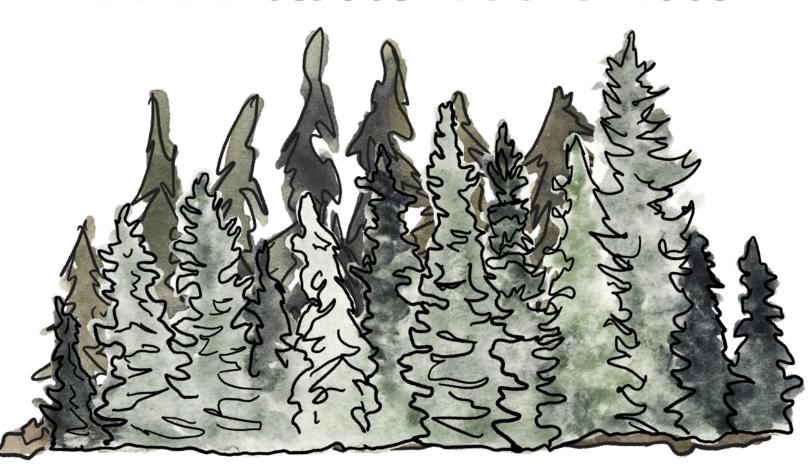


1000 HOURS OUTSIDE™ 2022 KICK-OFF PACK



1000 HOURS OUTSIDE

Welcoshe

WELCOME TO YOUR 1000 HOURS OUTSIDE JOURNEY! I'M SO GLAD YOU'RE HERE. YOU'VE GOT A FULL AHEAD OF YOU.

IN THIS KICK-OFF PACK YOU'LL FIND 62 HIKING PROMPTS, YEAR-ROUND OUTSIDE ADVENTURE PROMPTS AND GORRESPONDING YEAR-ROUND OUTSIDE ADVENTURE PICTURE BOOK LISTS. AS THIS IS A GLOBAL MOVEMENT, AND THERE ARE EXTREME CLIMATE VARIATIONS, THIS INITIAL KICK-OFF PACK REFLECTS WHERE OUR FAMILY LIVES IN THE NORTHERN HEMISPHERE. WE'VE INCLUDED EVERY MONTH ON PURPOSE HOWEVER, SO THAT YOU GAN MIX-AND-MATCH ACCORDING TO WHAT BEST SUITS YOUR GEOGRAPHICAL LOCATION.

THE PROMPTS ARE MEANT TO BE GUT AND USED IN WHICHEVER WAY FITS YOUR SITUATION. THERE ARE OVER 350 ACTIVITIES INCLUDED SO NA MATTER WHERE YOU LIVE, WE'RE CONFIDENT YOU'LL FIND IDEAS THAT WILL WORK FOR YOU. MOLD IT TO YOUR OWN FAMILY.

REUSE SOME. TOSS OTHERS. GLUE THEM TO POPSIGLE STICKS AND PICK THEM OUT AT RANDOM. THESE ARE MEANT TO BE JUMPING OFF POINTS TO HANDS-ON MEMORIES.

SLOW DOWN AND GAIN MORE THROUGH NATURE PLAY.

-Ginny Yurich,
FOUNDER, MOTHER, ZINNIA ADDICT





	ADVENTURE	
FIR8T DAY HIKE	GROUP HIKE	SUNSET HIKE
AUDIOBOOK HIKE	HIKE IN THE RAIN	TANK-TOP HIKE
WARM MUFFINS HIKE	DE88ERT HIKE	HOMEMADE JUICE HIKE
HIKING STICK HIKE	SUNRISE HIKE	BINOCULARS HIKE
1/2 MILE HIKE	NATURE JOURNAL HIKE	WATERMELON HIKE
ONE MILE HIKE	NEW FRIENDS HIKE	HOODIE HIKE
TWO MILE HIKE	SLIPPERS HIKE	COSTUME HIKE
THREE MILE HIKE	POPSIGLE HIKE	WATERFALL HIKE
FLASHLIGHT HIKE	FLIP-FLOP HIKE	FOLLOW THE LEADER HIKE
LANTERN HIKE	MULTI-GENERATION HIKE	CHARCUTERIE HIKE
WARM COOKIE HIKE	FLOWER COUNT HIKE	BIRD CALLS HIKE
SNACK NECKLACE HIKE	BIRD COUNT HIKE	WARM DONUTS HIKE
HEART HUNT HIKE	BRAND NEW HIKE	PIGNIC HIKE
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PUDDLE 8PLASH HIKE		AFTER DINNER HIKE	AUTUMN COLORS HIKE
NEW 8NACK HIKE		MUSHROOM HUNT HIKE	GRATITUDE HIKE

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	LEMONADE HIKE		SOUP HIKE	HIDE AND SEEK HIKE

LETTOWN DE TITLE	OOOI IIIKE	
DODCODN HIKE	I-SPY HIKE	HIKE HOP

POPGORN HIKE	I-8PY HIKE	HIKE HOP

- **WATERFALL HIKE** FAVORITE HIKE REPEAT NATIONAL PARKS HIKE HOT CHOCOLATE HIKE HOMEMADE TRAIL MIX HIKE
- HOT APPLE CIDER HIKE LONGEST HIKE WEVE EVER DONE
- NATURE RAINBOW HIKE ANIMAL TRACKS HUNT HIKE

STORYTELLING HIKE FAVORITE MUSIC PLAYLIST HIKE

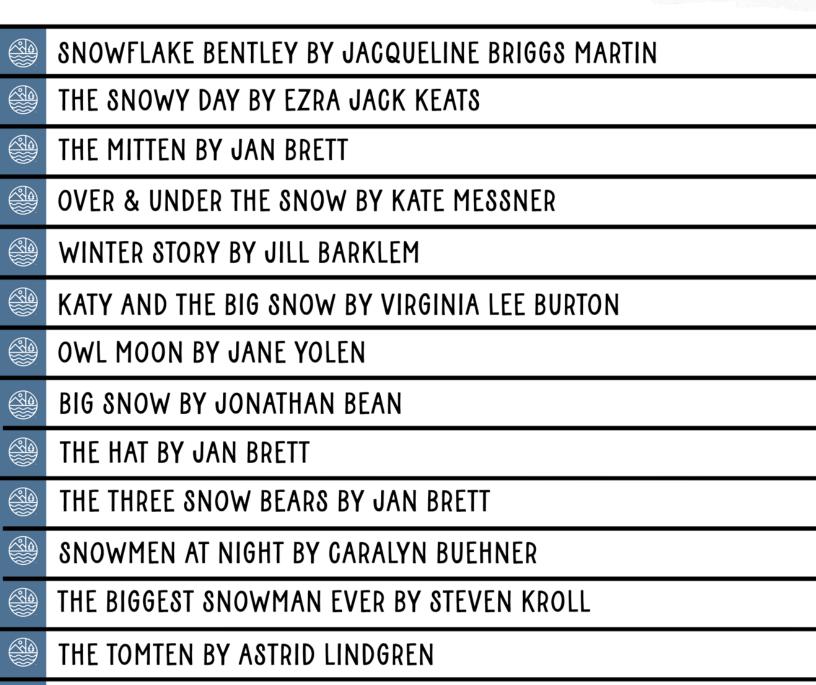
January

OUTSIDE ADVENTURE PROMPTS

FIRST DAY HIKE	SEE ICE SCULPTURES
ONE MILE HIKE	SLEDDING
HOT CHOCOLATE HIKE	CATCH 8NOWFLAKES ON TONGUE
FLASHLIGHT HIKE	VISIT A NEW STATE PARK
WARM COOKIE HIKE	GLOW STICK SNOW GHOSTS
PINECONE BIRD FEEDER	WINTER BONFIRE
MAPLE SYRUP CANDY	TRY A KICK SLED
ICE WREATH	MAKE A SNOW MOUNTAIN
SNOW SCULPTURE	20 MINUTE BIRD COUNT
8NOWBALL LANTERN	TREE BARK IDENTIFICATION
SNOW PAINTING	LOOK THROUGH SEED CATALOGS
SNOW ANGELS	MAKE YOUR OWN TRAIL MIX
CROSS-COUNTRY SKIING	VISIT A NATURE CENTER
8NOW TUBING	REAL SNOW SNOWCONES
WINTER FESTIVAL	JANUARY NATURE SHELF FIND

OUTSIDE ADVENTURE PICTURE BOOKS LIST





MAMA DO YOU LOVE ME BY BARBARA M. JOOSSE

SNEEZY THE SNOWMAN BY MAUREEN WRIGHT

February

OUTSIDE ADVENTURE PROMPTS

WARM FOOD HIKE	ICE FISHING
LANTERN HIKE	SNOWMAN
SNACK NECKLACE HIKE	8NOWBALL FIGHT
HEART HUNT HIKE	VISIT A NEW STATE PARK
ANIMAL TRACKS IN SNOW HIKE	CELEBRATE MID-WINTER
ROAST MARSHMALLOWS OUTSIDE	FLASHLIGHT TAG
NATURE VALENTINES	SNOW ICE CREAM
WINTER ZOO VISIT	ICE MARBLES
8NOW8H0EING	TRY SNOW BIKING
ICE LANTERN	HOMEMADE HOT TUB
ICE ORNAMENTS	BUY A PACK OF SEEDS
TWIG HEARTS	MAKE A SNOW CAVE
ICE SKATING	FEED CHICKADEE8
TOBOGGANING	MAKE A SWEDISH TORCH
HOMEMADE HOT CHOCOLATE	FEBRUARY NATURE SHELF FIND

February OUTSIDE ADVENTURE PICTURE BOOKS LIST

FROM 1000 HOURS OUTSIDE



THERE WAS AN OLD LADY WHO SWALLOWED A ROSE! BY LUCILLE COLANDRO

GRUMPY GROUNDHOG BY MAUREEN WRIGHT

GREGORY'S SHADOW BY MAUREEN WRIGHT

ANIMALS IN WINTER BY HENRIETTA BANCROFT

HIBERNATION STATION BY MICHELLE MEADOWS



OUTSIDE ADVENTURE PROMPTS

	dati.
PUDDLE SPLASH HIKE	NEIGHBORHOOD WALK
NEW SNACK HIKE	GO GEO-CACHING
TWO MILE HIKE	FEED DUCK8
HIKE SOMEPLACE NEW	VISIT A NEW STATE PARK
ANIMAL TRACKS IN MUD HIKE	CELEBRATE 18T DAY OF SPRING
COOK OUTDOOR MEAL	PLAY CATCH
BIKE RIDE	MAKE SEED BOMBS
ONE WEEK WEATHER TRACKING	OUTDOOR READING
MAKE HOMEMADE BUBBLES	SET UP A HAMMOCK
WATCH A PUDDLE DISAPPEAR	SPRING SCAVENGER HUNT
VISIT A NEW PLAYGROUND	HOMEMADE POTTING SOIL
SPRING FORAGING	SALT DOUGH PRINTS
MUD GAKE	PLAY TAG
WALK BAREFOOT OUTSIDE	TWIG LETTERS
DIY WINDSOCK	MARCH NATURE SHELF FIND

OUTSIDE ADVENTURE PICTURE BOOKS LIST

FROM 1000 HOURS OUTSIDE



BUNNIES BOOK CLUB BY ANNIE SILVESTRO



OUTSIDE ADVENTURE PROMPTS

HIKE IN THE RAIN	DANDELION PLAYDOUGH
HIKE WITH FRIENDS	GO LETTERBOXING
1/2 MILE HIKE	START A NATURE JOURNAL
DESSERT HIKE	VISIT A NEW STATE PARK
FLOWER COUNT HIKE	CELEBRATE EARTH DAY
PIGNIC LUNCH	PLAY FRISBEE
SCOOTER RIDE	START SEEDS INDOORS
ONE WEEK RAIN COLLECTION	DANDELION GOOKIES
SPRING FARM VISIT	READ IN A HAMMOCK
8PLASH IN PUDDLES	RAINBOW SCAVENGER HUNT
VISIT A NEW PLAYGROUND	DAFFODIL COLOR CHANGING
PLAY FLOATS OR SINKS	DAISY CHAIN CROWN
MUD PIE8	HOLD CHICK, DUCKLING, OR BUNNY
POOH STICKS	TRY WOOD WHITTLING
FLY A KITE	APRIL NATURE SHELF FIND

OUTSIDE ADVENTURE PICTURE BOOK LIST

FROM 1000 HOURS OUTSIDE



INCH BY INCH BY LEO LIONNI

OUTSIDE ADVENTURE PROMPTS FROM 1000 HOURS OUTSIDE

LEMONADE HIKE	COLLECT WILDFLOWERS
POPGORN HIKE	MAKE A FAIRY GARDEN
FLIP-FLOP HIKE	MEGA BUBBLES
HOMEMADE TRAIL MIX HIKE	VISIT A NEW STATE PARK
MULTI-GENERATION HIKE	KICK A SOCCER BALL AROUND
PIGNIG DINNER	FRISBEE GOLF
MAY DAY BASKET	TRANSPLANT OUTDOORS
OUTSIDE NAP	EDIBLE FLOWER COOKIES
BIKE PARADE	READ IN A TREE
SLEEP IN A TENT	OUTSIDE CARD GAMES
VISIT A NEW PLAYGROUND	MEGA BUBBLES
SIDEWALK CHALK GAMES	8PRING FLOWER PRESS
GO TO A FARMERS MARKET	WATCH THE CLOUDS GO BY
SKIP ROCKS	WILDFLOWER PLAYDOUGH

GO FISHING

MAY NATURE SHELF FIND





FROM 1000 HOURS OUTSIDE

FLOWER GARDEN BY EVE BUNTING
MUNCHA! MUNCHA! BY CANDACE FLEMING
THE HONEYBEE BY KIRSTEN HALL
AN EGG IS QUIET BY DIANNA HUTTS ASTON
LOLA PLANTS A GARDEN BY ANNA MCQUINN
FINDING WILD BY MEGAN WAGNER LLOYD
JAYDEN'S IMPOSSIBLE GARDEN BY MÉLINA MANGAL
SWEETEST KULU BY CELINA KALLUK
A NEST IS NOISY BY DIANNA HUTTS ASTON
THE UGLY VEGETABLES BY GRACE LIN
SOME BUGS BY ANGELA DITERLIZZI
BLUE ON BLUE BY DIANE WHITE
GREEN GREEN: A COMMUNITY GARDENING STORY BY MARIE LAMBA
THE BEAR'S GARDEN BY MARCIE COLLEEN

TINY PERFECT THINGS BY M. H. CLARK

OUTSIDE ADVENTURE PROMPTS

	P
HOMEMADE JUICE HIKE	PUTT PUTT GOLF
PIGNIG HIKE	PLANT A CONTAINER GARDEN
TANK TOP HIKE	COOK ON A OUTDOOR GRILL
THREE MILE HIKE	VISIT A NEW STATE PARK
BINOCULARS HIKE	GELEBRATE 18T DAY OF SUMMER
SKIP ROCKS	PLAY TENNIS
SUMMER FORAGING	WATER A GARDEN
SPRINKLER PARTY	HOMEMADE POPSICLES
MUD KITCHEN	READ IN THE GRASS
CAMPING TRIP	BERRY PICKING
SUMMER FARM VISIT	HOST A BBQ
SUMMER ZOO TRIP	8UMMER FLOWER PRE88
GO TO A FARMERS MARKET	EXPLORE A GAVE
LOOK FOR BIRD NESTS	OUTDOOR CONCERT
LAKE DAY	JUNE NATURE SHELF FIND





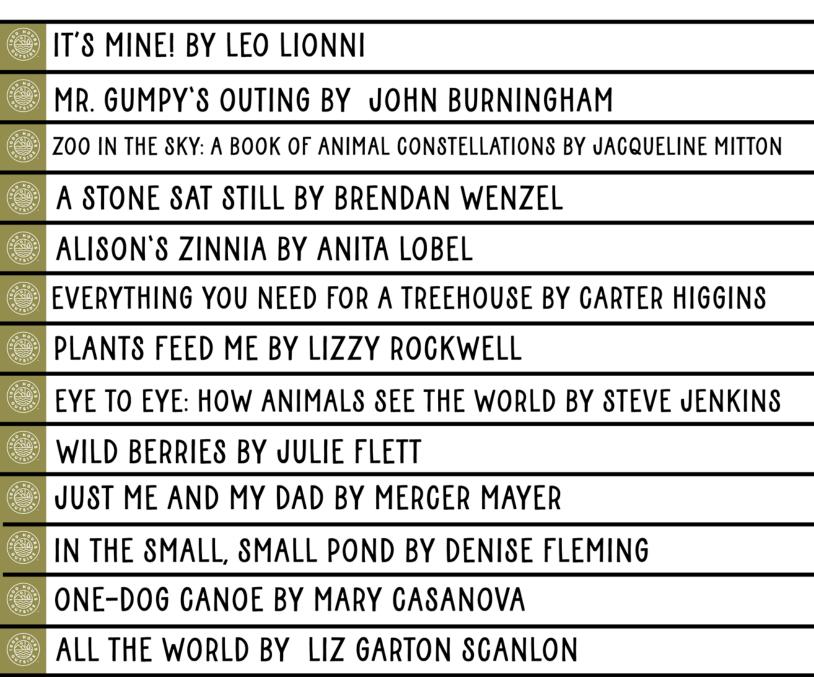
- **WATER IS WATER BY JASON CHIN**
- BLUEBERRIES FOR SAL BY ROBERT MCCLOSKEY
- OVER AND UNDER THE POND BY KATE MESSNER
- **SEASONS BY HANNAH PANG**
- 🕮 BEE: A PEEK-THROUGH PICTURE BOOK BY BRITTA TECKENTRUP
- THE LITTLE GARDENER BY EMILY HUGHES
- AND THEN COMES SUMMER BY TOM BRENNER
- FLOSSIE AND THE FOX BY PATRICIA MCKISSACK
- IN MY GARDEN BY CHARLOTTE ZOLOTOW
- GREEN ON GREEN BY DIANNE WHITE
- **HIKING DAY BY ANNE ROCKWELL**
- RUBY'S BIRDS BY MYA THOMPSON
- HELLO, LITTLE ONE: A MONARCH BUTTERFLY STORY BY ZEENA PLISKA
- THE RAFT BY JIM LAMARCHE



WATERMELON HIKE	MAKE HOMEMADE JAM
SUNRISE HIKE	SUMMER SCAVENGER HUNT
SUNSET HIKE	HOTDOGS OVER A FIRE
LONGEST HIKE YET	VISIT A NEW STATE PARK
WATERFALL HIKE	LEMONADE STAND
COLLECT SEASHELLS	MAKE A SANDCASTLE
LEAP OVER WAVES	HARVEST SOMETHING FROM A GARDEN
DELIVER FRESH FLOWERS	SWIM IN A POOL
PLAY WITH A HOSE	SWIM IN A POOL READ IN THE SAND
PLAY WITH A HOSE	READ IN THE SAND
PLAY WITH A HOSE ANOTHER CAMPING TRIP	READ IN THE SAND FIREWORKS
PLAY WITH A HOSE ANOTHER CAMPING TRIP JUMP ROPE	READ IN THE SAND FIREWORKS JUMP OFF A DIVING BOARD
PLAY WITH A HOSE ANOTHER CAMPING TRIP JUMP ROPE TUBE DOWN A RIVER	READ IN THE SAND FIREWORKS JUMP OFF A DIVING BOARD KAYAK OR CANOE







SUMMER DAYS AND NIGHTS BY WONG HERBERT YEE

I ATE SUNSHINE FOR BREAKFAST BY MICHAEL HOLLAND

August OUTSIDE ADVENTURE PROMPTS FROM 1000 HOURS OUTSIDE

POPSICLE HIKE	PLAY MARGO POLO
FOLLOW THE LEADER HIKE	SPONGE WATER BOMBS
AFTER DINNER HIKE	OUTDOOR 8'MORE8
SHORTEST HIKE YET	VISIT A NEW STATE PARK
MORNING HIKE	WATCH THE SUN RISE
TAKE A DAY TRIP	WATCH THE SUN SET
EAT ALL 3 MEALS OUTSIDE	GO TO A WATERPARK
GO GARAGE-SALING	CAN TOMATOES
HULA HOOP	MAKE GARDEN FOCACCIA
AND ANOTHER CAMPING TRIP	SLIP-N-SLIDE
TEA PARTY	JUMP OFF A DOCK
SIDEWALK CHALK ART	ROCK HUNTING
GO TO A FARMERS MARKET	CATCH FIREFLIE8
MAKE SUN TEA	PLAY HIDE-AND-SEEK

AUGUST NATURE SHELF FIND

ROPE SWING

August outside adventure PICTURE BOOK LIST FROM 1000 HOURS OUTSIDE





THE YEAR AT MAPLE HILL FARM BY ALIGE PROVENSEN



THE VERY LONELY FIREFLY BY ERIC CARLE



BUZZING WITH QUESTIONS BY JANICE N. HARRINGTON



WHEN LIGHTNING COMES IN A JAR BY ERNEST L. POLACCO



PERCY THE PARK KEEPER BY NICK BUTTERWORTH



THE GRUFFALO BY JULIA DONALDSON



TREE: A PEEK-THROUGH PICTURE BOOK BY BRITTA TECKENTRUP



THE BEE TREE BY PATRICIA POLACCO



COMPOST STEW: AN A TO Z RECIPE FOR THE EARTH BY MARY MCKENNA SIDDALS



MISS MAPLE'S SEEDS BY ELIZA WHEELER



LITTLE OWL'S NIGHT BY DIVYA SRINIVASAN



BEFORE WE EAT: FROM FARM TO TABLE BY PAT BRISSON



WHEN CHARLEY MET EMMA BY AMY WEBB



THE LITTLE FARMHOUSE IN WEST VIRGINIA BY GINNY YURICH



FIREFLIES BY JULIE BRINCKLOE

September OUTSIDE ADVENTURE PROMPTS

NATURE JOURNAL HIKE	OUTDOOR FALL DEGOR
GROUP HIKE	PLANT A TREE
CHARGUTERIE HIKE	JUMP IN A LEAF PILE
REPEAT HIKE	VISIT A NEW STATE PARK
BIRD CALLS HIKE	CELEBRATE 18T DAY OF AUTUMN
RAKE LEAVES	LEAF MANDALA
MAKE CHILI OVER AN OUTDOOR FIRE	HANG LIGHTS ON SWINGSET
CORN MAZE	TIN CAN LANTERN
LOGAL FOOTBALL GAME	WATCH LEAVES FALL
FALL CAMPING TRIP	LEAF PILE MAZE
LEAF CRAFT	READ UNDER A TREE
PLANT FALL BULBS	AUTUMN FLOWER PRESS
AUTUMN FARM VISIT	NATURE WEAVING
ACORN CANDLES	LEAF SPIRAL
APPLE ORGHARD	SEPTEMBER NATURE SHELF FIND

OUTSIDE ADVENTURE PICTURE BOOK LIST FROM 1000 HOURS OUTSIDE



- A WALK IN THE FOREST BY MARIA DECK
- FLETCHER AND THE FALLING LEAVES BY JULIA RAWLINSON
- OUR ANIMAL FRIENDS AT MAPLE HILL FARM BY ALICE PROVENSEN
- WE GATHER TOGETHER: CELEBRATING THE HARVEST SEASON BY WENDY PFEFFER
- GOODBYE SUMMER, HELLO AUTUMN BY KENARD PAK
- THE BLUE HOUR BY ISABELLE SIMLER
- A TREE IS NICE BY JANICE MAY UDRY
- HOW TO MAKE AN APPLE PIE AND SEE THE WORLD BY MARJORIE PRICEMAN
- RAIN MAKES APPLESAUCE BY JULIAN SCHEER
- THE LITTLE YELLOW LEAF BY CARIN BERGER
- THE APPLE PIE TREE BY ZOE HALL
- BEN'S ADVENTURES: DAY AT THE BEACH BY ELIZABETH GERLACH
- © CLOUD COUNTRY BY BONNY BECKER

OCTOOCH OUTSIDE ADVENTURE PICTURE BOOK LIST

FROM 1000 HOURS OUTSIDE



PUMPKIN JACK BY WILL HUBBELL

TOO MANY PUMPKINS BY LINDA WHITE

LEAVES BY DAVID EZRA STEIN

October OUTSIDE ADVENTURE PROMPTS

PUMPKIN LATTE HIKE	STRAW BALE MAZE
WARM DONUTS HIKE	PUMPKIN SCIENCE
COSTUME HIKE	CIDER MILL VISIT
AUTUMN COLORS HIKE	VISIT A NEW STATE PARK
MUSHROOM HUNT HIKE	RAINBOW LEAF HUNT
PUMPKIN PATCH	LEAF SORTING
OUTDOOR CHILI COOK OFF	SEED SWAP
PUMPKIN BEESWAX CANDLES	LEAF GROWN
PUMPKIN BIRDFEEDER	SEED HEAD CLAY TILES
OUTSIDE PUMPKIN GARVING	PASTELS LEAF COLORING
PUMPKIN VILLAGE	LEAF PILE STORY
VISIT A NEW PLAYGROUND	MAKE SCAREGROW
PETTING FARM	HAYRIDE
PINECONE CRAFT8	LEAF RUBBINGS
HOMEMADE HANDWARMER8	OCTOBER NATURE SHELF FIND

November Outside Adventure Prompts

	Y
GRATITUDE HIKE	DIP LEAVES IN BEESWAX
SOUP HIKE	DIP PINECONES IN BEESWAX
HOODIE HIKE	LOOK FOR BATS
LEFTOVER CANDY HIKE	VISIT A NEW STATE PARK
FAVORITE MUSIC HIKE	BUILD A FORT
FINGERKNIT BEAR HAT	POPCORN OVER BONFIRE
NATURE PLACECARDS	DONUT ON A STRING GAME
JOIN A TURKEY TROT	LEARN KNOT TYING
CINNAMON PLAYDOUGH	FAVORITE ADVENTURE REPEAT
LOOK AT THE FROST MOON	CREATE NATURE ART
APPLE PRINTS	FALLEN TREE BALANCE
HUNT FOR FROST COVERED LEAVES	FALL PHOTO SHOOT
PUT GARDEN TO SLEEP	WATCH MIGRATING BIRDS
LEAF SEWING	OUTDOOR PAINTING
DISSECT SUNFLOWER	NOVEMEBER NATURE SHELF FIND

OVERNOUS OUTSIDE



- PORGUPINE'S PIE BY LAURA RENAULD
- WE ARE GRATEFUL: OTSALIHELIGA BY TRACI SORELL
- RUN, TURKEY, RUN! BY DIANE MAYR
- BEAR SAYS THANKS BY KARMA WILSON
- HOW MANY STARS IN THE SKY? BY LENNY HORT
- THE ROLL-AWAY PUMPKIN BY JUNIA WONDERS
- THANKFUL BY EILEEN SPINELLI
- SLEEP TIGHT FARM: A FARM PREPARES FOR WINTER BY EUGENIE DOYLE
- THANK YOU, OMU! BY OGE MORA
- BALLOONS OVER BROADWAY: THE TRUE STORY OF THE PUPPETEER OF MACY'S PARADE BY MELISSA SWEET
- TURKEY BOWL BY PHIL BILDNER
- WINTER IS COMING BY TONY JOHNSTON

OUTSIDE ADVENTURE PROMPTS FROM 1000 HOURS OUTSIDE

HIKING STICK HIKE	8NOW MAZE
HIDE & SEEK HIKE	PINE NEEDLE TEA
AUDIOBOOK HIKE	NATURE ORNAMENT
WARM MUFFINS HIKE	VISIT A NEW STATE PARK
HOT APPLE CIDER HIKE	CELEBRATE 18T DAY OF WINTER
CANDY CANE HUNT	CONSTELLATION SEARCH
NATURE TABLE DECOR	SIT SPOT DAY ONE
DECORATE OUTDOOR TREE	SIT SPOT DAY TWO
MAKE WINTER WREATH	LEARN TO MAKE A FIRE
LOOK AT THE FROST MOON	COLORED ICE BRICKS
WINTER SCAVENGER HUNT	8NOW CAKE
THROW STONES ON FROZEN LAKE	HOLIDAY LIGHTS WALK
PLAYGROUND HOP	BIRD TREE GARLAND
BARK RUBBING	COLORED ICICLES
FROZEN BUBBLES	DECEMBER NATURE SHELF FIND

December **OUTSIDE ADVENTURE** PICTURE BOOK LIST





- SNOW BY URI SHULEVITZ
- GOODBYE AUTUMN, HELLO WINTER BY KENARD PAK
- THE BRANCH BY MIREILLE MESSIER
- SUGAR SNOW BY LAURA INGALLS WILDER
- PICK A PINE TREE BY PATRICIA TOHT
- ONCE UPON A SNOWSTORM BY RICHARD JOHNSON
- APPLE TREE CHRISTMAS BY TRINKA HAKES NOBLE
- BIRD COUNT BY SUSAN EDWARDS RICHMOND
- WINTER SLEEP: A HIBERNATION STORY BY SEAN TAYLOR
- THE SHORTEST DAY: CELEBRATING THE WINTER SOLSTICE BY WENDY PFEFFER
- WINTER IS HERE BY KEVIN HENKES
- NIGHT TREE BY EVE BUNTING
- WINTER DANCE BY MARION DANE BAUER
- THE MITTEN TREE BY CANDACE CHRISTIANSEN