

# 7 TIPS

*for getting outside with kids*

## 1. Start close to home.

If your destination is only a few minutes from your house, it still counts!

## 2. Keep expectations low.

If the first outing doesn't work out, that's ok. Try another day.

## 3. Wear the right clothing.

Bringing the proper gear and clothing gives you the best chance for a successful outing.

## 4. Pack tons of snacks.

Think low-sugar bars, nuts, dried fruit, all-natural gummies, pretzels, chips. In the winter, focus on high-energy items that won't freeze, such as chocolate and cheese.

## 5. Bribery is fine.

Toys, candy, privileges—whatever it takes to get those kids outside!

## 6. Don't be afraid to fail.

Once you give yourself permission to bail at any point and just have fun, your day will likely get a whole lot better for everyone in your family.

## 7. Focus on fun!

Just get out there and have fun. Eventually, it'll get easier!

