


Humans Outside

Outdoor Bingo!

Spend 20 consecutive minutes outside.	Go for a hike.	Take a photo of yourself in nature with friends.	Go outside with kids.	Spend 90 consecutive minutes outside.
Play in water.	Spend 30 consecutive minutes outside.	Plant something outside.	Go for a walk.	Cook something in or over a fire.
Ride a bike or scooter.	Swing on a porch, hammock or swing set.		Visit a state park, national park or other public land.	Walk a dog.
Sing songs by a fire.	Spend 10 minutes listening to bird song.	Look for a bird and identify it.	Spend 40 consecutive minutes outside.	Spend a night in a tent, camper or cabin.
Go for a run.	Get your feet wet in running water.	Find a leaf from 3 different trees.	Drink something cold outside.	Spend 60 consecutive minutes outside.

