

Ranger Rick's

Family Fun



EASY OUTDOOR ACTIVITIES FOR HAPPY, HEALTHY FAMILIES

Summer Nights



Beat the heat and wait until the sun goes down to have some outdoor fun.

Pitch a tent

Never been camping before? Experiment close to home—and try sleeping outside in your backyard. All you need is a tent, sleeping bag, and flashlight to turn an ordinary night into a memorable adventure. Please visit the site www.backyardcampout.org to get tips and connect with campers in your area.

Keep a moon journal

Go outside with your child every night for a week and observe the moon. Have your child use a jar lid to trace a circle in a notebook and sketch the shape of the moon inside it. Underneath the sketch, he or she can write down the date, time, weather conditions, and any other observations!

Find out when the moon rises and sets in your area and other fun lunar info by visiting www.almanac.com/moon.

Play "Ghost in the Graveyard"

1. Clearly establish the game boundaries and decide on a home base that everyone can touch at the same time. (A large tree works well.)
2. Choose one person to be the "ghost." Everyone but the ghost stands at home base, while the ghost hides somewhere outside.



3. Chant slowly as a group, "One o'clock, two o'clock, three o'clock..." and so on, up to twelve o'clock. Then shout, "Midnight! I hope I don't see the ghost tonight!"

4. Leave home base and search for the ghost in the yard. The ghost's job is to jump out, surprise, and tag a player. When anyone sees the ghost he or she should yell "Ghost in the graveyard!" and run away.

5. When the ghost catches someone, that person becomes a ghost, too. Anyone who is able to run back to home base is safe.

6. Have all the new ghosts go and hide with (or close to) the original ghost. The people on the home base start again with the chant, "One o'clock... two o'clock..."

BE OUT THERE™

Moment



It's bedtime and somehow the day has slipped away without any time outside with the kids.

TIP: Incorporate the outdoors into your bedroom routine!

Take the toothbrushes outside for a little family night-sky watching while you brush.

www.beoutthere.org

7. Continue the game like this until everyone is caught. The last person caught becomes the ghost for the next round.