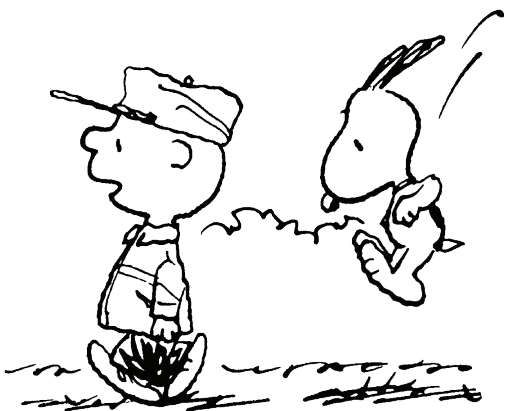


# PEANUTS®

# TAKE CARE OF THE EARTH





## GET UP AND GET OUTSIDE



No matter where you live, autumn is the perfect time to enjoy the outdoors and appreciate nature's beauty. It's not always easy to find motivation to get outside, but the extra effort is always worth it.

By making a special "Get Up and Get Outside" calendar, this activity will help you to think of creative ways to experience nature and make a plan to stay accountable!

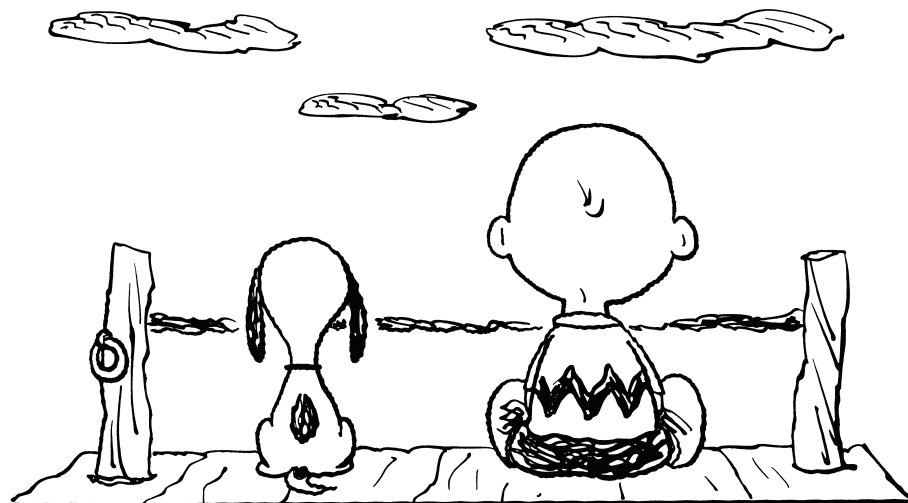
Share your calendar on social media!

#TakeCareWith Snoopy |  @snoopygrams |    @Snoopy

## GET STARTED!

### Instructions:

1. Make a list of things you can do to get up and get outside. These can be activities in your own backyard, neighborhood, or even farther away—no idea is too big or small. Is there something outside nearby you've always wanted to see or do? You can go for a walk, identify the plants in your neighborhood, watch the sunset, go to a local playground, rake the leaves in your yard, go birdwatching... the possibilities are endless!
2. Using the calendar on the following page, schedule your activities on days that work for you. Try to have one activity per week, but if you have the time try to fit in as many as possible! This will help you to incorporate the habit of going outside into your daily life.
3. In the boxes of the calendar, draw the activity you will be doing on that day. You can decorate every box so you have a visual representation of how much time you will spend outside!
4. Hang the calendar somewhere you will see it everyday so you can be reminded to get up and get outside!



# PEANUTS®

## Get Up and Get Outside!

TAKE CARE  
OF  
THE EARTH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

