

II Shivoham II



7-Day Nature Love Challenge

A Family Guide to Connection Without Screens

Welcome to Your Nature Love Journey!

This week, you'll discover how your family connects with nature—and with each other. Each day focuses on a different "nature love language" with simple activities that take 10-30 minutes.

Ground Rules:

- No phones/tablets during activities (except for the timer or final photo)
- It's okay to modify activities for your space and weather
- There are no wrong answers—just experiences
- Let kids lead whenever possible
- Have fun!



 **FAMILY PREP CHECKLIST**

Before you begin, gather these simple supplies:

- [] Small containers (egg carton, paper bags, or jars)
- [] A timer (phone or kitchen timer)
- [] Optional: nature journal or blank paper
- [] Optional: washable markers or crayons
- [] Camera for one photo per day (optional)

Pick Your Start Date: _____

Family Members Participating:

- _____
- _____
- _____
- _____



DISCOVER YOUR NATURE LOVE LANGUAGE

Before you start, take this quick quiz together!

Read each statement and rate how much you agree (1 = not really, 5 = absolutely!)

FOR KIDS:

Child's Name: _____

- I like touching different things outside (rocks, bark, mud) **1 2 3 4 5**
- I like just sitting quietly and watching nature **1 2 3 4 5**
- I like running, climbing, and playing outside **1 2 3 4 5**
- I like searching for cool things like bugs or treasures **1 2 3 4 5**
- I like making things with sticks, rocks, and leaves **1 2 3 4 5**

Highest score(s): _____ (This is your primary nature love language!)

Key:

- **Touch** = Texture Explorer
- **Time** = Peaceful Observer
- **Play** = Adventurous Spirit
- **Explore** = Curious Scientist
- **Create** = Nature Artist



FOR PARENTS:

Quick reflection: Which activities sound most appealing to YOU?

- Feeling different textures:
- Sitting quietly in nature:
- Active outdoor play:
- Nature scavenger hunts:
- Creating nature art:

Your love language: _____

(It's okay if yours is different from your child's—that's the point of trying all five!)



DAY 1: TOUCH - The Barefoot Texture Walk

Love Language: Physical Connection with Nature

Time Needed: 15-20 minutes

Location: Your yard, a park, or any patch of outdoor space

THE ACTIVITY:

Setup (2 minutes):

1. Find a small outdoor area with different surfaces
2. Everyone removes shoes and socks
3. Remind kids: gentle touching only (no pulling plants or disturbing animals)

The Walk (10-15 minutes):

1. Walk slowly together, barefoot if possible
2. Touch at least 5 different surfaces:
 - Grass (wet and dry spots)
 - Dirt or soil
 - Tree bark (different trees feel different!)
 - A smooth rock
 - Something unexpected (sidewalk, pine needles, sand, etc.)

The Challenge: Each person describes 3 textures using words they've NEVER used before. Not "rough" or "soft"—be creative!



Examples:

- "Bumpy like tiny mountains"
- "Scratchy like my cat's tongue"
- "Squishy like walking on a cloud made of dirt"

TRACKING SECTION:

Today's date: _____

Weather: Sunny Cloudy Rainy Cold Warm

Textures I felt today:

1. _____ felt like: _____
2. _____ felt like: _____
3. _____ felt like: _____
4. _____ felt like: _____
5. _____ felt like: _____

My favorite texture was: _____

Why? _____



Draw your favorite texture here:

FAMILY REFLECTION:

Question for kids: "If you could touch this same thing every day for a week, which would you choose and why?"

Child's answer: _____

Parent observation: Did your child seem calm, energized, or distracted during this activity?

Surprise moment: What unexpected thing did someone notice or enjoy?

Screen-time note: How much screen time happened today AFTER this activity? _____



DAY 2: TIME - The Sit Spot Ritual

Love Language: Presence & Stillness

Time Needed: 15-20 minutes

Location: Anywhere outside with a place to sit

THE ACTIVITY:

Setup (3 minutes):

1. Each family member chooses their own special spot
2. It can be anywhere: by a tree, on a step, on the ground, on a rock
3. The only rule: it's THEIR spot (mark it mentally or with a small stone)

The Ritual (10 minutes):

1. Set timer for 10 minutes
2. Sit in complete silence
3. Just notice. Don't force anything. Let your mind wander.
4. Notice sounds, movements, smells, feelings

Permission to be "bored": This might feel weird at first. That's normal! Boredom is where imagination begins.

After the Timer: Everyone shares just ONE thing they noticed. That's it—keep it simple.

TRACKING SECTION:

Today's date: _____



My sit spot is: Under a tree On the grass On steps/rock Other: _____

How I felt at the START: Wiggly Calm Silly Frustrated Excited

How I felt at the END: Wiggly Calm Silly Frustrated Excited

Sounds I heard (list as many as you can remember):

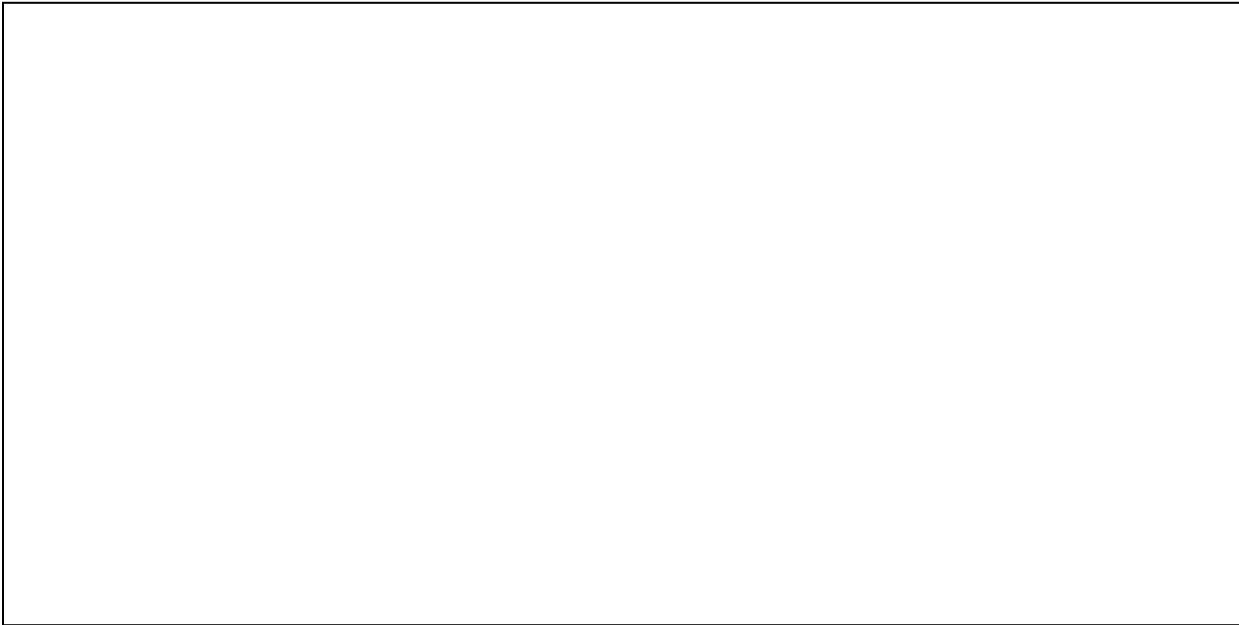
1. _____
2. _____
3. _____
4. _____
5. _____

The ONE thing I'm sharing with my family:

Something that moved (bird, bug, leaf, cloud, etc.):



Draw what you saw from your sit spot:



FAMILY REFLECTION:

Question for kids: "If you could bring one thing to your sit spot tomorrow (besides a screen), what would it be?"

Child's answer: _____

Parent observation: How long before your child seemed settled? Did they seem resistant or engaged?

Surprise moment: What did someone notice that surprised everyone else?

Challenge: Could you do this same spot tomorrow? Yes No Maybe



DAY 3: PLAY - The Yes Day (Outdoor Edition)

Love Language: Unstructured Joy & Freedom

Time Needed: 30-45 minutes

Location: Park, trail, neighborhood, or backyard

THE ACTIVITY:

The Rules:

1. Kids lead. Adults follow.
2. Kids decide where to go, what to look at, when to stop
3. Parents say "YES" to everything except genuine safety issues
4. Take only 3 photos maximum
5. No destination—wandering is the point

Examples of YES:

- "Can we climb that tree?" → YES
- "Can we look at this puddle for 10 minutes?" → YES
- "Can we walk backwards?" → YES
- "Can we rescue worms?" → YES
- "Can we make mud pies?" → YES



The only NOs:

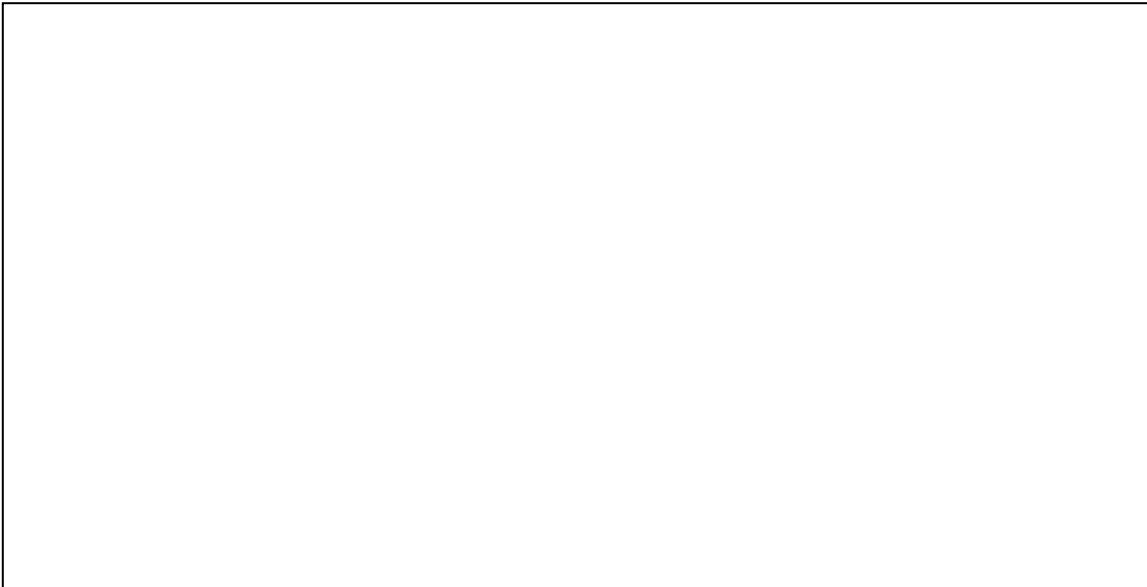
- Actual danger (running into traffic, etc.)
- Harming living things
- That's basically it!

TRACKING SECTION:**Today's date:** _____**We explored:** Park Trail Neighborhood Backyard Other: _____**Kid-led activities we did (kids fill this out!):**

1. _____
2. _____
3. _____
4. _____
5. _____

The weirdest thing we did: _____**How many times adults wanted to say NO but said YES instead:** _____**My favorite part was:** _____

Draw the funniest or coolest moment from today:



FAMILY REFLECTION:

Question for kids: "If you could do today again but change ONE thing, what would you change?"

Child's answer: _____

Parent observation: How did it feel to follow instead of lead? What was hard about it?

Surprise moment: What did your child want to do that you never would have thought of?

Energy check: How did your child's energy compare to a typical screen-time afternoon? Way more energized About the same More tired (in a good way) Cranky



DAY 4: EXPLORE - The Mystery Collection Walk

Love Language: Wonder & Discovery

Time Needed: 25-35 minutes

Location: Any outdoor area with natural objects

THE ACTIVITY:

Setup (3 minutes):

1. Give everyone a container (egg carton, paper bag, or small box)
2. Review the rules:
 - Collect only NON-LIVING things (no picking flowers, catching bugs)
 - Look for mysterious, unusual, or interesting objects
 - Collect 6-8 items each

The Hunt (15 minutes): Search for things that make you wonder:

- What IS this?
- Where did this come from?
- What's its story?

Ideas:

- Weird-shaped rocks
- Leaves with holes or patterns



- Interesting sticks
- Seed pods
- Feathers
- Something that looks like a letter or number
- Anything that makes you think "Hmmm..."

The Investigation (10-15 minutes):

1. Spread out all collections
2. Each person picks their MOST mysterious item
3. Everyone invents theories: What is it? Where did it come from? What's its story?
4. Don't Google yet—just imagine and guess!
5. THEN look up real answers (optional)

TRACKING SECTION:

Today's date: _____

My collection inventory (draw or describe each item):

Item # What I Found Why It's Mysterious

1

2



Item # What I Found Why It's Mysterious

3

4

5

6

My MOST mysterious find: _____**My theory about it:** _____

The real answer (if we looked it up): _____**Was I close?** Super close! A little Not at all More interesting than I thought!**Draw your most mysterious discovery:**

FAMILY REFLECTION:

Question for kids: "If you could become an expert on one thing from nature, what would you choose?"

Child's answer: _____

Parent observation: What did your child gravitate toward? Colors? Textures? Shapes? Tiny things? Big things?

Surprise moment: What item sparked the most conversation or the wildest theory?

New vocabulary: Did anyone learn a new nature word today? _____



DAY 5: CREATE - The Nature Creation Challenge

Love Language: Making & Imagination

Time Needed: 35-45 minutes

Location: Any outdoor area with natural materials

THE ACTIVITY:

The Challenge: Using ONLY materials you find outside, create something in 30 minutes.

Rules:

- Can't buy anything
- Can't use phones/devices (except the timer)
- Must use your hands
- Natural materials only: sticks, rocks, leaves, mud, grass, pinecones, bark, etc.

Ideas (but don't limit yourself!):

- A sculpture or structure
- A picture/pattern on the ground (land art)
- A fort or shelter
- A gift for someone
- A nature creature
- A maze or pathway



- Something totally weird and wonderful

The Philosophy: Take a photo if you want, but then let nature reclaim it. Don't try to preserve it.

Let it be temporary—that's part of the beauty.

TRACKING SECTION:

Today's date: _____

I created a: _____

Materials I used (check all that apply): Sticks Rocks Leaves Mud Grass

Flowers Pinecones Seeds Bark Other: _____

My creation was inspired by: _____

The hardest part was: _____

The best part was: _____

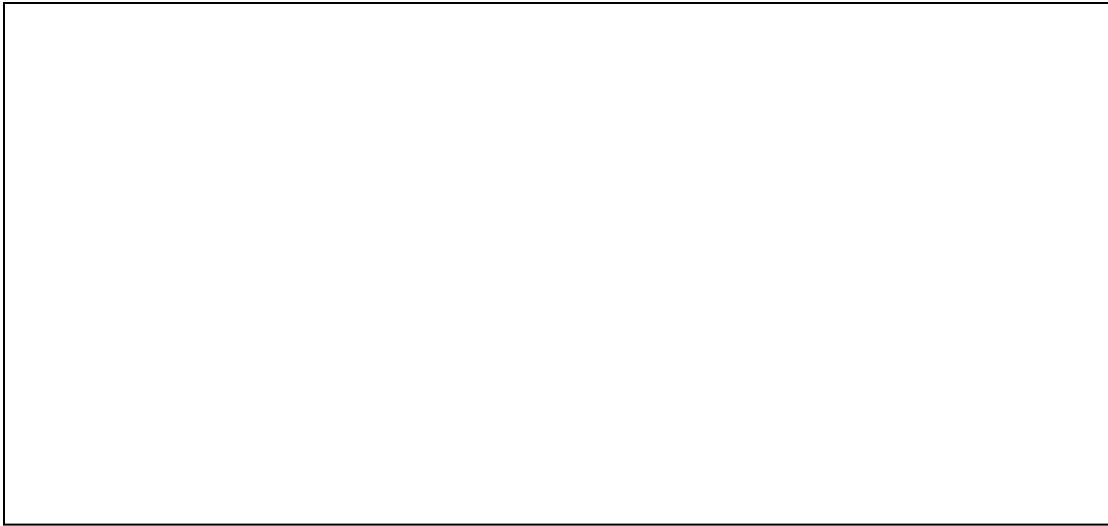
If I could add ONE magical element to my creation, it would be:

Did your creation stay standing? Yes! Fell apart Started to but I fixed it

How did you feel about it falling apart/changing?



Sketch your creation here (before nature reclaims it!):



FAMILY REFLECTION:

Question for kids: "If you could make this same thing again tomorrow, what would you do differently?"

Child's answer: _____

Parent observation: Did your child show frustration when things didn't work, or adapt easily?

What does this tell you?

Surprise moment: What did someone create that was totally unexpected?

Resilience check: When something fell apart or didn't work, how did your child respond? Got upset but kept trying Gave up Changed their plan Didn't seem bothered



DAY 6: CHOOSE YOUR FAVORITE

Love Language: Personalization & Choice

Time Needed: 20-40 minutes

Location: Your choice!

TODAY'S MISSION:

Look back at Days 1-5. Which activity did your child enjoy most? Do that one again—but level it up!

Repeat & Deepen:

If you're repeating **TOUCH**:

- Add blindfolds—can you identify textures without seeing?
- Create a "texture scavenger hunt" list
- Make bark/leaf rubbings with paper and crayons

If you're repeating **TIME**:

- Extend sit spot time to 15-20 minutes
- Bring a journal to sketch or write observations
- Try different times of day (sunrise vs. afternoon vs. evening)

If you're repeating **PLAY**:

- Let a different family member lead
- Add a theme: "pretend we're explorers on a new planet"



- Go somewhere new

If you're repeating **EXPLORE**:

- Focus on ONE specific thing (only rocks, only seeds, only bark)
- Use a magnifying glass if you have one
- Create categories: smooth vs. rough, big vs. small, light vs. dark

If you're repeating **CREATE**:

- Work together on one big family creation
- Add a challenge: create something that makes sound, or creates shade, or holds water
- Build something for animals (bird nest materials, stick shelter)

TRACKING SECTION:

Today's date: _____

We repeated: Touch Time Play Explore Create

We chose this because: _____

What we did differently this time:

Was it better the second time? Yes! No Different but good About the same

New things we noticed:



Draw or describe what made today special:

FAMILY REFLECTION:

Question for kids: "What's your favorite thing about this activity that you want to keep doing?"

Child's answer: _____

Parent observation: Did repeating an activity create deeper engagement or boredom?

Pattern recognition: Is a clear "nature love language" emerging for your child?



DAY 7: FAMILY CREATION & CELEBRATION

Love Language: Connection & Ritual

Time Needed: 45-60 minutes

Location: Anywhere outside

THE ACTIVITY:

Today is about creating a nature ritual your family can continue. You're not just doing an activity—you're starting a tradition.

Part 1: Collaborative Creation (30 minutes)

Work together as a family to create ONE thing that represents your week:

Ideas:

- A nature mandala (circular pattern made from found objects)
- A family "nature totem" (stack of special objects)
- A gratitude circle (each person contributes something representing what they're grateful for)
- A "nature memory jar" (write or draw favorite moments on leaves/bark)
- A family nature flag or sign

Part 2: The Commitment (10 minutes)

Sit together and discuss:

1. What did we discover this week?



2. What surprised us?
3. What do we want to keep doing?

Create a simple family commitment:

"We commit to spending _____ minutes outside together at least _____ times per week, doing _____."

Make it realistic! Even 10 minutes three times a week is powerful.

Part 3: Celebration (5-10 minutes)

Do something to mark this moment:

- Take a family photo at your creation
- Do a silly nature dance
- Each person shares their favorite memory from the week
- Make a pledge to nature (we'll take care of you!)

TRACKING SECTION:

Today's date: _____

Our family creation was: _____

Everyone contributed:

- _____ added: _____
- _____ added: _____



- _____ added: _____
- _____ added: _____

Our family nature commitment:

"We commit to spending _____ minutes outside together at least _____ times per week."

Our commitment is realistic because: _____

Sketch or describe your family creation:

WEEK IN REVIEW:

Favorite day overall: _____

Biggest surprise of the week: _____

Hardest day: _____

Day we want to repeat most: _____

How screen time changed this week (honestly!):



One thing I learned about my child: _____

One thing my child learned about nature: _____





WEEKLY REFLECTION & NEXT STEPS

YOUR CHILD'S NATURE LOVE LANGUAGE REVEALED:

Look back at all seven days. Which activities got the most engaged response?

Rank the love languages from your child's MOST favorite to LEAST favorite:

1. _____
2. _____
3. _____
4. _____
5. _____

Primary Nature Love Language: _____

This means your child connects with nature best through:

- **Touch** → Hands-on sensory experiences, building, touching, feeling
- **Time** → Quiet observation, patience, noticing details
- **Play** → Movement, freedom, physical activity, exploration
- **Explore** → Curiosity, questions, investigation, collecting
- **Create** → Making, building, artistic expression, imagination



CONTINUING THE JOURNEY:**What worked well for our family:**

What was challenging:

Adjustments we'll make going forward:

Our nature goal for next month:

SCREEN TIME OBSERVATIONS:**Total screen time BEFORE this challenge (estimate):** _____ hours/day**Total screen time DURING this challenge (estimate):** _____ hours/day**Did outdoor time reduce screen battles?** Yes No Somewhat Too soon to tell**Did we notice changes in:**

- Mood: Better Worse No change
- Sleep: Better Worse No change
- Behavior: Better Worse No change



- Creativity: Better Worse No change
- Family connection: Better Worse No change

PARENT REFLECTION:

The most meaningful moment for me was:

I was surprised by:

I learned this about my child:

I learned this about myself:

Something I want to remember:



🌟 BONUS IDEAS

Rainy Day Nature Activities:

1. **Rain Collection:** Set out containers and measure rainfall
2. **Window Nature Watch:** Watch rain, birds, or clouds from inside
3. **Puddle Jumping:** Dress warm and embrace it!
4. **Rain Painting:** Put watercolor paint on paper and let rain create art
5. **Sound Recording:** Record rain sounds, compare light rain vs. heavy rain

Apartment/Limited Space Ideas:

1. **Balcony Sit Spot:** Even a small balcony works
2. **Window Box Observations:** Watch birds, insects, weather
3. **Walking Meditation:** Mindful walk around the block
4. **Sidewalk Patterns:** Notice cracks, moss, weeds growing through concrete
5. **Cloud Watching:** You only need a view of the sky
6. **Nature Collection Display:** Rotate found objects on a windowsill

Winter/Cold Weather Adaptations:

1. **Snow Exploration:** Collect different types of snow, examine snowflake patterns
2. **Ice Investigations:** Freeze objects in ice, observe melting
3. **Animal Tracking:** Look for tracks, droppings, evidence of animals
4. **Bundled Sit Spot:** It's actually beautiful and quiet in cold weather
5. **Feed the Birds:** Make simple feeders, observe who visits

Building Ongoing Rituals:

Daily Micro-Rituals (5-10 minutes):

- Morning bird listening
- Sunset watching
- Weather check together
- One nature observation before dinner

Weekly Rituals:

- Friday adventure hour



- Saturday morning sit spots
- Sunday nature creation time

Monthly Rituals:

- Full moon walk
- Seasonal change observation
- Nature collection museum update
- Family nature challenge day



RECOMMENDED RESOURCES

Books for Kids:

- *The Nature Connection* by Clare Walker Leslie
- *Coyote's Guide to Connecting with Nature* by Jon Young
- *How to Raise a Wild Child* by Scott D. Sampson
- *The Outdoor Scientist* by Temple Grandin

Books for Parents:

- *Last Child in the Woods* by Richard Louv
- *There's No Such Thing as Bad Weather* by Linda Åkeson McGurk
- *The Nature Fix* by Florence Williams
- *Balanced and Barefoot* by Angela Hanscom

Apps (Used OUTSIDE, not instead of outside):

- iNaturalist: Identify plants, animals, insects
- Seek by iNaturalist: Kid-friendly version
- Merlin Bird ID: Identify birds by sight or sound
- SkyView: Identify stars and constellations





CERTIFICATE OF COMPLETION

This certifies that:

The _____ Family

Has completed the 7-Day Nature Love Challenge

And discovered that nature connection happens through:

Touch • Time • Play • Explore • Create

We commit to continuing our nature journey because:

Signatures:

_____Date: _____

_____Date: _____

_____Date: _____

_____Date: _____



FINAL THOUGHTS

You did it! You gave your family seven days of something different. Seven days of presence over pixels. Seven days of discovering what your kids love about the world when screens aren't an option.

Some days were probably magical. Some were probably frustrating. That's real life.

But here's what matters: you showed up. You tried. You gave your children experiences that will literally grow in their brains and bodies as they develop.

The research is clear—nature isn't a nice-to-have. It's essential for healthy child development.

And you just gave your family a week of that medicine.

Keep going. It gets easier. The pull of screens will always be there, but now you have tools. Now you know your child's nature love language.

Remember:

- Start small (10 minutes counts!)
- Be consistent (routine beats perfection)
- Follow your child's lead
- Let nature do the work
- Trust the process

You're not just raising kids. You're raising future adults who know how to be present, how to be still, how to find wonder in what's already there. That's everything.



Share your journey! Post photos of your nature love week with #NatureLoveChallenge (Bonus points if it's only 3 photos total because you were too busy being present!)

Need more support? Visit raniyer.com for:

- Monthly nature challenge calendars
- Extended activity guides

The adventure continues...

This worksheet pairs with the blog post "The 5 Love Languages of Nature: How to Show Your Kids Love Without Screens"

For more resources and research references, visit raniyer.com

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