

# Outdoor Explore

## 5210 Introduction

In today's technology-driven society, it's common to find more and more kids glued to the television and their gadgets. Kids today are increasingly spending their time indoors rather than outside. Outdoor play provides many opportunities to foster children's intellectual, emotional, social and physical development. So get up and go outside! Here are some challenges to try either at home or in school to help increase quality time with family and friends.

**#getupandgo**  
**#outdoorfun**  
**#5210HMC**



## Post to Social Media

Just copy, paste and post!



Playing outside is a blast, no doubt about it. Kids reap lots of benefits from outside play. Give them plenty of time for outdoor fun. Check out our favorite swim activity <https://bit.ly/2BjIQYY> and let us know what outdoor activities you like to enjoy with your kids. To learn more about 5210 Healthy Military Children, visit [5210.psu.edu](http://5210.psu.edu)!



Get up and go outside! Let us know what your favorite outdoor activities are. Check out our favorite hiking challenge <https://bit.ly/2TxM0Ox> #5210HMC #getupandgo

## Choose a Challenge

### Hike

<https://5210.psu.edu/wp-content/uploads/2018/09/Geocaching-with-Kids-hmc.pdf>

### Run

<https://5210.psu.edu/wp-content/uploads/2018/09/Solve-The-Puzzle-hmc.pdf>

### Bike

<https://5210.psu.edu/wp-content/uploads/2018/09/Bike-Rodeo-hmc-1.pdf>

### Swim

<https://5210.psu.edu/wp-content/uploads/2018/09/Splash-Splash-Pool-Games-hmc.pdf>

## Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)