

Out  Grown's  
Summer of  
 Mini Adventures   
Caregiver Activity Guide



# Out & Grown



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!

# Out & Grown

## 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

# Out & Grown

## 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.

# Out & Grown's

Summer of

## Mini Adventures



## 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

# 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 _____			

# 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 _____			