

10,000 Minute Challenge – February 2012

Write the number of minutes your family spent in nature or doing physical activities together in the box for each day!

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24	25	26
27	28												

The goal is 30 – 40 minutes a day!

Monthly Total: _____

(Turn in to a director monthly & we will keep track of your Grand Total!)

Place to go: The Swetsville Zoo! 25 years ago Bill Swets started sculpting during sleepless nights due to his stressful job as a volunteer firefighter. Currently located at the south east corner of Harmony and I-25 along the Poudre River, the zoo is open during daylight to visitors for no charge (donations are welcome) Over 30,000 people a year come to visit metal creatures welded into existence using a vast array of scrap metal.

Activity to try: Make a bird feeder!

Resource to check out: <http://www.outdoor-nature-child.com> Outdoor Games for Kids Nature Activities for Children & more! In this free site you will find games, activities, stories, nature books, wilderness skills, creative teaching ideas, and much more.

Optional Thoughts to Share:

The activity we enjoyed the most this month was:

An activity we tried this month that was **NEW** to us was:

The activity we spent the most time doing this month was:
