

June 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Take a walk at a favorite outdoor location.	2 Pack a picnic for one, two or many and soak in the sounds and sun.	3 Breathe outside for 5 minutes	4 Visit one of the many bodies of water in our great state!	5 Go on a run or walk
6 Visit a local park	7 Reflect on the season	8 Take a hike with a friend	9 Make a design with a natural object	10 Gaze at the moon and stars	11 Go for a walk somewhere new	12 Start and track an outdoor habit
13 Listen to music outside	14 Play a sport outside	15 Look at the clouds and find the shapes and objects	16 Play "I Spy"	17 Watch wildlife	18 Skip rocks	19 Do yoga or exercise outdoors
20 Look for birds	21 Swim in a river, lake, stream, beach or a pool	22 Camp overnight in your backyard	23 Give your car a good wash and offer the same to a neighbor	24 Go on a family/friend scavenger hunt outside	25 Make DIY paint or chalk and draw in the driveway	26 Set-up an outdoor movie night
27 Play Frisbee golf or set up laundry baskets and make your own course	28 Take an outdoor nap	29 Have a bonfire	30 Enjoy a water balloon fight	1	2	3
4	5	Notes				