

**OUTDOORS
OBSERVER**

Use this space to draw
a favourite bug, plant or
object from your adventure.



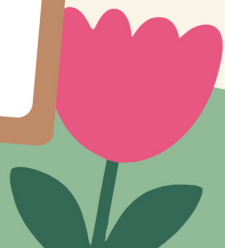
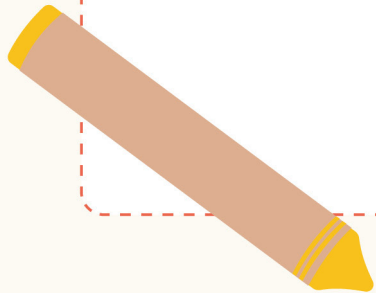
**1,000 Little
Adventures**



Outdoor Explorer

ACTIVITY BOOKLET

Fun activities for little ones to explore
and track as they bloom in nature!



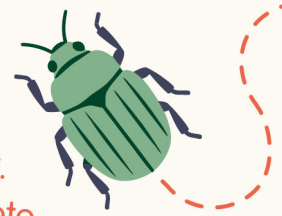
This booklet is part of our 1,000 Little Adventures Challenge.

With modern childhood increasingly indoors and screen-based, we're encouraging every child to spend 1,000 hours outdoors before they start school. Nature-based adventures support children's wellbeing, confidence, and social interactions.

Scan the QR code to learn more.

HOW TO GET EXPLORING

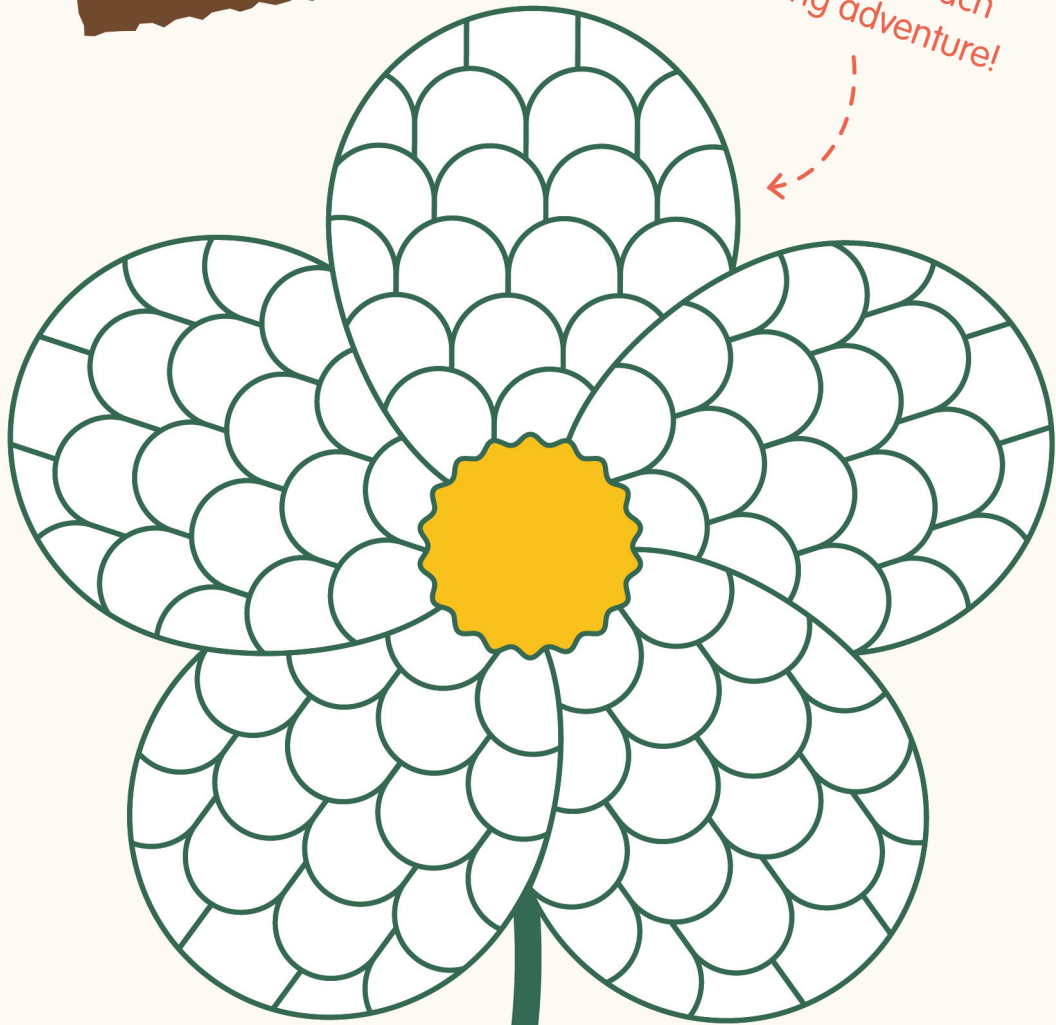
1. Choose an activity.
2. Tick off when complete.
3. Track progress opposite.



ADVENTURE TRACKER

Colour in a petal segment for each hour-long adventure!

- | | | | | | |
|---|-------------------------|--|-----------------------|--|--------------------------|
|  <input type="checkbox"/> | Nature Detective |  <input type="checkbox"/> | Leaf Collector |  <input type="checkbox"/> | Bug Hunter |
|  <input type="checkbox"/> | Tree Hugging |  <input type="checkbox"/> | Rock Explorer |  <input type="checkbox"/> | Mud Kitchen |
|  <input type="checkbox"/> | Cloud Watcher |  <input type="checkbox"/> | Bird Spotter |  <input type="checkbox"/> | Flower Finder |
|  <input type="checkbox"/> | Splash Time |  <input type="checkbox"/> | Den Builder |  <input type="checkbox"/> | Bug Hotel Builder |
|  <input type="checkbox"/> | Shadow Explorer |  <input type="checkbox"/> | Seed Planter |  <input type="checkbox"/> | Balance Challenge |
|  <input type="checkbox"/> | Nature Artwork |  <input type="checkbox"/> | Listening Walk |  <input type="checkbox"/> | Litter Picker |



All complete?
 Wow, that's 100 hours!
 Hand me in at Kids Planet for a certificate!