

“ When we contemplate the whole globe as one great dewdrop, striped and dotted with continents and islands, flying through space with other stars all singing and shining together as one, the whole universe appears as an infinite storm of beauty.”

John Muir

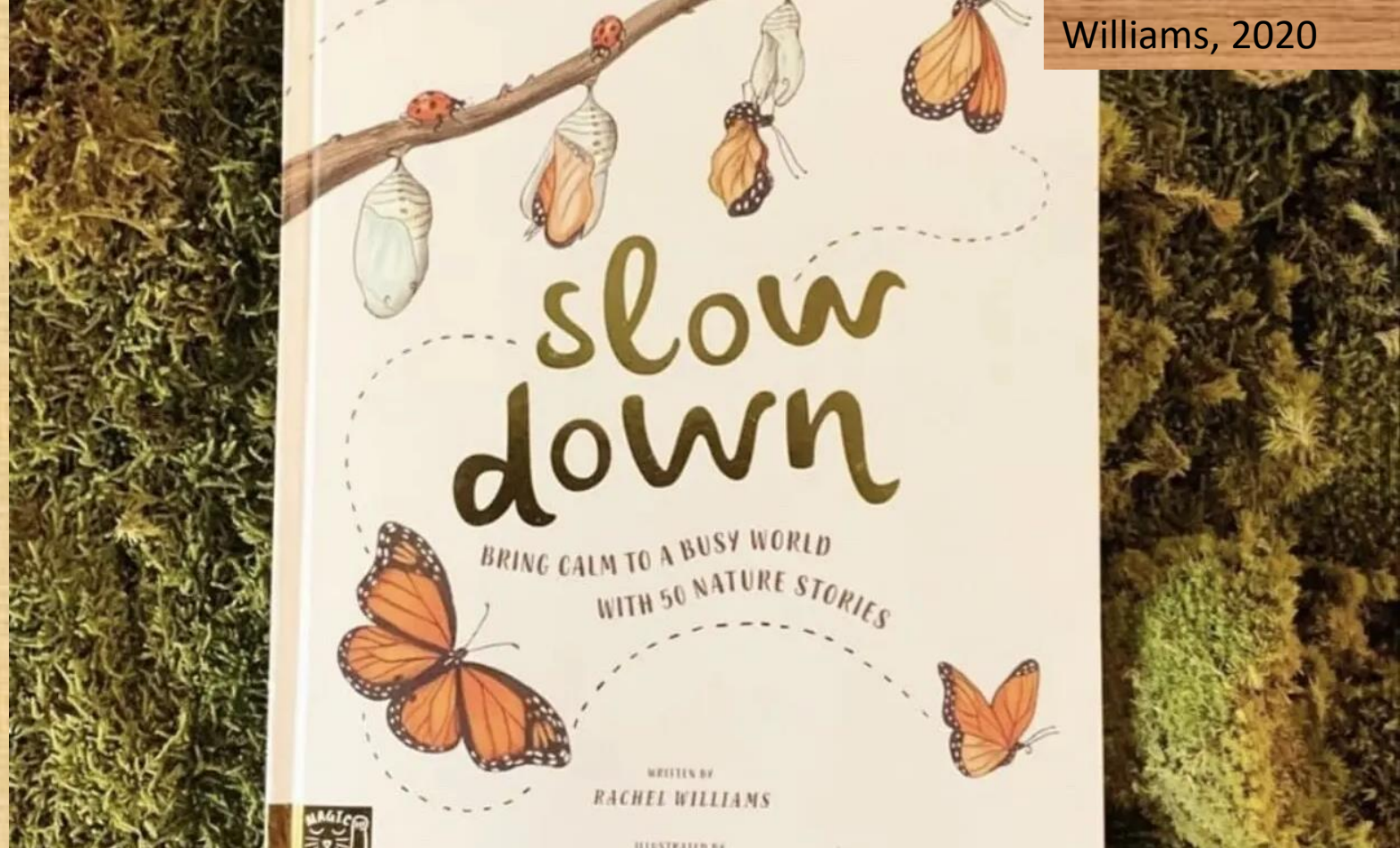
Regaining Paradise? Sustainability in the Early Years

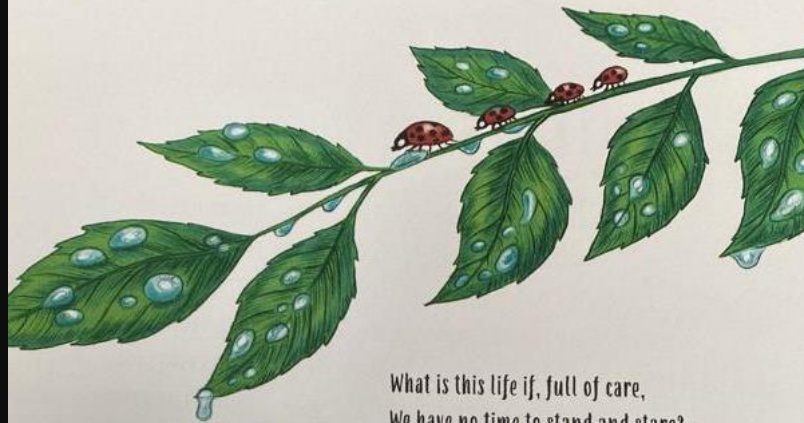
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Discover





What is this life if, full of care,
We have no time to stand and stare?—

No time to stand beneath the boughs,
And stare as long as sheep or cows:

No time to see, when woods we pass,
Where squirrels hide their nuts in grass:

No time to see, in broad daylight,
Streams full of stars, like skies at night:

No time to turn at Beauty's glance,
And watch her feet, how they can dance:

No time to wait till her mouth can
Enrich that smile her eyes began?

A poor life this if, full of care,
We have no time to stand and stare.

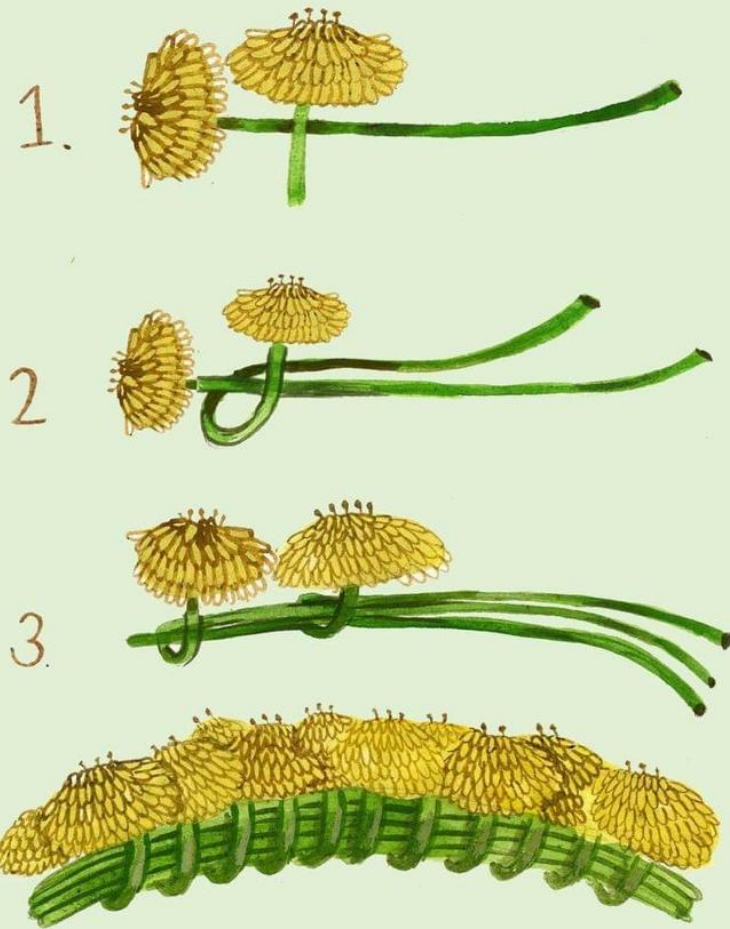
— 'Leisure' by W.H. Davies

(Davies, 1946)

A child with blonde hair, wearing a pink long-sleeved shirt with a flamingo and rainbow pattern, is sitting at a wooden table outdoors. They are using a small green spoon to mix dark brown soil in a purple cup. On the table, there is a large clear plastic bin filled with soil, a metal bowl with seeds, a metal bowl with pink and white flower petals, a black plastic container, a pink shovel, a small blue bucket, and various other items like a blue toy car, a white bucket, and a brown paper bag. The background shows a wooden fence and a paved area. The text "Mud Kitchen" is written in a large, white, stylized font across the top of the image.



DANDELION CROWN



Rock Art





Explore

1000 Hours Outside

<https://www.1000hoursoutside.com/>

January

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

FIRST DAY HIKE	SEE ICE SCULPTURES
ONE MILE HIKE	SLEDDING
HOT CHOCOLATE HIKE	CATCH SNOWFLAKES ON TONGUE
FLASHLIGHT HIKE	VISIT A NEW STATE PARK
WARM COOKIE HIKE	GLOW STICK SNOW GHOSTS
PINECONE BIRD FEEDER	WINTER BONFIRE
MAPLE SYRUP CANDY	TRY A KICK SLED
ICE WREATH	MAKE A SNOW MOUNTAIN
SNOW SCULPTURE	20 MINUTE BIRD COUNT
SNOWBALL LANTERN	TREE BARK IDENTIFICATION
SNOW PAINTING	LOOK THROUGH SEED CATALOGS
SNOW ANGELS	MAKE YOUR OWN TRAIL MIX
CROSS-COUNTRY SKIING	VISIT A NATURE CENTER
SNOW TUBING	REAL SNOW SNOWCONES
WINTER FESTIVAL	JANUARY NATURE SHELF FIND

February

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

March

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

WARM FOOD & LANTERN HIKE
SNACK NECKLACE HIKE
HEART HUNT HIKE
ANIMAL TRACKS IN SNOW HIKE
ROAST MARSHMALLOWS OUTSIDE
NATURE VALENTINES
WINTER ZOO VISIT
SNOWSHOEING
ICE LANTERN
ICE ORNAMENTS
TWIG HEARTS
ICE SKATING
TOBOGGANING
HOMEMADE HOT CHOCOLATE

PUDDLE SPLASH HIKE
NEW SNACK HIKE
TWO MILE HIKE
HIKE SOMEPLACE NEW
ANIMAL TRACKS IN MUD HIKE
COOK OUTDOOR MEAL
BIKE RIDE
ONE WEEK WEATHER TRACKING
MAKE HOMEMADE BUBBLES
WATCH A PUDDLE DISAPPEAR
VISIT A NEW PLAYGROUND
SPRING FORAGING
MUD CAKE
WALK BAREFOOT OUTSIDE
DIY WINDSOCK

April

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

HIKE IN THE RAIN
HIKE WITH FRIENDS
1/2 MILE HIKE
DESSERT HIKE
FLOWER COUNT HIKE
PICNIC LUNCH
SCOOTER RIDE
ONE WEEK RAIN COLLECTION
SPRING FARM VISIT
SPLASH IN PUDDLES
VISIT A NEW PLAYGROUND
PLAY FLOATS OR SINKS
MUD PIES
POOH STICKS
FLY A KITE
SET UP A NATURE SHED
SPRING SCAVENGER HUNT
HOMEMADE POTTING SOIL
SALT DOUGH PRINTS
PLAY TAG
TWIG LETTERS
MARCH NATURE SHELF FIND

May

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

LEMONADE HIKE
POPCORN HIKE
FLIP-FLOP HIKE
HOMEMADE TRAIL MIX HIKE
MULTI-GENERATION HIKE
PICNIC DINNER
MAY DAY BASKET
BIKE PARADE
JULIE IN A TENT
VISIT A NEW PLAYGROUND
JEWELRY CHALK GAMES
GO TO A FARMERS MARKET
SKIP ROCKS
GO FISHING
DANDELION JARS
READ IN A HAMMOCK
RAINBOW SCAVENGER HUNT
DAFFODIL COLOR CHANGING
DAISY CHAIN CROWN
HOLD CHICK, DUCKLING, OR BUNNY
TRY WOOD WHITTLING
APRIL NATURE SHELF FIND

June

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

HOMEMADE JUICE HIKE
PICNIC HIKE
TANK TOP HIKE
THREE MILE HIKE
BINOCULARS HIKE
SKIP ROCKS
SUMMER FORAGING
SPRINKLER PARTY
MUD KITCHEN
CAMPING TRIP
SUMMER FARM VISIT
SUMMER ZOO TRIP
GO TO A FARMERS MARKET
LOOK FOR BIRD NESTS
LAKE DAY
PUTT PUTT GOLF
PLANT A CONTAINER GARDEN
COOK ON A OUTDOOR GRILL
VISIT A NEW STATE PARK
CELEBRATE 1ST DAY OF SUMMER
PLAY TENNIS
WATER A GARDEN
HOMEMADE POPSICLES
READ IN THE GRASS
BERRY PICKING
HOST A BBQ
SUMMER FLOWER PRESS
EXPLORE A CAVE
OUTDOOR CONCERT
JUNE NATURE SHELF FIND



July

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

WATERMELON HIKE
SUNRISE
SUNSET
LONGEST HIKE
WATERFALL
COLLECT BEACH
LEAP OVER WAVE
DELIVER FRESH FLOW
PLAY WITH A HOBE
ANOTHER CAMPING TRIP
JUMP ROPE
TUBE DOWN A RIVER
GO TO A FARMERS MARKET
COUNTY FAIR
BEACH DAY

August

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

POPSICLE HIKE
FOLLOW THE LEADER HIKE
AFTER DINNER HIKE
SHORTEST HIKE YET
MORNING HIKE
TAKE A DAY TRIP
EAT ALL 3 MEALS OUTSIDE
GO GARAGE-SALING
SLIP-N-SLIDE
JUMP OFF A DOCK
HUNTING
FLIES
HIDE-SEEK
NATURE JOURNAL HIKE
GROUP HIKE
CHARGUTERIE HIKE
REPEAT HIKE
BIRD CALLS HIKE
RAKE LEAVES
MAKE CHILLI OVER AN OUTDOOR FIRE
CORN MAZE
LOCAL FOOTBALL GAME
FALL CAMPING TRIP
LEAF CRAFT
PLANT FALL BULBS
AUTUMN FARM VISIT
ACORN CANDLES
APPLE ORCHARD

PLAY MARGO POLO
SPONGE WATER BOMBS
OUTDOOR S'MORES
VISIT A NEW STATE PARK
WATCH THE SUN RISE
WATCH THE SUN SET
GO TO A WATERPARK
CAN TOMATOES
MAKE GARDEN FOCAGGIA
SLIP-N-SLIDE
JUMP OFF A DOCK
HUNTING
FLIES
HIDE-SEEK
NATURE JOURNAL HIKE
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CORN MAZE
LOCAL FOOTBALL GAME
FALL CAMPING TRIP
LEAF CRAFT
PLANT FALL BULBS
AUTUMN FARM VISIT
ACORN CANDLES
APPLE ORCHARD

September

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

NATURE JOURNAL HIKE
GROUP HIKE
CHARGUTERIE HIKE
REPEAT HIKE
BIRD CALLS HIKE
RAKE LEAVES
MAKE CHILLI OVER AN OUTDOOR FIRE
CORN MAZE
LOCAL FOOTBALL GAME
FALL CAMPING TRIP
LEAF CRAFT
PLANT FALL BULBS
AUTUMN FARM VISIT
ACORN CANDLES
APPLE ORCHARD

PLAY MARGO POLO
SPONGE WATER BOMBS
OUTDOOR S'MORES
VISIT A NEW STATE PARK
WATCH THE SUN RISE
WATCH THE SUN SET
GO TO A WATERPARK
CAN TOMATOES
MAKE GARDEN FOCAGGIA
SLIP-N-SLIDE
JUMP OFF A DOCK
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LOCAL FOOTBALL GAME
FALL CAMPING TRIP
LEAF CRAFT
PLANT FALL BULBS
AUTUMN FARM VISIT
ACORN CANDLES
APPLE ORCHARD

October

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

NATURE JOURNAL HIKE
GROUP HIKE
CHARGUTERIE HIKE
REPEAT HIKE
BIRD CALLS HIKE
RAKE LEAVES
MAKE CHILLI OVER AN OUTDOOR FIRE
CORN MAZE
LOCAL FOOTBALL GAME
FALL CAMPING TRIP
LEAF CRAFT
PLANT FALL BULBS
AUTUMN FARM VISIT
ACORN CANDLES
APPLE ORCHARD

PLAY MARGO POLO
SPONGE WATER BOMBS
OUTDOOR S'MORES
VISIT A NEW STATE PARK
WATCH THE SUN RISE
WATCH THE SUN SET
GO TO A WATERPARK
CAN TOMATOES
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PLANT FALL BULBS
AUTUMN FARM VISIT
ACORN CANDLES
APPLE ORCHARD

November

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

GRATITUDE HIKE
SOUP HIKE
HOODIE HIKE
LEFTOVER CANDY HIKE
FAVORITE MUSIC HIKE
FINGERKNIT BEAR HAT
NATURE PLACECARDS
JOIN A TURKEY TROT
CINNAMON PLAYDOUGH
LOOK AT THE FROST MOON
APPLE PRINTS
HUNT FOR FROST COVERED LEAVES
PUT GARDEN TO SLEEP
LEAF SEWING
DISSECT SUNFLOWER

DIP LEAVES IN BEESWAX
DIP PINECONES IN BEESWAX
LOOK FOR BATS
VISIT A NEW STATE PARK
BUILD A FORT
POPCORN OVER BONFIRE
DONUT ON A STRING GAME
LEARN KNOT TYING
FAVORITE ADVENTURE REPEAT
GREATE NATURE ART
FALLEN TREE BALANCE
FALL PHOTO
WATCH M
OUTDOO
NOVEMBER NA

December

OUTSIDE ADVENTURE PROMPTS

FROM 1000 HOURS OUTSIDE

HIKING STICK HIKE
HIDE & SEEK HIKE
AUDIOBOOK HIKE
WARM MUFFINS HIKE
HOT APPLE CIDER HIKE
CANDY CANE HUNT
NATURE TABLE DECOR
DECORATE OUTDOOR TREE
LOOK AT THE FROST MOON
WINTER SCAVENGER HUNT
THROW STONES ON FROZEN LAKE
PLAYGROUND HOP
BARK RUBBING
FROZEN BUBBLES

SNOW MAZE
PINE NEEDLE TEA
NATURE ORNAMENT
VISIT A NEW STATE PARK
CELEBRATE 1ST DAY OF WINTER
CONSTELLATION SEARCH
SIT SPOT DAY ONE
SIT SPOT DAY TWO
LEARN TO MAKE A FIRE
COLORED ICE BRICKS
SNOW CAKE
HOLIDAY LIGHTS WALK
BIRD TREE GARLAND
COLORED ICICLES
DECEMBER NATURE SHELF FIND

November

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BIRD TREE GARLAND
COLORED ICICLES
DECEMBER NATURE SHELF FIND



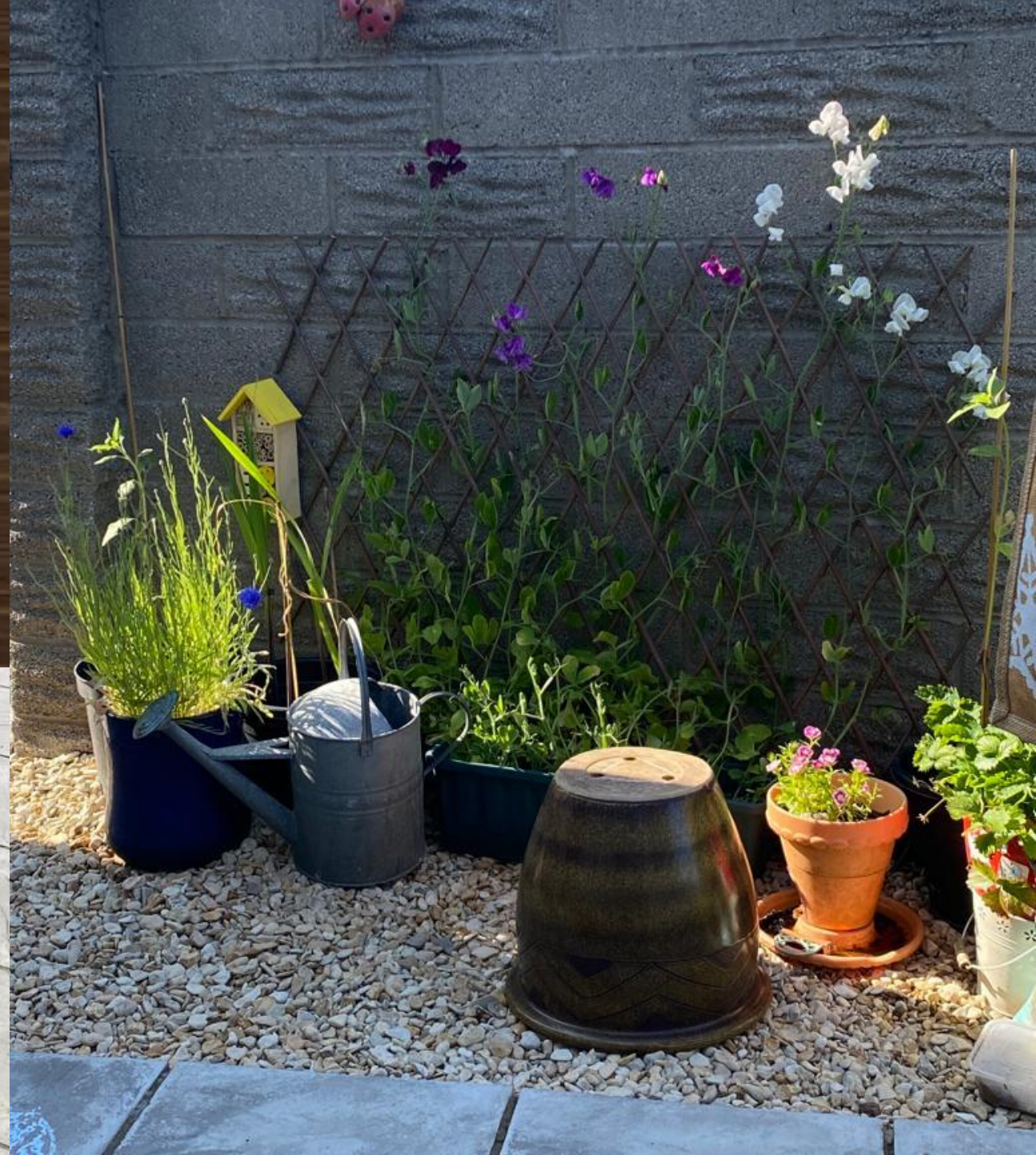
Taking the adventure beyond the garden



Conserve

A photograph of a small garden area. In the background is a grey brick wall. A red ladybug decoration is attached to the wall. A brown metal trellis is leaning against the wall. In front of the trellis are several potted plants in black, orange, and white pots. A silver watering can is on the ground. The ground is covered with light-colored gravel. To the right is a grey stone patio. A dark brown text box is on the right side of the image.

Growing flowers, plants, fruits or vegetables can be done in any small space.





Making a fairy garden

A place for insects to live



A well-built bug hotel will provide shelter or a safe hideaway for solitary bees, ladybirds and woodlice.

Collecting rainwater for plants to make sure they have lots to drink especially during the summer months.

Growing some carrots in an upcycled packing box.





Making a butterfly feeder

Share



Shared

