# Outdoors in the City



**Some people think that being outdoors means being in the country, but you can have a lot of fun being outdoors in the city, too. Check out the activities in this badge and discover how to find adventure and excitement in the city.**

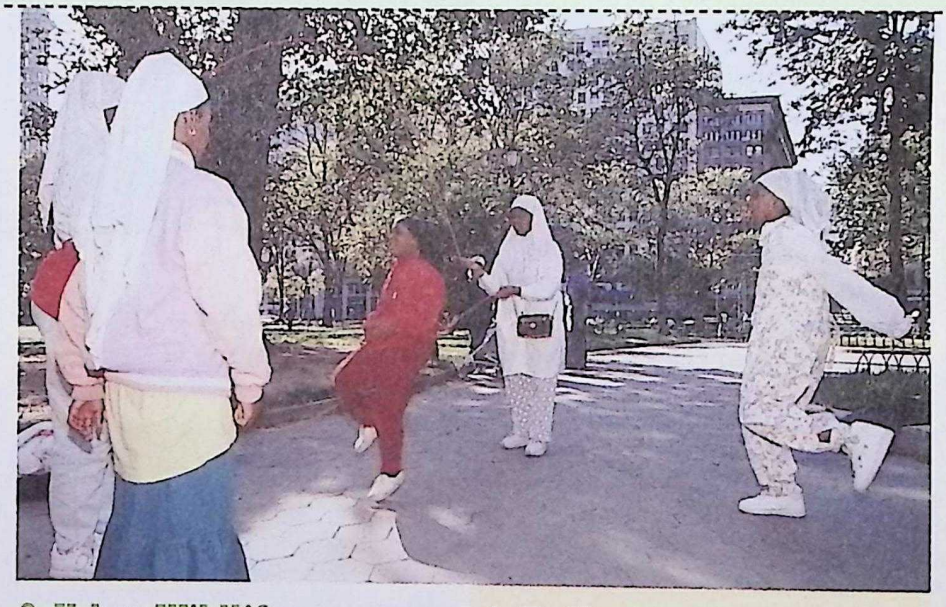
### 1. What Can You Do?

Find out about three outdoor activities your city has available for kids your age. Not sure where to begin? Try these for starters:

- Call or visit your city's Parks and Recreation Department to find out about programs offered year round.
- Find out about recreation sites that are free and those that cost money to use.
- Find out about sports programs, gardening, or urban ranger programs.
- Find out about day camps or other activities offered by schools, youth-serving agencies, government organizations, and houses of worship.

### 2. Safety on Wheels

Organize a safety clinic for younger kids on roller-skating, in-line skating, or scooter or bicycle riding. Help younger kids improve their skills and learn basic safety rules.



### 3. Urban Wildlife

Find out what kinds of animals are in your city and where they live. Look for different habitats and spend some time observing wildlife in more than one habitat. Check out parks, trees, roof gardens, and schoolyards. Is there wildlife that lives year round in your city? Are there birds that pass through your city during fall or spring migration? Is there wildlife in your city that can be harmful to your health?

### 4. Do You Double-Dutch?

Learn how to play an outdoor game that kids living in the city have been playing for generations. Try:

- Double-dutch jump rope
- Hopscotch or potsy
- Stick or stoop ball
- Handball or punchball

### 5. Group Walk

Plan a guided walk with a group. Look for interesting sites in your city. Map a route that includes these sites and some rest stops. Organize a group to follow your route.

## 6. Cook with City Sun

Use the city sun to make sun tea and sun jam.

### 7. Urban Art

Find a spot outdoors in your city that you think is especially beautiful. Create a piece of art that reflects your feelings about this spot.

### 8. Tackle a Community Service Project

Participate in a community service project that tackles a community environmental problem or help with a community event that involves outdoor recreation. For example, you could help spruce up a city park or work at an aid station at a city-sponsored marathon.

### *Sun Tea*

**What You Need**

- A clear gallon* jar with a lid
- Four tea bags
- Cool water

**What You Do**

1. Fill the jar with the water.
2. Drop in the tea bags (you could use herbal tea or bags of different teas to create a unique flavor).
3. Close the lid and let the jar sit in a sunny spot all day or until the water darkens and the tea is brewed.
4. Pour your sun tea over ice and enjoy.

### *Sun Jam*

**What You Need**

- 1-1/2 pounds* of ripe strawberries, blueberries, or blackberries
- 1 cup* of sugar
- 2 teaspoons* lemon juice

**What You Do**

1. Wash the fruit well.
2. Remove stems and mash slightly.
3. Mix all the ingredients in a pan and boil for five minutes without stirring.
4. Remove and let cool for 30 minutes.
5. Pour into a 9" x 9"* baking pan.
6. Cover with plastic wrap.
7. Place outside in a sunny spot for three to eight hours so the mixture will thicken.
8. Pour your jam into a sterilized jar and keep in the refrigerator or use it right away spread on bread or as a topping for ice cream or frozen yogurt. Yum!

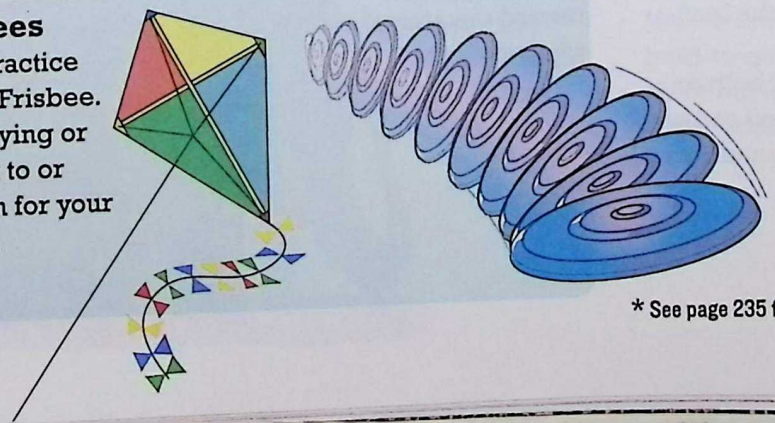


## 9. A City Garden

Become involved in a city garden. Help with an established community garden plot or start one. Plant a rooftop garden, window boxes, or planters. Share the fruits of your gardening labors with a neighborhood food bank, community center, or senior center. (You can supplement the meals if you are growing vegetables or decorate tables if you are growing flowers.)

## 10. Kites and Frisbees

Find an open spot and practice flying a kite or tossing a Frisbee. Invite an expert in kite flying or Frisbee tossing to speak to or perform a demonstration for your group, friends, or family.



* See page 235 for the metric conversion chart.