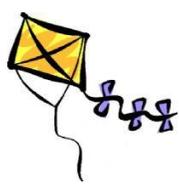
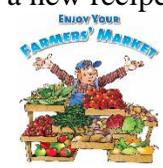
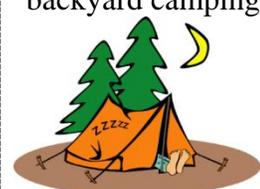




BRHS Rock Your Summer Experience



<p>Go on a nature walk or hike!</p>  <p>1.</p>	<p>Read or write a nature blog!</p>  <p>2.</p>	<p>Create kindness rocks and give to friends and family</p>  <p>3.</p>	<p>Record a nature noise study of your neighborhood</p>  <p>4.</p>	<p>Start a Compost</p>  <p>5.</p>
<p>Read a nature non-fiction article</p>  <p>6.</p>	<p>Select a place outdoors to nurture mental health</p>  <p>7.</p>	<p>Go fly a kite!</p>  <p>8.</p>	<p>Build a sandcastle or sand village</p>  <p>9.</p>	<p>Play with a younger child outside without electronics</p>  <p>10.</p>
<p>Complete an outdoor activity with someone from an older generation</p>  <p>11.</p>	<p>Create a wind chime using only natural elements</p>  <p>12.</p>	<p>Read the poetry or short story assigned to your grade & level (required square)</p>  <p>13.</p>	<p>Watch this Ted-talk</p>  <p>14.</p>	<p>Go on a Haiku Hike</p>  <p>15.</p>
<p>Help with beach or community cleanup</p>  <p>16.</p>	<p>Go on an outdoor picnic or tea party with friends &/or family</p>  <p>17.</p>	<p>Visit a farmer's market and create a new recipe</p>  <p>18.</p>	<p>Go fishing or crabbing</p>  <p>19.</p>	<p>Create rock or pebble poetry</p>  <p>20.</p>
<p>Go camping or backyard camping</p>  <p>21.</p>	<p>Build a terrarium or plant a garden, flowers, or tree</p>  <p>22.</p>	<p>Write and/or record a song related to nature</p>  <p>23.</p>	<p>Participate in an outdoor sport with friends and/or family</p>  <p>24.</p>	<p>Design an environmentally friendly house</p>  <p>25.</p>

See the back of the Bingo! board for details and information pertaining to the activities listed above.

*We suggest that students only complete activities that they would normally feel comfortable doing either on their own or with the company of friends or family.

The purpose of Becton Regional High School's "2019 Summer Experience" is to encourage students to disconnect from technology and enjoy what the natural world has to offer. Please visit the following link for further information on the objective of Becton Regional High School's "2019 Summer Experience".

<http://richardlouv.com/blog/Ten-Reasons-Why-Children-and-Adults-Need-Vitamin-N/>

The activities provided are recommended by Richard Louv's *Vitamin N: The Essential Guide to a Nature-Rich Life*

A special thank you to Fairfax County Public Schools whose teacher shared their Bingo board activity, which provided inspiration for ours.