

Out-Grown's

Summer of

Mini Adventures

Caregiver Activity Guide



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This summer, your family is invited to join Fern the fox, Rolo the raccoon, and Pip the chickadee on a joyful journey through nature. Whether you're laying out a blanket in the yard or exploring a local park, these 6 weeks of simple outdoor adventures are designed to help children grow confident, curious, and connected to the natural world.

Each week features three simple, age-appropriate activities designed to nurture sensory development, motor skills, curiosity, and emotional growth. Choose what works for your child—and feel free to repeat favorites or take it slow! Use the activity tracker to record your adventures together.

How It Works:

- **Three simple adventures per week**—things like “Find a bug,” “Touch five different textures,” or “Listen for a bird call.”
- **Flexible & easy**—Do it at home, at a local park, or anywhere outdoors!
- **No sign-up required**—Follow along on social media or print our free Mini-Adventure Tracker for your baby, toddler and/or preschooler! We’ve also got tips to involve the whole family.
- **Share your moments**—Tag us for a chance to win nature-themed prizes!

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Tips for Toddlers

Toddlers are full of energy and curiosity. They love to walk, climb, dig, mimic, and explore with their whole bodies. They're learning through repetition, pretend play, and simple choices.

How to use the tracker:

- Follow their lead—ask simple questions like “What do you see?”
- Encourage movement: running, splashing, scooping, or collecting
- Get messy! Mud, water, and dirt are learning tools

What you're supporting:

- Language development and independence
- Gross and fine motor skills
- Emotional expression and imaginative play

Milestones supported: Walking and running, naming objects, basic pretend play, simple problem solving

Ways older kids can help:

- Make up a story starring the toddler as the main character
- Lead a scavenger hunt for colors, sounds, or textures
- Build a nature obstacle course together

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Family Tips for All Ages

Older children still benefit from nature time—and love having meaningful roles in family adventures. Use OutGrown’s Summer of Mini-Adventures to offer leadership, creativity, and independence opportunities.

Ideas for older siblings:

- Make an adventure journal or scrapbook for the family
- Take on the role of photographer or videographer
- Pack the adventure bag and choose the route
- Research and share a “fun fact” of the day
- Lead a walk with map-reading or geocaching
- Write nature poems or comic strips inspired by Rolo, Fern, and Pip
- Plan and run a backyard “mini-camp” day for younger siblings

Every step you take outside—whether it’s five minutes in the yard or a full day at the park—helps your child feel more connected, calm, and confident. You don’t need special gear or perfect plans. Whether your kids are exploring puddles or sketching birds, they’re building lifelong memories and relationships. You’re doing something powerful by simply showing up in nature together. Let Fern, Rolo, and Pip guide you into a season of curiosity, calm, and connection—for every member of your family—and enjoy a summer full of mini-adventures.

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Activity Tracker for Toddlers

	Activity #1	Activity #2	Activity #3
 Week 1: Trail Treasures	<input type="checkbox"/> Follow a path and collect small nature treasures	<input type="checkbox"/> Spot a bug or butterfly and follow it	<input type="checkbox"/> Pretend to be an animal walking through the woods
 Week 2: Messy Moves	<input type="checkbox"/> Fill and dump water with a small bucket or cup	<input type="checkbox"/> Dig for worms or plant seeds in a pot	<input type="checkbox"/> Paint with mud or crushed berries
 Week 3: Nature Noticing	<input type="checkbox"/> Listen quietly for 3 different nature sounds	<input type="checkbox"/> Find and name 3 colors in nature	<input type="checkbox"/> Line up sticks, leaves, or rocks by size
 Week 4: Path Play	<input type="checkbox"/> Pretend to be on a jungle or forest adventure	<input type="checkbox"/> Find your shadow and make it dance	<input type="checkbox"/> Toss leaves in the air and watch them fall
 Week 5: Water Wonder	<input type="checkbox"/> Use a watering can or hose to 'rain' on plants	<input type="checkbox"/> Feel mud or water between your fingers and toes	<input type="checkbox"/> Toss pebbles into a puddle or bucket and count the splashes
 Week 6: Backyard Detectives	<input type="checkbox"/> Find something hidden under a rock or log	<input type="checkbox"/> Take turns describing smells you notice outside	<input type="checkbox"/> Pretend to take photos of cool nature finds

My Summer of Mini Adventures Tracker Journal



Draw a picture of each of your adventures. What did you see? What did you think?

	Adventure #1	Adventure #2	Adventure #3
Week _____			
Week _____			
Week _____			

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