

# A Quick Guide to **Engaging youth in the outdoors**

*Getting outdoors is important because it helps increase physical activity, builds connections in community, encourages care of the environment, and helps expand your programming.*

## **Prepare yourself and your group**

- Plan for the weather
  - Winter considerations – footwear, outerwear, hats, mittens, etc.
  - Summer considerations – footwear, clothing for the activity
- Plan for water (water bottles, water sources)
- Bathroom access
- Shelter/shade options
- What to expect – preparing mentally

## **Explore new activity options**

- Scavenger Hunt - Nature focus or special themes
- Sit/Spot Observations - What do you see, hear, smell? Writing activity; Cloud watching – what do you see?
- Community clean up walk - Stewardship for community - Bring gloves and garbage bags

## **Inspire Curiosity**

- Encourage youth to find new things and wonder. Don't worry if you have all the answers.
- Have youth guess based on what they know
- Take observation notes, or drawings and see if you can find information on the internet or with free identification apps

## **Resources to check out**

Project Get Outdoors [www.mnprojectgo.org/resources-to-get-outdoors](http://www.mnprojectgo.org/resources-to-get-outdoors)

Explore Saint Paul city resources

[www.stpaul.gov/departments/parks-and-recreation/recreations-centers/parks-recreation-programs/explore-outdoors](http://www.stpaul.gov/departments/parks-and-recreation/recreations-centers/parks-recreation-programs/explore-outdoors)

Urban Roots <https://urbanrootsmn.org/stem-resources/>

Friends of the Mississippi River

<https://www.fmr.org/youth-education-opportunities>

Fishing in the Neighborhood

<https://www.dnr.state.mn.us/fishing/fin/index.html>



# Let's Get Outdoors!

## What outdoor spaces can we access?

Around our block?

Within 1/2 mile walking distance?

If we had transportation?:



## What supplies do we have that can help with outside activities?

(cones, ropes, magnifying glasses, clip board, tarps, etc.)

## What goals does our program have (fitness, SEL, academics, etc.) and how could we support that with outdoor activities?

## Who else do we know in our network who has resources around getting young people outdoors?

