



We would like to introduce you to the **'50 things to do before you're 11³/₄'** initiative 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bug, lying in the tall grass listening to the choir of crickets or listening the peeps of Spring peepers seems to have been replaced by a variety of electronic goodies (cell phones, computers, X-boxes and television), providing our youth with more and more reasons to stay indoors.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 | |