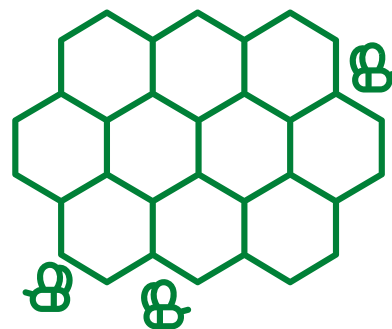
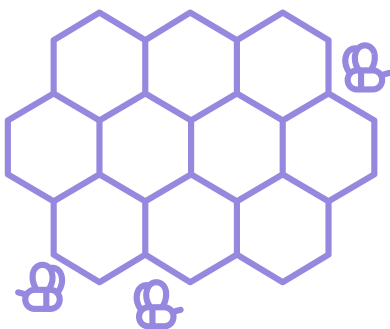
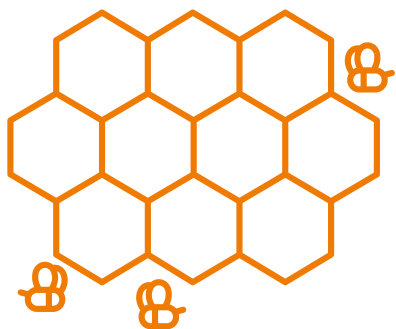


**goal:** Spend 100 hours outside this summer!

Once you've completed 100 hours and your parent or guardian has signed to confirm, submit this tracker by July 31.

Turn in via email: [morgan.wccdky@outlook.com](mailto:morgan.wccdky@outlook.com).

Color one hexagon for each hour outside.



Name: \_\_\_\_\_

Age: \_\_\_\_\_

I live in Warren Co.: ☐

Parent/Guardian: \_\_\_\_\_