



# OUTDOOR SUMMER FUN CHALLENGE

Calling all kids and parents! We're inviting *you* to put those electronics on their chargers, turn off the TV and laptops and get out and about this summer! Spending a little time outdoors can do wonders for our minds, bodies and spirits... And, oh yea, and its super fun, too! After seemingly endless months spent inside and social distanced, it's time to get out and have a good old-fashioned outdoor summer.

Need a little inspiration? Maybe some motivation? Apex Leadership Co. has just the thing! We've created a 12-week social media **Summer "Get Out" Weekly Challenge** that encourages kids (with parents' supervision!) to post a picture of each week's "get out" challenge for a chance to win some pretty cool prizes (and create some wonderful memories along the way). Don't forget to tag Apex and use hashtags: **#ApexSummerChallenge** and **#ApexOutdoorSummer**

We've also created a **Feed Your Soul, Fill Your Bucket Check List** that solves the "there's nothing to dos" or "I'm boreds!" that will inevitably crop up this summer. Parents and students are invited to check off as many activities as they can throughout the summer (good news – most of them don't cost a dime). At the end of the summer, kids can submit their checked off checklists at [info@apexleadershipco.com](mailto:info@apexleadershipco.com) for a chance to win a super cool swag bag!

# SUMMER GET OUT WEEKLY CHALLENGES

**TAKE A HIKE** Hiking is good exercise for the entire body... and it allows us to see some incredible things in nature! This week, lace up those hiking boots and hit the trail!

**GO FLY A KITE** Is there anything cooler than seeing a sky full of colorful kites? Call your friends, gather the neighbors and get those kites flying high.

**GONE FISHIN'** Whether or not you reel in a fish worth writing home about, a day spent casting lines is never a waste of time. Bragging rights go to the biggest catch!

**LET'S ROLL** Like wheels? Let's see you spin 'em... Get on that skateboard, tie up your roller skates or rollerblades or jump on you bike and show us how you roll!

**DIVE IN** It's hot out there! Cool down by splashing in... This week, take a swim, run into the waves, hit the lake or slide down the biggest slide at the water park. A water balloon battle with siblings and friends? Yep, that counts! We want to see you really make a splash!

**REACH FOR THE STARS** When the sun goes down, things really heat up in the night sky! Take a pair of binoculars or use a telescope to check out the constellations. We'll allow the help of technology for this one because there are some pretty cool apps that locate constellations, planets and more. Grab a blanket and some popcorn and get cozy under an umbrella of stars!

**GO WILD** Where are our animal lovers at? It's time to play with the pets or visit some animals at a shelter or zoo. Pet "parents" can toss the ball or the frisbee with their four-legged friend, take him for a walk or teach him a new trick. Why not call a shelter and see if they need volunteers? Or spend the day at a zoo or wildlife sanctuary.

**PARK IT** Pack a picnic lunch, plenty of water, the sand toys and head to the nearby park for a day of leisurely play.

**CAMP OUT** Whether pitching a tent in the forest or in the backyard, camping is practically synonymous with summer! Roll out the sleeping bags, get those campfire stories ready and don't forget the makings for s'mores!

**GET GROWING** Starting a garden is easier than you might think and there are so many options! Talk with an expert at a nursery for suggestions on what to plant (and when) in your area. You could start with a small windowsill herb garden or go big with a vegetable garden.

**BE A BALLER** Basketball, baseball, football, tennis, pickleball... Let's get out and play ball! Grab a group of friends and get a game going.

**BEND THE RULES** Yoga is a wonderful practice for body and mind — and it can be done nearly anywhere! Lay a yoga mat outside on the grass and “ommmmm” your way to a more peaceful day or find a yoga studio that offers an outdoor class (bonus: sometimes these are even offered free of charge!).

- Sit under a tree and read
- Take an outdoor art class
- Take some photos of flowers/cacti, etc. in their natural surroundings
- Help a neighbor weed their yard
- Take the dog for a walk
- Play dodgeball with friends or neighbors
- Plant some flowers
- Make a floral arrangement or succulent garden
- Paint a picture of an animal or plant in nature
- Build a sandcastle
- Gather fallen flowers and press them to create a bookmark or other floral keepsake
- Set up an outdoor station and work on a puzzle
- Plan a family game night on the patio
- Jump around – get on the trampoline, jump rope or hit up a local trampoline park
- Play tourist for a day – walk around your city’s downtown and discover some hidden gems
- Dine al fresco at a new restaurant in town
- Grill out
- Check out a local train park and take a ride
- Find an outdoor concert (sometimes these are free!)
- Attend a food, arts and crafts, or music festival
- Sign up for a 5K
- Get up early and watch the sun rise
- Go on a scavenger hunt around the neighborhood
- Look for ladybugs or caterpillars at a local park
- Go birding (do a little research to see what type of birds may flock to your area)
- Wash your parents’ or a neighbor’s car
- Make snow cones
- Make homemade “ice cream in a bag”
- Create an obstacle course
- Make sidewalk art with chalk
- Go kayaking or paddle boarding at a nearby lake
- Ask your parents to go on a Sunday drive or road trip
- Play in the mud – after a summer rainstorm, get a little messy (with a parent’s permission!)
- Create your own slip ‘n slide with dish soap and some giant plastic bags or a tarp
- Have a swim race with a friend or sibling
- Hula Hoop
- Play Frisbee
- Light up the night by putting glow sticks in balloons and playing Keep it Up
- Play an old-fashioned game like Twister outside
- Go butterfly watching on a walk or in the backyard
- Make a fairy house
- Make homemade bird feeders
- Go to the library and sit outside with a new book
- Check out a ball game and cheer on the home team
- Play flashlight tag when the sun goes down
- Have a bike parade with the neighborhood kids
- Go geocaching
- Paint kindness rocks and leave them around the neighborhood or the community park
- Try a new sport
- Feed the ducks or birds at a park or pond
- Go horseback riding
- Visit a farm or ranch
- Go berry picking (or visit a U-pick farm or ranch for local produce)
- Explore a local cave
- Go mountain biking
- Rent Segues or electric scooters and zip around town for the day
- Ride a zipline
- Take a ride on a carousel

# FEED YOUR SOUL

## FILL YOUR BUCKET

# CHECK LIST

- Play hopscotch
- Play croquet, bocce ball or ping pong
- Set up a net across the pool and start a game of volleyball
- Play hide and seek
- Get sensory with a bin full of moon sand or shaving cream (add food coloring for a rainbow of fun!)
- Play giant Jenga
- Play a game of Red Rover or Red Light, Green Light
- Challenge a parent, sibling or friend to a foot race
- Buy a sweet treat from an ice cream truck
- Add big blocks of ice to the swimming pool for a refreshing swim
- Visit a botanical garden
- Check out a planetarium
- Visit a small private airport and watch the planes land and take off
- Create a play or performance (costumes included!) and give Mom, Dad, Grandma, and Grandpa a show
- Take up an instrument, start a garage band and put on an outdoor concert for friends and neighbors
- Lounge in a hammock
- Lie in the grass and watch the clouds go by
- Roll down a hill... then run back up and do it again!
- Go grass sledding with the help of a tarp and a large flattened cardboard box
- Rent an inflatable water slide for the day
- Have a backyard bonfire
- Plan an outdoor sleepover – camp out on the trampoline, in the treehouse or simply under the stars
- Create a DIY glow bowling set using empty water bottles with glow sticks in them and a big bouncy ball or a small whiffle ball painted with glow in the dark paint
- Skip rocks at a lake (make sure no one is fishing or swimming nearby)
- Climb a tree
- Get out the water guns and have fun getting wet
- Bury a parent or sibling in the sand at the beach
- Do some putt-putt around the backyard or go mini golfing
- Collect leaves and make leaf rubbings
- Have a silly string war
- Dance in the rain
- Start a compost pile – this is a great way to reduce organic waste in the kitchen and add nutrients to garden soil
- Hit up a splash pad
- Peruse local produce and artisan purveyors at a farmer’s market
- Go to the drive-in or an outdoor movie theater
- Have a potato sack/pillow case race
- Built a fort or a secret kids’ club with old pallets or cardboard boxes
- Take a flashlight walk around the neighborhood after dark
- Track down some petroglyphs in your area
- Watch hot air balloons take off
- Blow bubbles
- Have a cartwheel or handstand contest
- Make a summer memory journal