



NATURE ACTIVITY IDEAS

JUNE

2025

SUN	MON	TUE	WED	THU	FRI	SAT
1 Watch the sunrise or sunset from your favorite spot	2 Create a nature collage from fallen leaves, flowers, or bark	3 Take a barefoot walk on grass, sand, or earth	4 Sit quietly for 5 minutes outside or near a window and listen	5 Identify three plants or trees you don't know and learn about them	6 Photograph something beautiful and natural today	7 Journal about what nature smells like right now in your region
8 Visit a local park, nature reserve, forest, or beach	9 Sketch a scene from nature in your journal	10 Explore a nearby botanical garden, arboretum, or urban garden	11 Stargaze tonight; find a constellation you know or learn a new one	12 Walk under the trees and notice the sounds and smells	13 Observe birds and notice their colors, sounds, or habits	14 Swim, wade, or touch a natural body of water or imagine one
15 Plant something - a flower, herb, tree, or seeds in a pot	16 Watch fireflies or other nighttime insects in the evening	17 Make a sun print using leaves and light-sensitive paper	18 Collect rainwater and water your plants with it	19 Take a barefoot walk along a riverbank or shoreline	20 Write a short story or memory inspired by your favorite natural place	21 Make herbal sun tea using fresh leaves or flowers and let it steep outdoors
22 Camp out under the stars—even if it's just in your backyard	23 Start a sit spot practice—return to the same spot every day and observe the changes	24 Make eco-friendly confetti from dried flower petals and toss it in celebration of nature	25 Practice cloud breathing—inhale while watching a cloud form, exhale as it moves or fades	26 Learn the call of one local bird and try to identify it in the wild	27 Build a simple bee or insect hotel using natural and recycled materials	28 Host a nature-inspired picnic using local or seasonal ingredients
29 Harvest wild edible plants (only with proper knowledge and care) and make a small snack	30 Write a letter to your future self about how nature made you feel this month					