



We would like to introduce you to the **'50 things to do before you're 11³/₄'** initiative is in response to a report commissioned by the National Trust (England) which highlighted evidence of a long-term and dramatic decline in children's relationship with the outdoors. Research showed that fewer than one in ten children regularly play in wild places (outside) compared to almost half a generation ago, a third have never **climbed a tree**, one in ten can't ride a bike, and three times as many are taken to hospital after falling out of bed, as from falling out of a tree. Catching a bug, lying in the tall grass listening to the choir of crickets or listening the peeps of Spring peepers seems to have been replaced by a variety of electronic goodies (cell phones, computes, X-boxes and television, providing our youth with more and more reasons to stay indoors.

Our initiative aims to tackle this worrying evidence and enable children to develop a personal connection with nature before the age of 12.

Our Land Trust version of The 50 things to do before you're 11³/₄ campaign provides a **checklist** of **outdoor** adventures. We encourage you and your children to visit the many outdoor places that Bethel has to offer, whether it be a Land Trust preserve, town-owned parks or State-owned parks.

50 Fun Things to do outdoors for Free
Before you're the age of 11 3/4

○ 1. Climb a tree	24. Watch the sunrise	46. Plant it, grow it, eat it
○ 2. Roll down a really big hill	25. Find a hiking stick	47. Find your way with a map and a compass or GPS unit
○ 3. Camp out in the wild	26. Go for a really long hike	48. Find a geocache
○ 4. Skim a stone	27. Identify flowers	49. Search for migrating birds
○ 5. Run around in the rain	28. Identify Trees	50. Explore a cave
○ 6. Fly a kite	29. Visit an animal farm	
○ 7. Catch a fish with a net	30. Go bird watching	
○ 8. Eat an apple straight from a tree	31. Use a magnifying glass	
○ 9. Walk on a log	32. Discover what's in a pond	
○ 10. Go on a nature moonlight night walk	33. Go star gazing	
○ 11. Discover what's under a log	34. Discover what's in a pond	
○ 12. Climb a huge hill	35. Search for early spring wildflowers	
○ 13. Visit a woodland	36. Discover what's in a stream	
○ 14. Hunt for bugs	37. Look under a log	
○ 15. Go canoeing	38. Look inside a tree	
○ 16. Track an animal in the snow	39. Draw shapes of leaves	
○ 17. Catch a crab	40. Do a bark rubbing	
○ 18. Go swimming in the ocean	41. Do outdoor photography	
○ 19. Hold a scary animal	42. Sketch a tree	
○ 20. Jump over waves	43. Look for mushrooms and fungi	
○ 21. Go snowshoeing	44. Look for different seed pods	