

Try out any of these outdoor activities that incorporate social emotional learning skills

# Outdoor Activities to Build Social Skills

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**Gardening**  
(patience)



**Walk and Talk**  
(conversation skills)



**Birdwatching**  
(attention)



**Tidy the Yard**  
(organization)



**Go on a Scavenger Hunt**  
(attention)



**Jogging**  
(coping strategies)



**Picking up Trash**  
(responsibility)



**Sidewalk Chalk Messages**  
(kindness)



**Leaf Rubbing**  
(mindfulness)



**Plan a Picnic**  
(Planning)

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