

Out  Grown's



Summer of



Mini Adventures



Caregiver Activity Guide



Out & Grown

Welcome Families!

A small chickadee is perched on the letter 'e' in 'Welcome'. A fox is sitting on the letter 'i' in 'Families!'. A raccoon is sitting to the right of the word 'Families!'.

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 Preschoolers

Preschoolers love stories, games, and exploring their ideas. They can follow simple instructions, describe what they notice, and invent imaginary worlds. Nature offers the perfect setting for early learning and confidence-building.

How to use the tracker:

- Encourage storytelling: “What’s Fern doing today?”
- Help your child make choices or take on simple challenges
- Use this time to build early science, math, and literacy skills naturally

What you're supporting:

- Critical thinking and creativity
- Social-emotional skills and resilience
- Nature literacy and observation

Milestones supported: Asking and answering questions, complex play, drawing and comparing, group interaction

Ways older kids can help:

- Be a “junior ranger” and guide younger siblings
- Help make maps, signs, or field notebooks for your backyard
- Co-design a mini-play or puppet show starring nature characters

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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 Preschoolers

	Activity #1	Activity #2	Activity #3
 Week 1: Trail Treasures	<input type="checkbox"/> Hike a short trail and use a map or make one	<input type="checkbox"/> Find 3 textures: smooth, bumpy, rough	<input type="checkbox"/> Pretend to be a fox, raccoon, or bird while exploring
 Week 2: Messy Moves	<input type="checkbox"/> Mix water, sand, and leaves to make "nature soup"	<input type="checkbox"/> Use nature items to stamp or paint with watercolors	<input type="checkbox"/> Stack rocks or sticks into a tall tower
 Week 3: Nature Noticing	<input type="checkbox"/> Spot 3 birds or bugs and describe what they're doing	<input type="checkbox"/> Make a rhythm using sticks or tapping on logs	<input type="checkbox"/> Tell a story about something you found outside
 Week 4: Explorer Quest	<input type="checkbox"/> Create your own map of a backyard or trail	<input type="checkbox"/> Set up a pretend campsite with pillows or sticks	<input type="checkbox"/> Make up a story about Fern and act it out
 Week 5: Mud Lab	<input type="checkbox"/> Mix dirt, leaves, and water into different 'potions'	<input type="checkbox"/> Build a tiny dam or river in the dirt with water	<input type="checkbox"/> Use sticks and flowers to paint on rocks
 Week 6: Senses Safari	<input type="checkbox"/> Listen and match each sound with what makes it	<input type="checkbox"/> Find one thing for every color of the rainbow	<input type="checkbox"/> Write or draw your favorite nature moment so far

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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