

GoZen!

**TAKE THE NATURE
CHALLENGE**

A circular illustration featuring a woman with curly hair, yellow face paint, and a yellow beetle on a leaf, surrounded by stars and a night sky.

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Take the Nature Challenge

Did you know that spending time in nature can help strengthen mental health? Studies show that being in nature can reduce stress, anger, and fear. We have the perfect way to get your kids and teens back into nature: A good ole fashioned challenge!

In this printable, you'll find:

- > A 30-day tracker
- >> 12 nature challenge prompts (4 per page)

You can print, cut, and laminate the cards or just use this kit digitally! Here are some challenge ideas:

Set up a 12-day challenge where you set aside five minutes per day and pick a random card to try.

Set up a 30-day challenge where you focus on one sense (sight, smell etc.) while using the cards each day.

Set up a 3-day challenge to make it doable and create some momentum!

Get creative and make up your own challenge!

Challenge Tracker

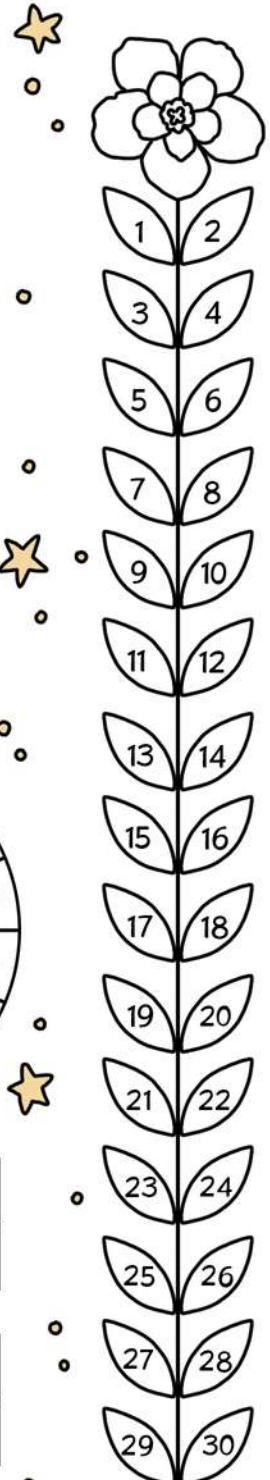
I did it!

I tried

Not today

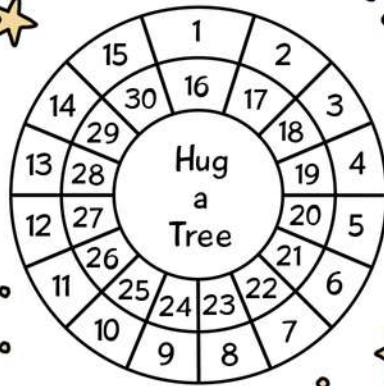
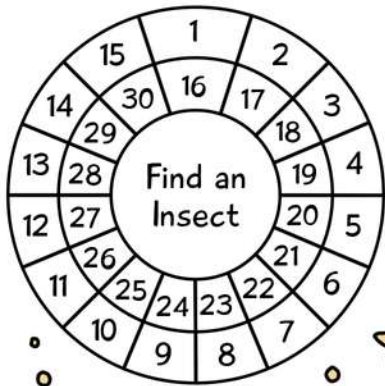
Sit Against a Tree & Breathe							
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30		

Find Something Fuzzy							
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30		



Camouflage for 5 Minutes							
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30		

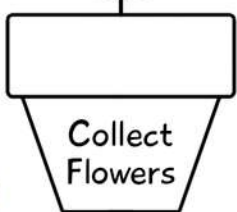
Find Something Spiky							
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30		



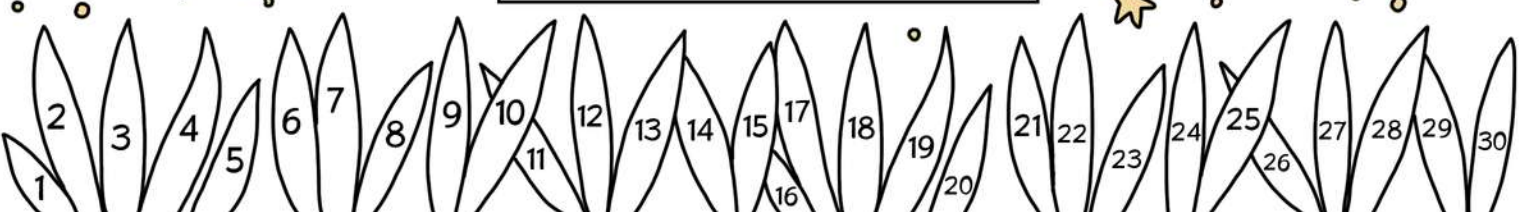
Collect 5 Different Leaves	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

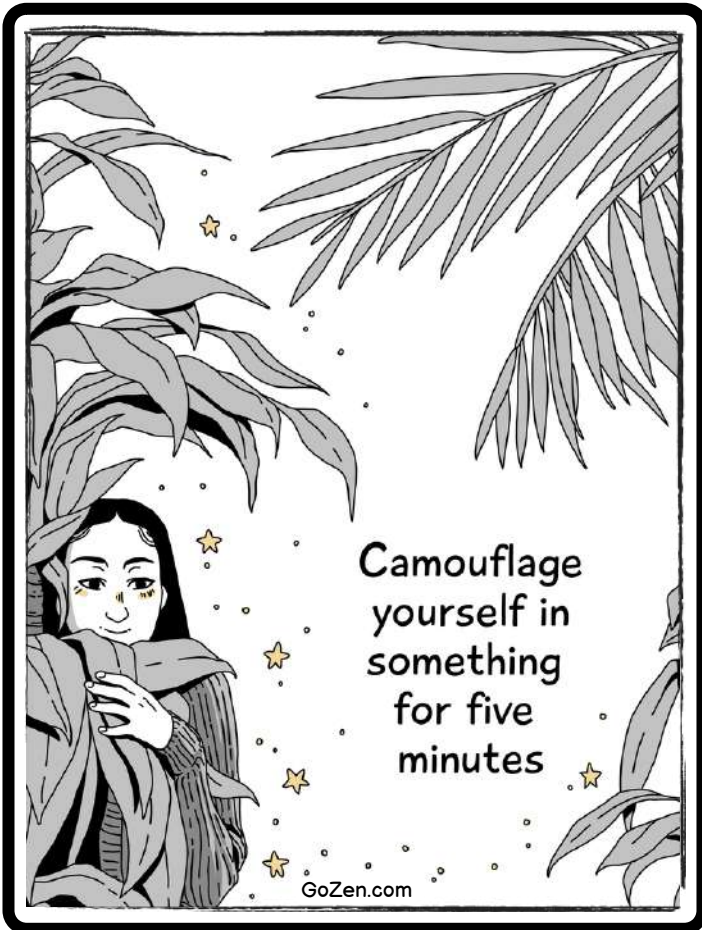
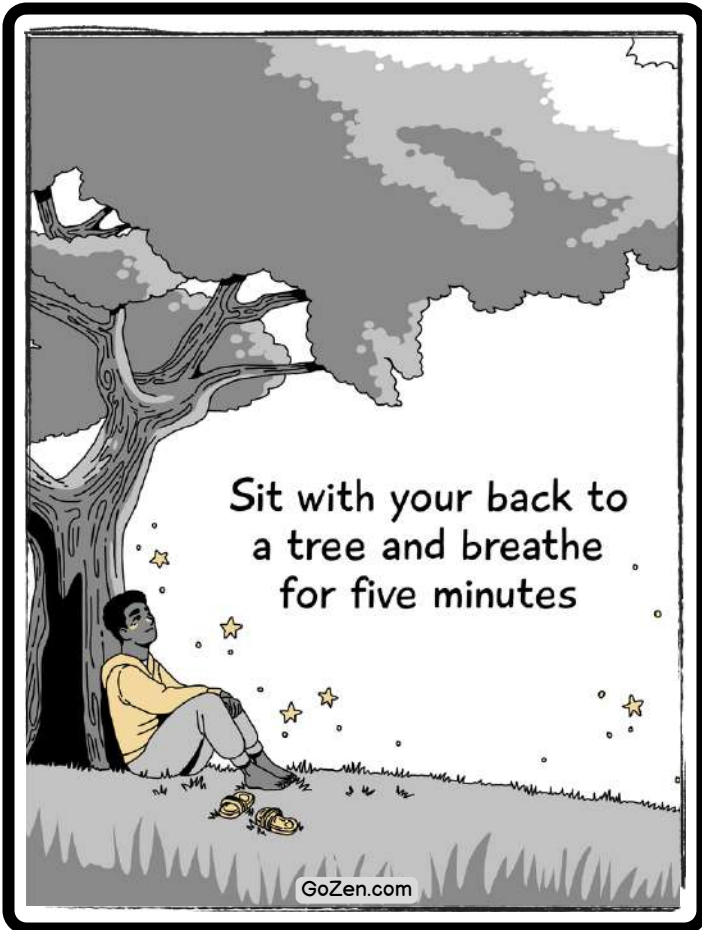
Listen for 3 Different Bird Songs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

Look for Signs of an Animal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

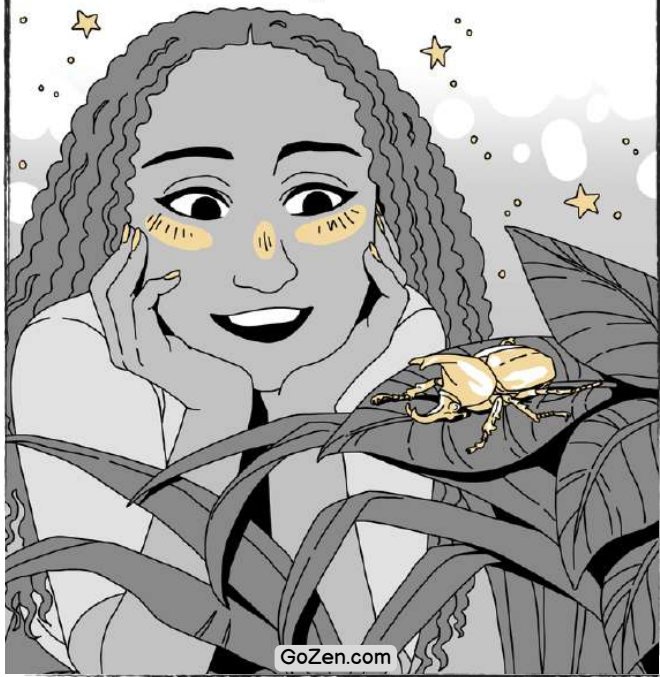


Lie in the grass for 5 minutes

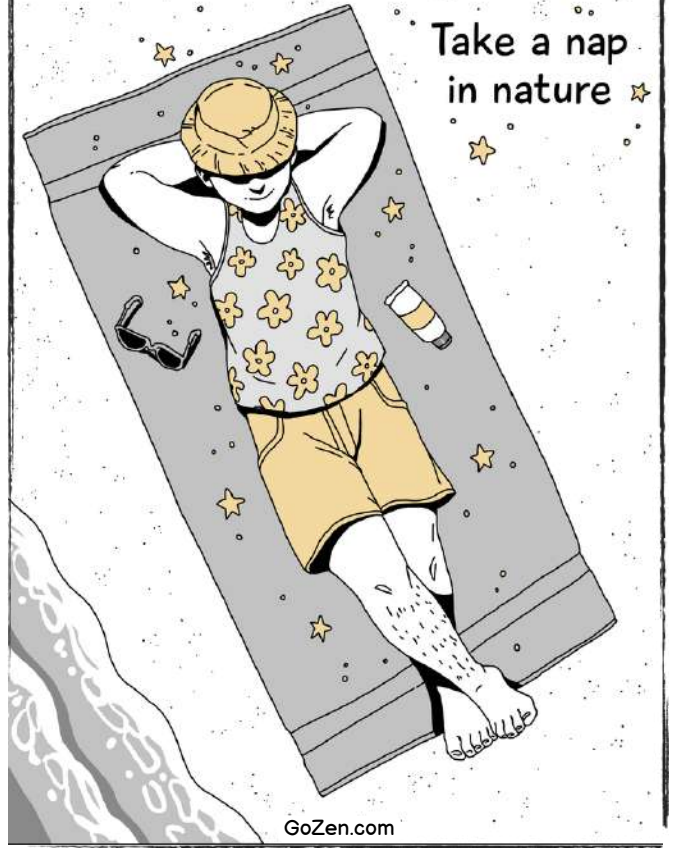




Find an insect with
six or more legs



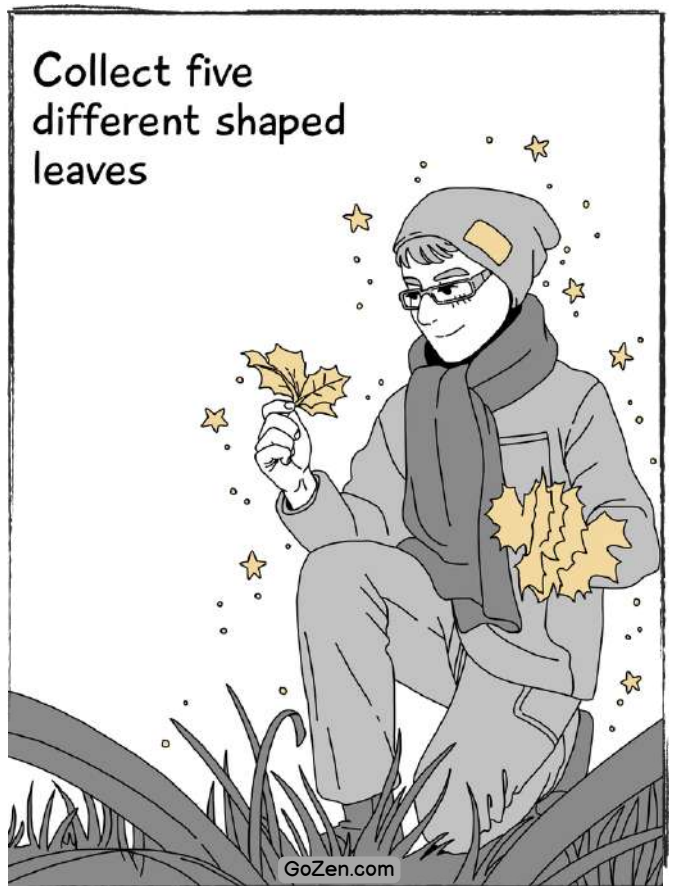
Take a nap
in nature



Hug a Tree



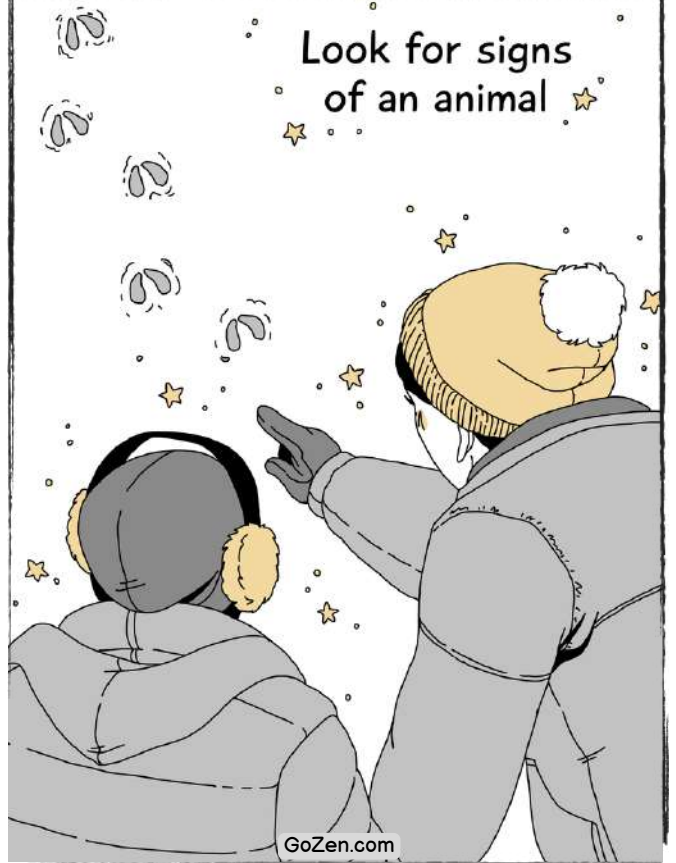
Collect five
different shaped
leaves



Listen for the sound
of three different birds



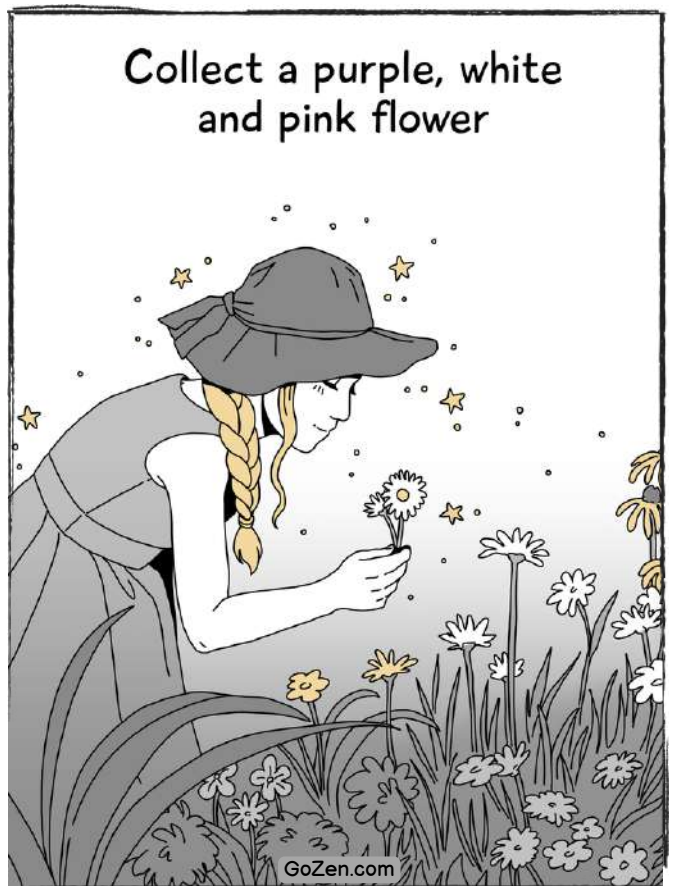
Look for signs
of an animal



Lie fully in the grass
for five minutes



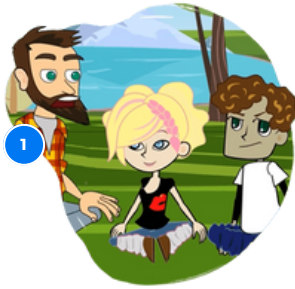
Collect a purple, white
and pink flower



Cutting-edge Tools to Raise Resilient Kids & Teens

GoZen! members get a suite of social and emotional learning tools:

- 9 animated programs + 1 live-action challenge program
- 150+ expert interviews for parents or professional development
- Searchable printable library with new content every week



GoZen!

Anxiety/Stress Relief
Animated Program



GoStrengths!

Well-being/Resilience
Animated Program



GoMindset!

Growth Mindset
Animated Program



GoCharge!

Anger Transformation
Animated Program



GoToTheNow!

Mindfulness
Animated Program



GoPositive!

Negative Thought Relief
Animated Program



GoMindset!

Growth Mindset
Animated Program



GoAction!

Anger Transformation
Animated Program



GoHackify!

OCD Relief
Animated Program



Anger Challenge

Anger Transformation
Live-Action Program



Experts On-Demand

Expert Interviews,
Workshops and more



Printable Library

Activity Kits, Journals,
Flashcards and more

Learn more at GoZen.com/programs/