

8 Family Friendly Outdoor Activities

Embracing outdoor activities isn't just a leisure pursuit. Getting outside and taking in the fresh air is beneficial for many health reasons. Sunshine boosts our Vitamin D levels. More Vitamin D means strong immunity and improved sleep, which is MUCH needed when kids are in school and parents are juggling work, sports, and classroom germs (eek!). Vitamin D can also prevent things such as [osteoporosis](#), reduce inflammation, promote [strong bones](#), and boost everyone's happy genes!

Encouraging outdoor activities can also be a big component of corporate social responsibility. Integrating the importance of promoting healthy, active lifestyles into CSR strategies through support for public parks, recreational programs, and outdoor events makes for a great signature cause. By fostering outdoor recreational activities, businesses can demonstrate their commitment to improving quality of life and strengthening community ties. These initiatives serve as an example of a company's dedication to its community's health and happiness, making for a truly impactful CSR agenda.

Here are eight family friendly outdoor activities that are perfect to share as part of your health- focused signature cause:

1. Visit your Local Park!

You know we had to make this number one! Parks are great for kids to play on the playground or pet parents to walk their dogs. Your local park is also filled with endless adventure and is one of the best [third spaces](#) for families to get active and involved in their community. Many parks are the hubspot for tons of community events, from concerts, fairs, and farmers markets. Check out what's happening locally and join in on the fun!.

2. Treasure Hunt

Arr matey, ready to discover the wonders of your city? Great for birthday parties or just a Saturday with the fam, a treasure hunt with cryptic clues to decipher is an exciting way to explore your city. Challenge problem solving skills and collaboration and see which member reaches the treasure first!

3. Nature Color Hunt

Perfect for younger children, the color hunt is fun and educational. Paint each divet in an egg carton with a different color then head outside and find natural items that match.

4. Hike your City

From wooded trails to urban greenways, hiking is a great way to discover local beauty. Challenge your family to visit all the hiking spots on your list within a month. Then, celebrate with a picnic at your favorite one.

5. Paint with Chalk

Give your chalk scraps new life. Divide your colors, crush them into powder, add water, and grab some paint brushes. You are ready to create masterpieces without the mess of chalky hands!

6. Flower Boards

A flower board is a fun way to create a wildflower (or not so wild) bouquet. Simply poke holes in a piece of cardboard and insert the stems of flowers collected from around your area. If you get lucky and find larger wildflowers - make matching flower crowns!

7. Raft Race

For those rainy days when all you want to do is curl up and watch movies, but are trying to avoid screen time, embrace the rain and use it as your playground! Go in your backyard or nearest park and use bark, sticks, and leaves to build mini rafts. Then find your nearest stream or puddle and have a race!

8. Summer Soak Relay

Perfect for big families or a summer bash, cool off by teaming up in a summer soak relay! Teams compete to soak up and transfer as much water as possible to buckets using soaked T-shirts. The buckets are measured and the winning team gets the privilege of splashing the losing team with their victory bucket.

IMPACT Parks is committed to working with businesses, foundations, and communities to provide outdoor recreation spaces for families to enjoy. For more ideas on how your CSR efforts could encourage families to get outside to enjoy activities like these, get involved in your community, and engage with your brand, reach out to [Rick](#) or [Rudy](#) today!