

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

Getting outdoors is important because it helps increase physical activity, builds connections with community, encourages care of the environment, and helps expand your programming space!

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

Explore Saint Paul city resources

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?