

# 7-DAY OUTDOOR CHALLENGE

**ACTIVITY DATES:** 7 November 2022 to 13 November 2022

Nothing can be more stimulating than the outdoors. There's so much to see, hear, smell, feel, taste and do. And so much to converse about! The interesting observations and experiences open the doorways for communication, emotional expression, creative thinking and, above all, fun-filled and meaningful interactions with your child. Watch the outdoors cast its spell as you connect deeply with your child.

## ACTIVITY

Take our 7-day challenge and watch yourself reconnect with nature and your family as you step into the outdoors every day. Share the picture with us and win exciting gift vouchers.

DAY  
**1**  
MONDAY

Spend just 10 minutes today to take a walk in a park or drive to a green space where you can walk. Else, step out 10 minutes early to wait with your child for the school bus to pick them up. Spend those ten minutes to have a casual chat with your child.

DAY  
**2**  
TUESDAY

Today, take a walk for 20 minutes. Chat with your child as you walk along. If there are moments of silence don't worry about it. Silent moments give you and your child the space to reflect or just let your minds wander. Doing it together is what matters.



DAY

3

WEDNESDAY

Today, take a walk together for 30 minutes. Use your eyes and ears to spot the birds and try to identify them by name. Tell your child a few interesting stories about the birds you saw in the places you grew up in, or bird pet stories you have heard from your neighbours and friends. You may even discuss if it's okay or not to cage the birds. Talking about values in life is another way to bond with your child.

DAY

4

THURSDAY

Today you will spend 30 minutes outdoors at night to experience a mystical bond with your child. Find a safe spot on the ground or on the terrace. Lie down on a mat or sit comfortably in chairs and gaze at the stars. There's something about stargazing that opens the mind. The vast sky and the twinkling stars present a beautiful backdrop as your child tries to understand the mysteries of the universe. Begin with naming the stars you know, talk about the Milky Way, galaxies and so on.

DAY

5

FRIDAY

Today get ready to spend 30 minutes with your child in a plant nursery close to you. Get a book on flowering plants from the library or download a few pictures from the internet. At the nursery let your child try to match the flowers and plants with the ones in the book. An outdoor activity in a nursery gives you a break from routine while the beauty of the flowers and the greenery refresh your body and mind.



DAY  
**6**  
SATURDAY

The weekend is here, so it's going to be 2 hours of downtime with your child. Plan a visit to the zoo or a farm or a petting zoo. Together with your child discuss the route you will take, the snacks and refreshments you will carry along. As you wander around the zoo your child may ask you many questions. When you match their enthusiasm in your responses, they realize it's your way of showing that you are a caring parent. This is yet another way to bond with your child.

DAY  
**7**  
SUNDAY

Congratulations! You've made it to the final day of the Challenge. Today you are going to spend 3 hours outdoors as you go on an impromptu picnic. A family picnic never loses its charm, as it is loads of fun and frolic. Let your child choose from a list of three convenient picnic spots. Talk about the clothes to wear, the toys and games to take along, the food and other necessities. Remember to take a large dhurrie or bedspread to sit or lie on. At the picnic spot play lots of games together. Let your child see how much fun you can be. And of course, you can decide to be out the whole day too, creating more and more happy family memories. Can you feel the family bonds wrap you up in warmth and happiness? Can you feel the deep connections you have made with your child? Good for you!

And that's a wrap to our 7-Day Outdoor Challenge. You have spent 7+ wonderful hours of family bonding. We hope you have experienced the joy of connection.



## TERMS & CONDITIONS FOR THE ACTIVITY

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- Share your experience with us in not more than 300 words.
- Participants are responsible for the content that they post.
- The entries will become the sole property of ParentCircle. The content may be used for publication in the company's online and print media.

## DISCLAIMER

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- Our team has the right and liberty to alter the cut-off date and time mentioned above with due intimation as a general notice.

## HOW TO PARTICIPATE FOR THE ACTIVITIES

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- **Click here** to share your experience and upload a picture if any.

Visit [www.gadgetfreehour.com](http://www.gadgetfreehour.com) or contact 8754458799 for more information.



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### TUESDAY DAY

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