



School is out and summer is here,

The Sun is glowing, bright and near!

Camping, hiking and swimming, too,

**Invent some activities that are
new to you!**

**There's no better time to get
out and play,**

Enjoy nature each and every day!



LEAVE NO CHILD INSIDE OF GREATER CINCINNATI

Inspired by the book, *Last Child in the Woods*, by Richard Louv, Leave No Child Inside of Greater Cincinnati is a consortium of various local organizations determined to combat the growing incidents of disturbing childhood trends, such as: childhood obesity, attention deficit disorder and depression. The attempt to diminish these trends by encouraging parents to engage their children in an outdoors setting and bridge the ever-widening gap between children and the natural world.

For more information, please visit
www.lncigc.org.



Leave No Child Inside

Parents, here are some ideas for fun outdoor summer activities to do with your kids! Use these, or invent some of your own to help us leave no child inside!



SUMMER EDITION



Activities

Star Party!

Host a nighttime party in your backyard for you and some friends! Spend time in a blanket watching the stars and nibbling on some star shaped snacks such as star fruit.

Cloud 9!

Grab a blanket and your lunch and find a great grassy area to go cloud watching! What shapes do the clouds take? Does it look like rain is coming?

Backyard Campout!

Summer is a great time to go camping, especially in your backyard! While you are sleeping, set up a recorder to record all the noises during the night and then try and identify them!

Rainy Day Fun!

On a hot summer day, if it happens to rain, grab a bathing suit and go play outside! If the grass is slippery, slide on it! If the ground is muddy, run through it! Can you find any animals that also like to play in the rain? ATTENTION: Do not attempt this activity if there is thunder and/or lightning.

Solar S'Mores!

Line an old pizza box with some foil and make it into an oven to melt your marshmallows and chocolate. Use this opportunity to discuss solar and alternative energy.

Tin Can Ice Cream!

What could be better on a hot summer day than homemade ice cream? Follow this simple recipe to get some delicious ice cream that's made using a secret ingredient... FUN!

Supplies:

- 1 (3 lb.) coffee tin with lid
- 1 (1 lb.) coffee tin with lid
- duct tape
- 2 or more kids
- 1 cup milk
- 1 cup heavy whipping cream,
- ½ cups sugar
- ½ tsp. vanilla
- 1 egg (optional)
- fruit or chocolate
- rock salt
- ice (crushed)

Pour the milk, heavy whipping cream, sugar, vanilla, egg and fruit or chocolate into the 1 lb. coffee tin. Duct tape the lid on securely. Place the 1 lb. coffee tin inside the 3 lb. coffee tin. Pack ice and rock salt around the 1 lb. coffee tin, filling the 3 lb. coffee tin. Duct tape the lid on securely. Roll the can around on the ground, toss back and forth or roll it down a hill for 10 minutes. Open the 3 lb lid and drain the salt and ice water. Open 1 lb lid and stir, scrapping the sides. Re-tape. Re-pack with ice and salt. Re-tape and roll again for at least 10 more minutes. Makes about three cups of ice cream! Enjoy!

Backyard Safari!

Build a safari tent in your backyard using blankets, lawn chairs, and/or a picnic table. Use sidewalk chalk to draw pictures of wild animals on the sidewalk or driveway. Play safari charades- pretend you are an animal you might see on a safari and see if others can guess which animal you are. Pretend other animals you spy in your neighborhood are wild! Pretend a dog is a wild wolf or a cat is suddenly a fierce lion. Make wild animal masks out of paper plates and crawl around the yard pretending you are safari animals.

Nature's Trading Post teaches children about responsible collecting and preservation of the environment. Following collecting guidelines, a visitor can bring in an item made by nature and earn points for the information about their item that they can share with *Nature's Trading Post* staff.



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CMC\$2