



5x5 CHALLENGE

1: GET ACTIVE OUTSIDE!

**2: GROW SOMETHING
YOU CAN EAT!**

**3: LEARN WITH YOUR
HANDS IN THE SOIL!**

4: CONNECT WITH NATURE!

5: PLAY UNPLUGGED!



WHAT DOES SOCIAL DISTANCING LOOK LIKE?

In a matter of a few short weeks, COVID-19 has already affected everyone's day to day life in profound ways. As we all work together to limit the spread of the virus, it means that children and adults are adjusting to spending less time in public and more time at home.

It does not mean that we all need to sit inside and look at screens all day!

In fact, for both our mental and physical wellbeing, there has never been a more important time to enjoy all the benefits of spending time outside in nature. That is what this **5x5 CHALLENGE** is all about!

ABOUT COME ALIVE OUTSIDE:

Come Alive Outside is a nonprofit organization that works closely with partners in healthcare, public health, outdoor recreation and the landscape profession in order to get people off the couch and back outside in communities across North America.

HOW THE CHALLENGE WORKS:

- Visit our website to download an Activity Guide and Tracking Sheet with fun, safe ideas for spending time outside while social distancing!
- Complete one activity from each of the 5 categories every week for 5 weeks!
- Share pictures on Facebook and Instagram using: #comealiveoutside and #5x5challenge
- Take a picture of your completed Tracking Sheet after 5 weeks to qualify for a Grand Prize Drawing!

FOR MORE INFORMATION:

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