

Touch grass challenge

A summer wellness challenge for kids and teens



What does “touch grass” mean?

It means taking a break from screens and spending time in the real world! Being outside can help you feel calmer, happier, more focused and more connected to the people and things around you.

Challenge goal: Complete as many activities as you can this summer. Check them off as you go!

Level 1: Go outside

- Touch grass with your bare hands (watch for wildlife and poisonous plants!)
- Sit outside for five minutes and notice what you hear
- Watch clouds for 10 minutes
- Walk around your neighborhood with permission from your caregiver
- Find a flower
- Find a bug
- Find something that smells good
- Take a picture of something beautiful outside
- Watch a sunrise or sunset
- Spend 15 minutes outside without a screen

Level 2: Explore nature

- Go on a nature walk with your caregiver or friends
- Collect five different leaves
- Find something rough, smooth, soft and hard
- Listen for three different bird sounds
- Find something growing
- Visit a park with your caregiver or friends
- Walk barefoot in the grass (if safe)
- Create nature art using sticks, leaves or rocks
- Learn the name of a tree near your home
- Watch an insect for two minutes

Level 3: Move your body

- Go for a bike ride with caregiver permission
- Play catch
- Dance outside
- Go swimming with family or friends
- Run through a sprinkler
- Take a family walk
- Try a new outdoor game
- Play at a playground
- Complete a scavenger hunt
- Spend 30 minutes being active outdoors

Level 4: Connect and recharge

- Read a book outside
- Have a picnic
- Talk with a friend face-to-face
- Write down three things you are grateful for
- Sit quietly outside and take 10 deep breaths
- Draw something you see in nature
- Help a neighbor or family member
- Eat a meal outside
- Spend one hour screen-free
- Spend a whole afternoon mostly outdoors





Bonus challenges

- Spend an entire day with less than two hours of recreational screen time
- Visit a new park or trail with family
- Plant a flower, vegetable or herb
- Teach someone else about the “touch grass challenge”
- Create your own outdoor adventure

My adventure:

Challenge tracker

Beginner Explorer: Complete **10 activities**

Nature Adventurer: Complete **20 activities**

Outdoor Champion: Complete **30 activities**

Touch Grass Legend: Complete **40+ activities**

Reflection

My favorite challenge was:

Something new I discovered:

How I felt after spending time outside:

- Calm
- Happy
- Energized
- Relaxed
- Connected
- Other: _____

One outdoor activity I want to do again:

Remember: You don't have to climb a mountain or spend all day outside. Even a few minutes in nature can help your mind and body recharge!