

# Outdoor Activities to Build

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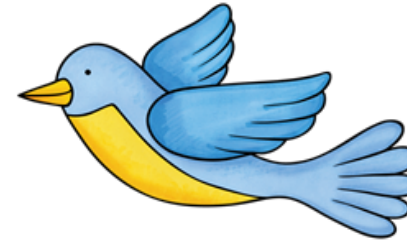
## Social Skills



**Gardening  
(patience)**



**Walk and Talk  
(conversation  
skills)**



**Birdwatching  
(attention)**



**Tidy the Yard  
(organization)**



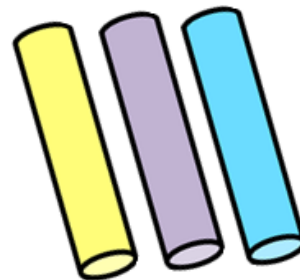
**Go on a  
Scavenger Hunt  
(attention)**



**Jogging  
(coping  
strategies)**



**Picking up  
Trash  
(responsibility)**



**Sidewalk Chalk  
Messages  
(kindness)**



**Leaf Tracing  
(mindfulness)**



**Plan a Picnic  
(Planning)**