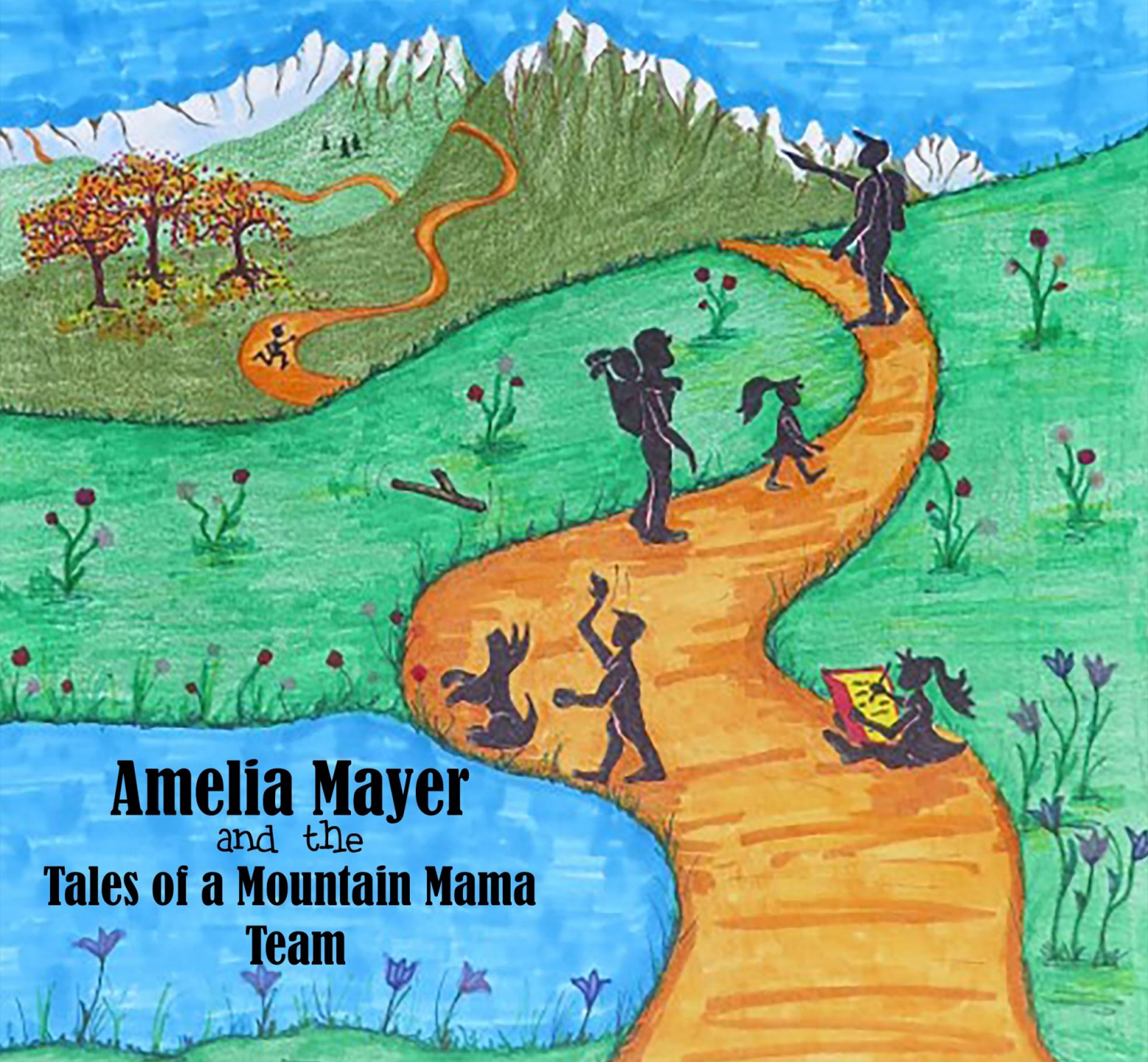


Outdoor Family Adventure Guide

journal + activities for every season



Amelia Mayer
and the
**Tales of a Mountain Mama
Team**



Outdoor Family Adventure Guide

**An all-season
choose-your-own-adventure
journal + activities
to get your family outside together.**

Amelia Mayer,
Kristin Drenzek, Michelle Fuson, Stephanie Johnson, Jami Rogers,
Jackie Semmens, & Valerie White
talesofamountainmama.com

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Cover design by Wendy Strohmeyer

Amelia Mayer

PO Box 21

Kelly, WY 83011

amelia@talesofamountainmama.com

For more info on how to get your family outside, go to talesofamountainmama.com

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Please know that at Tales of a Mountain Mama we only recommend resources we use, love and highly recommend.

THIS BOOK IS FOR ALL FAMILIES

There's no WIFI in the forest,
but you'll find a better
connection.

This e-book is dedicated to outdoor families everywhere who just need a little nudge out the door. And to my own family who is no exception to needing that nudge.

And to my amazing team who has worked so hard to provide a huge list of valuable content for each and every family.

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Build Your Bucket List

In effort to make this a positive experience with as little pressure as possible, we've divided this book into 52 weeks of adventures, opposed to 365 days.

If your family loves an extra challenge, look for the bonus family challenges at the end of the book. You can work on these at any time.

We encourage you to start by going through this book with your family and highlighting any outdoor adventure that you find intriguing. You'll notice that we have divided the challenge ideas into chapters by season so you can pick and choose as needed for your climate and family needs.

Each week you will choose a challenge for your family and fill it in on the journal pages. We recommend that you fill out the challenges a month at a time so you have something to look forward to and aim towards each month.

We've also included an amazing list of books to support outdoor time throughout the four seasons and some extra resources.

This is YOUR family adventure - make it great!

SPRING

**“In the spring, at the
end of the day, you
should smell like
dirt.”**

– Margaret Atwood

Spring Adventures

Spring is a great time of year to get outside and make special memories with your family! As the weather begins to warm up and nature begins to awaken from its winter slumber, it opens up a ton of new opportunities to explore the beautiful world around us.

Coming out of a cold and often dark season of winter, spring seems a little more inviting to get out and explore. The warmth of the sun on that first day of spring beckons you to come and play!

Spring has a way of drawing us out of the funk that we may have sunk into over winter. However, sometimes it takes a little coercing after being bundled up indoors in the nice, warm house all season. It may take a little more effort and motivation to get the crew moving again, but it is always worth it once you do.

The spring sun helps provide that much-needed Vitamin-D that improves our family's physical and mental health in so many ways. Just taking a few hours to get out for some fresh air and sunshine and experiencing the mood-lifting effect will be enough to keep you and your family wanting more outside time.

The extra rainfall in spring helps bring the earth back to life and new growth can be found popping up all around. Pay close attention to all the changes happening in nature during the spring season.

From the first buds on the trees to the awakening of dormant flowers and so much more, there are plenty of new things to observe when you slow down and enjoy this season with your family. More than anything, just get outside this spring and make special memories with your family!

~ Michelle

Helpful Links for Spring Adventures

We hope the following links will help make getting outside easier in the spring.

- [5 Tips for surviving mud season](#)
- [Beginners guide to family biking](#)
- [Best bike accessories for kids](#)
- [Bike maintenance for families](#)
- [Choosing a bike trailer](#)
- [Happy kids get muddy!](#)
- [The ultimate outdoor games and gifts guide](#)
- [Tips for hiking with kids](#)
- [Why I take my sick kids outdoors](#)
- [Wilderness first aid for outdoor families](#)

Spring Gear Reviews

- [Best baby/kid carriers](#)
- [Best bike helmets for kids](#)
- [Best rain bibs for kids](#)
- [Best rain gear for kids](#)
- [Reima rain gear for kids](#) (use code “mtnmama” for 20% off)

Flowers, Trees, & Gardens

1. **Look for wildflowers:** Go search for wildflowers at a local park or on a hike - see how many different colors you can find. Bring a field guide to help identify them and document them as you go.
2. **Plant wildflowers:** Buy some packets of wildflower seeds and plant them and watch them grow.
3. **Look for changes in the trees:** Go inspect as many trees as possible for signs of spring. Look for new buds or new leaves coming out on the branches. Which ones take longer than others to grow their leaves back in the spring?
4. **Regrow a fruit or vegetable:** There are lots of resources online that show you how to regrow pineapples, celery, potatoes, and so much more.
5. **Plant a family garden together:** Sit down and map it out as a family and get to work. Let each person in the family pick something to grow.
6. **Do some container gardening:** Have limited space for a bigger family garden? Try container gardening and pick some things that grow well in containers.
7. **Plant an herb garden:** Pick your favorite herbs and learn as a family how to harvest them to use them in everyday cooking.
8. **Plant a tree:** Spring is a great time to plant a tree. Let everyone help dig the hole and don't forget to give your tree a name.

LET'S JOURNAL

**“Not all those who
wander are lost.”
– J.R.R. Tolkien**

Journal Pages

We invite you to use the following journal pages however you would like. You could print them each week or print a bunch at once and bind them for your family to use all year.

We hope these pages will allow your family to reflect and remember your adventures, both big and small.

A couple quick tips for journaling:

1. We love keeping special pens with our journal that are used ONLY for journaling.
2. While it's not necessary, using a small printer like the HP Sprocket is a fun way to quickly add photos to your journaling pages.
3. Take turns in your family being in charge of the journaling for each adventure. This will allow you to have a journal filled with the perspectives of each family member.

Happy adventuring AND journaling.

~ Amelia

FAMILY BONUS CHALLENGES

**“Life is either a daring
adventure or nothing at
all.”**

— Helen Keller

9 New Hiking Trails

Color in a boot and list your trail on the line for each new one you hike.







SUGGESTED PICTURE BOOKS FOR OUTDOOR FAMILIES

**“Reading is to the
mind what exercise
is to the body.”
– Richard Steele**

Spring Picture Books

Title	Author
<u>A Perfect Day for Digging</u>	Cari Best
<u>Diary of a Worm</u>	Doreen Cronin
<u>Everything Spring</u>	Jill Esbaum
<u>Fletcher and the Springtime Blossom</u>	Julia Rawlinson
<u>Flower Garden</u>	Eve Bunting & Kathryn Hewitt
<u>Make Way for Ducklings</u>	Robert McCloskey
<u>Over and Under the Pond</u>	Kate Messner
<u>Quiet in the Garden</u>	Aliki
<u>Singing in the Rain</u>	Tim Hopgood
<u>Spring</u>	Gerda Muller
<u>Spring (a pop-up book)</u>	David Carter
<u>The Pixies of Bloom</u>	Nystrom & Bulankina
<u>The Spring Visitors</u>	Karel Hayes
<u>Thunder Cake</u>	Patricia Polacco
<u>Up in the Garden and Down in the Dirt</u>	Kate Messner
<u>Who Likes Rain?</u>	Wong Herbert Yee
<u>Worm Weather</u>	Jean Taft

[Find more spring-related outdoor books in our lists here!](#) Shopping Bookshop supports local bookstores.

JOIN OUR COMMUNITY OF OUTDOOR FAMILIES

We invite you to head over to [Talesofamountainmama.com](https://talesofamountainmama.com) for more inspiration to get your family outside.

Check out our gear guides, additional book lists, tips and tricks and more. New posts are being published often.

Be sure to [sign up for our weekly newsletter](#) so you don't miss a thing.

Finally, if you're on Facebook, join us in the [Outdoor Family Chat group](#) to connect with other families getting outside.