

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 exclamation point.

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 Infants/Babies

Infants and young babies explore the world through their senses. They're just beginning to track movement, explore textures, and respond to your voice and touch. Outdoor time gives them new sights, sounds, and experiences to enjoy—with your support.

### How to use the tracker:

- Lay a blanket on the grass and let your baby look up at trees or clouds
- Gently help them touch grass, flowers, or textured leaves
- Talk to them about what you see: “Do you hear that bird singing?”

### What you're supporting:

- Sensory awareness and bonding
- Brain development through experience and language
- Comfort in new environments

**Milestones supported:** Eye tracking, reaching and grasping, rolling, babbling, early sitting and crawling

### Ways older kids can help:

- Create a nature mobile or sensory basket for baby
- Narrate the world: “Look, the clouds are moving!”
- Take photos of baby's first nature moments

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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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## 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 Infants/Babies

	Activity #1	Activity #2	Activity #3
 <b>Week 1: Trail Treasures</b>	<input type="checkbox"/> Crawl or toddle across grass or a blanket outside	<input type="checkbox"/> Watch leaves or grass blow in the wind	<input type="checkbox"/> Listen to outdoor sounds—birds, wind, or a parent's voice
 <b>Week 2: Messy Moves</b>	<input type="checkbox"/> Squish dirt, mud, or a bowl of water with your hands	<input type="checkbox"/> Smell herbs or flowers with help	<input type="checkbox"/> Touch grass, leaves, or textured fabric outside
 <b>Week 3: Nature Noticing</b>	<input type="checkbox"/> Look up at trees or clouds from a blanket	<input type="checkbox"/> Hear a bird call and try to mimic it	<input type="checkbox"/> Use safe paint or food puree to finger paint outdoors
 <b>Week 4: Little Explorer</b>	<input type="checkbox"/> Go on a blanket picnic in the backyard or park	<input type="checkbox"/> Smell a flower or touch soft grass	<input type="checkbox"/> Watch bugs or birds from a stroller or blanket
 <b>Week 5: Splash &amp; Dig</b>	<input type="checkbox"/> Play in a small pool, bowl of water, or sink	<input type="checkbox"/> Tap or hold rocks, sticks, or dirt	<input type="checkbox"/> Sing a song outside with a grownup
 <b>Week 6: Peek &amp; Point</b>	<input type="checkbox"/> Point to animals or trees you see	<input type="checkbox"/> Listen and look for birds together	<input type="checkbox"/> Fill a box or basket with nature treasures

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## Activity Tracker for Toddlers

	Activity #1	Activity #2	Activity #3
 <b>Week 1: Trail Treasures</b>	<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
 <b>Week 2: Messy Moves</b>	<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
 <b>Week 3: Nature Noticing</b>	<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
 <b>Week 4: Path Play</b>	<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
 <b>Week 5: Water Wonder</b>	<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
 <b>Week 6: Backyard Detectives</b>	<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

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## Activity Tracker for Preschoolers

	Activity #1	Activity #2	Activity #3
 <b>Week 1: Trail Treasures</b>	<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
 <b>Week 2: Messy Moves</b>	<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
 <b>Week 3: Nature Noticing</b>	<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
 <b>Week 4: Explorer Quest</b>	<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
 <b>Week 5: Mud Lab</b>	<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
 <b>Week 6: Senses Safari</b>	<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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