Homework, soccer practice, ballet – is there time in the schedule to play outside? Here are some tips to get a Green Hour -- or at least part of an hour – during a busy day:

1. **Nature detectives**: On a walk to school or the store, take a moment to notice nature. Make it a game of “I Spy” -- or download a nature scavenger hunt at greenhour.org/hunt.

2. **Cloud watch**: Picking out shapes in the clouds is a classic childhood activity -- and needs no special equipment.

3. **Too old to cloud watch?** For older kids, combine technology with the outdoors and go geo-caching or, the lower-tech version, letterboxing. Visit geocaching.com and letterboxing.org.

4. **Tips to unplug**: Set time-limits for TV watching and video game playing and make sure you have a back-up plan. If you have a backyard, kid-customize it with a homemade fort, dart boards, a trampoline, a craft table, etc.

5. **No backyard?** Introduce your kids to nwf.org/naturefind, where all the parks, trails and green spaces near you can be found with just a few clicks.

6. **Night hike**: Keep flashlights near the door, and go for a neighborhood night hike. Kids will love the novelty -- and you can challenge them to identify “night sounds.” Learn how to make a moon journal at greenhour.org/moonjournal.

7. **Nature tables**: Find a spot in your home where you can display your child’s natural treasures (rocks, leaves, flowers) at kid-eye-level. No space for a table? Other ideas: use an old tackle or sewing box, or a hanging shoe-organizer with clear plastic pockets. Have your kids decorate it!

8. **Gardening 101**: Never been able to keep a plant alive? Start small: All you need is some bird-seed and a sponge. Check out www.greenhour.org/spongegarden to learn how.

9. **Neighborhood field guide**: Have your child make a map of your neighborhood using only natural landmarks -- the first step in creating a “field guide” to the nature in your neighborhood.

10. **Leaf hunt**: Collect a few leaves from different trees and put them in a bag. Give these “clues” to the child and set out to match the leaves with the trees. For complete instructions, visit greenhour.org/leafhunt.