



Helping PEOPLE, COMMUNITIES and the PLANET

GET OUT & GET MOVING

ACTION KIT: WINTER EDITION

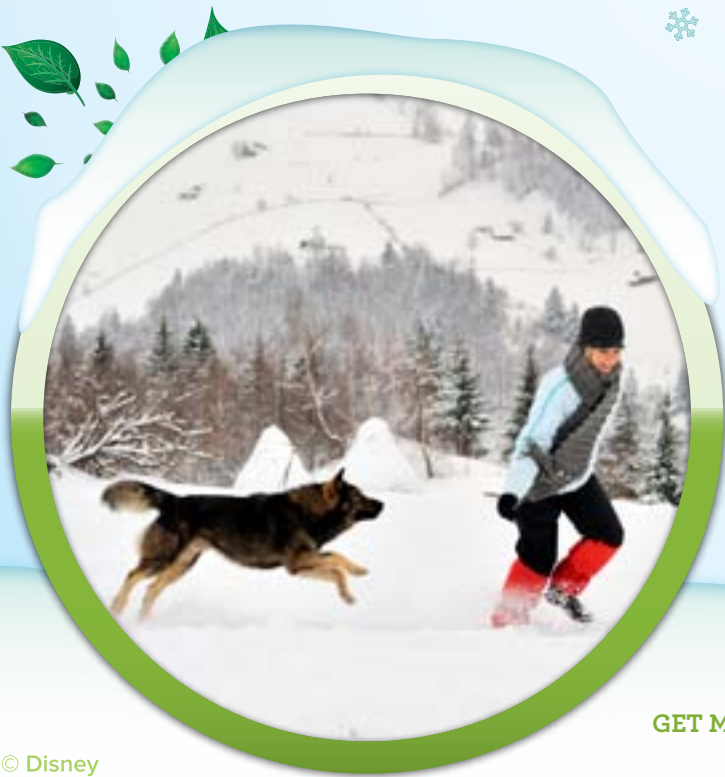
Join Friends for Change and Nature Rocks, an initiative of The Nature Conservancy, to get outside and get moving together this winter! From 30-minute activities to day long adventures, we've got tons of ideas to get you outside in the natural world!

WHY

- 1 You never know what you'll discover.
- 2 Some adventures can only be had in the winter – snow angels, anyone?
- 3 Going outside can cheer you up and make you healthier.
- 4 Nature is closer than you think!

HOW

- 1 Find fun ideas for ways to Get Out in this Action Kit and at NatureRocks.org!
- 2 Pick a winter activity that EVERYONE can enjoy – from Mom and Dad to your dog.
- 3 Have a blast! Share photos and notes online with your friends and family! (with parents' permission, of course).



NATUREROCKS.ORG



Protecting nature. Preserving life.™

NATURE.ORG

"There is something of the marvelous in all things of nature." ~Aristotle

GET MORE GREAT WAYS TO GET OUTSIDE AND ENJOY NATURE AT:

DISNEY.COM/FRIENDS

PLAN YOUR ADVENTURE

Before choosing your activities, there are a few things to find out:

#1

WHO'S IN?

Figure out who is coming with you. Whether it's you and a group of buds or a family adventure, you'll make great memories and try something new together!

#2

HOW'S YOUR TIME?

Make sure your adventure won't have anyone home too late.



#3

HOW FAR CAN YOU GO?

Nature can be closer than you think! Consider local parks and waterways close to home as well as far away places.



#4

WHAT'S THE WEATHER?

See the weather icons next to each activity to help pick the best idea for the day!



TIP: Checkout local events and activities happening this winter. Maybe there's a park cleanup? Do you have an outdoor ice rink nearby? How about a dog park? Pets can come too!



"One touch of nature makes
the whole world kin."
~William Shakespeare



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[DISNEY.COM/FRIENDS](https://disney.com/friends)

WINTER ACTIVITIES

Strapped for time? Even a half an hour in nature can be a great break. But remember, big adventures can also make a big difference—so make time for nature when you can!

30 MINUTES OR LESS



BIRD WATCH

Get outside and look up—you might be surprised by what's flying by! If you have a nature preserve or green belt close to home, that's a good place to go. But even big cities host birds, from sparrows and pigeons to peregrine falcons and great blue herons.



EXPLORE NATURE AT NIGHT

Grab a flashlight or headlamp and head out to explore the night sky. The darker the setting, the better the view, so try to stay away from bright streetlights. Bundle up and wear reflective clothing if possible. Write down what you see and what you hear. How is nature different at night? See what comes out at night – it's different world out there.



MAKE RAIN ART

It's pouring? That's great! Sprinkle food coloring on a paper plate, take it outside and let 'er pour! As the raindrops hit the plate, mix and swirl your colors for a unique work of art. Frame it later to give to a friend or family member as a gift from nature!

1 HOUR



GO ON A PHOTO SAFARI

Got a camera or a camera-phone? Bring it outside and start snapping. Look for nature's best posers whether they are cool rocks, interesting leaves or wildlife. See who can capture the most furry animals or funky-shaped clouds.



GO TREE SPOTTING

Did you just spot a deciduous tree or are you a conifer fan? Go outside this winter to find out which trees lose their leaves and which ones don't. Keep an eye out for birds' nests – with the trees bare, this is the best time of year to spot them. If you have a pair of binocs, bring 'em!

HALF & WHOLE DAY



VOLUNTEER IN NATURE

Change starts with you—mobilize your crew! Gather your friends and family and volunteer in nature. Join a local clean-up effort, plant trees, or donate your time to environmental events in your area.



SEEK OUT SNOW

If you have snow within a day's drive (or right outside the back door), you've got activity options galore! Try snowshoeing, go sledding or tubing, rent cross-country skis, or go downhill skiing or snowboarding. Or build an igloo or snow shelter. Go play in the snow!



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WINTER SAFETY TIPS

Have fun out there and stay safe!

#1

Layer on warm clothes including coats, hats and gloves. Wool, silk, or fleece will keep you warmer and dryer than cotton.



#3

Bring healthy snacks like protein-packed nuts, granola, dried fruit, or popcorn.



#5

If you are headed out alone, make sure you let a parent/guardian know where you are and when you expect to be back!

#2

Stay hydrated! It's easy to forget about drinking water when it's cold outside, but the more hydrated you are the warmer you'll stay.

#4

Be prepared with extra food and clothes, map, compass, GPS, first aid kit, whistle, sunscreen (yep, even in winter!), and a flashlight.



"Look! Look! Look deep into nature and you will understand everything." ~Albert Einstein

"The forest makes your heart gentle. You become one with it... No place for greed or anger there." ~Pha Pachak

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