

30 Ideas for 30 Days of June

Use these 30 simple ideas to inspire you to get outside for the month of June!

- 1) **Colour match.** Find something in nature that's the same colour as your skin, hair, or eyes.
- 2) **Play i-spy.** Find a spot in nature and play i-spy with your surroundings.
- 3) **Name it.** Make a game of giving plants a nickname by using your senses. Then, find out what the plant is called using [iNaturalist](#).
- 4) **Bring a blindfold.** Explore the forest using your other senses. Make sure to explore with a non-blindfolded trusted friend!
- 5) **Bring a magnifying glass.** Observe nature from a new perspective.
- 6) **Plan a scavenger hunt.** Prepare a list, designate a small area, and search out easy-to-find plants, seeds, insects, and cones.
- 7) **I'm like'n that lichen.** Look for unusual moss or lichen on buildings, walls, or trees. How many colours, textures and shapes can you see?
- 8) **Zone in.** Mark out a one square foot section of the forest floor with twigs. Count how many different plants and animals are just in this area.
- 9) **Plant a garden.** Grow a veggie garden, start composting, use plants that pollinators love.
- 10) **Organize a camping trip.** Plan a nature hike, bonfire (when permitted), or stargazing.
- 11) **Get fungi with it.** There are over 1600 species of fungi in BC. How many can you find?
- 12) **Explore underwater.** Fill a clear glass jar with pond water and check out the plants or tiny animals present. Be sure to empty the jar in the same pond where you found it!
- 13) **Go stargazing.** Can you identify any [constellations](#)?
- 14) **Make a pitfall trap to catch insects.** Dig a small hole and place a cup inside, flush with the ground. Leave overnight and check it in the morning!
- 15) **Cloud gaze.** Clouds are described as wispy (cirrus), heaped (cumulus) or layered (stratus). What clouds can you see today? Watch them move across the sky.
- 16) **Go with the flow.** Follow the journey of a leaf floating down a river or stream.
- 17) **Enjoy story time outside.** Simply swap your indoor story time for outside in nature.
- 18) **All bark, no bite!** Feel the bark of two different trees. What do you notice?
- 19) **Play hide and seek in nature.** Alternatively, take turns hiding a small toy or object, and then make the others seek that object within a designated area.
- 20) **Play red light, green light.** Go for a nature walk and anytime you see something red, stop for 5 minutes and look around. Then, keep going until the next red thing.
- 21) **Your nose knows!** Collect a few smelly items from nature, blindfold each other and try to match the scents with the items.
- 22) **Hunt for scat!** Try to figure out what scat came from who using this [guide](#).
- 23) **Spot insects in the dark** using a [light trap](#).
- 24) **Write in a nature journal.** Try one of these [25 nature prompts](#).
- 25) **Look up!** Throughout a nature walk, take note of what's above – a canopy, clouds, cliffs?
- 26) **Get into birding.** Check out this [intro to birding guide](#) from Birds Canada.
- 27) **Find the rainbow.** Try to find as many colours of the rainbow as you can in nature.
- 28) **Check out tide pools.** Identify [low tide](#) and find some tide pools!
- 29) **Become a sound effect machine.** Play a game of imitating sounds in nature (like a bird, insect, or running water).
- 30) **Go on a shape hunt.** Can you find something in nature that's a triangle, circle, square, rectangle?



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