

## I Play Outside Every Day Pledge

Field Institute of Taos



I, \_\_\_\_\_, pledge to make sure I get outside each and every day for some fresh air. ANY time outside counts including but not limited to the following:

SIT ON A ROCK	BLOW BUBBLES	GEOCACHE
DIG IN THE DIRT	FLY A KITE	HIKE
TAKE A WALK	PLANT SEEDS	DO SOMETHING KIND
PLAY CATCH	FIND COOL ROCKS	PAINT
LISTEN TO BIRDS	WATCH A RIVER	PICK UP TRASH
LOOK AT CLOUDS	NAP	FEED PETS OR FARM ANIMALS
JUMP ROPE	WRITE IN YOUR FIELD JOURNAL	READ A BOOK
RIDE A BIKE	READ A BOOK	PLAY HOPSCOTCH
SKIP	CREATE & DO AN OBSTACLE COURSE	SPEND TIME AT SECRET SPOT
BUILD A FORT	PLAY IN THE MUD	CAMP IN THE BACKYARD
MAKE NATURE ART	SKIP ROCKS	SING
SEARCH FOR ANIMAL EVIDENCE	TAKE PHOTOS	STARGAZE
CLOUD BUSTING	DRAW	STUDY A LOG
GARDENING	PLAY HIDE AND SEEK	DO A SCAVENGER HUNT
FIND THE PERFECT STICK	DREAM	DRAW WITH CHALK ON A SIDEWALK

Log your outside time on the I Play Outside Activity Log found at [www.fitaos.org](http://www.fitaos.org)