

Adventure Buddy Curriculum



***Simply walking outdoors, in the sand,
on the grass, can reduce childhood
anxiety and stress !***

-Adventure Buddy

Adventure Buddy Curriculum:

This is our new release of 20 Outdoor Discovery Actions! Get ready for a hands-on, memory-making journey! This curriculum invites your child to explore, create, and grow through fun outdoor adventures. Each activity encourages curiosity, kindness, and confidence — and everything goes into your child's Adventure Buddy Hardcover Journal, a special hardcover book where they can paste, tape, and collect their work. By the end of the year, it becomes a one-of-a-kind portfolio yearbook full of learning, laughter, and outdoor memories.

Enjoy - Adventure Buddy

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www.theadventurebuddy.com

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Good luck !

-Adventure Buddy

Visit geocaching.com to learn more
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Action I: Meet My Adventure Buddy

Draw your Adventure Buddy and give them a name!

My Adventure Buddy's name is:

Write or draw your first adventure together.

Action 2: My Nature Discoveries

Draw a leaf, a flower, or an insect you found on your adventure.

Today I found:

It looked like:



What I liked about it:

Action 3: Little Explorer Challenges

Complete a fun outdoor task with your Adventure Buddy and draw a star for each one! Add extra actions for a bonus !

I climbed something tall:

I spotted five birds:

I walked _____mile(s):

I used a compass:

I walked barefoot outside:

Went swimming:

Played in the sand:

Played in the dirt:

Played in the mud:

Action 4: Story time Adventures

Make up a story about your Adventure Buddy going on an epic adventure!

Once upon a time, my Adventure Buddy and I...

Action 5: Color & Create

Design something fun for Adventure Buddy!

Draw what's in Adventure Buddy's backpack!

Design a tent Adventure Buddy would love.

Action 6: My Mini Science Notebook

Draw and label bugs, animals, or plants you discover.

Draw the weather today and how it makes you feel.

Draw how you felt being outside today

Action 7: Kindness Adventures

How did you help someone this week with Adventure Buddy?

I helped by:

Draw a picture of your Adventure Buddy doing something kind.

Action 8: My Explorer Passport

Where have you and Adventure Buddy explored?

We went to:

Our favorite part was:

Action 9: Feeling Brave with Adventure Buddy

Today I feel:

When I feel this way, I can:

It's a choice to be happy, try everyday.
What's your favorite outdoor action?

**Action 10: Treasure Tracker with Adventure
Buddy**

Let's become real-life treasure hunters!

Draw a map of your hidden or discovered
treasure spot!

Write 2—3 clues someone could follow to
find your treasure:

1. _____

2. _____

3. _____

What did you hide or find?

Action II Explorer Badge

Nature scavenger hunt with a magnifying glass. Find bugs, leaves, rocks, and mystery items. Draw a picture or glue what you found on the page .

Action 12 Compass Hero

(Adult needed)

Learn to use a compass Follow a simple path to find a hidden "treasure".

Adventure Buddy Compass Treasure Hunt Discover Directions with Adventure Buddy!

- Needle (adult help required!)
- Cork or foam circle
- Bowl of water
- Adventure paper, crayons, scissors

Follow the Adventure!

Step 1: Magic Needle!

Rub the needle with your magnet 30 times to make it magical! Now it can find north!

Step 2: Float Your Needle!

With adult help, push the needle through the cork or foam. Place it gently in your bowl of water.

Watch your magic needle float!

Step 3: See North!

Your needle will point north all by itself! Now your compass is ready for adventure!

Step 4: Adventure Buddy Map!

Draw and decorate a treasure map on your adventure paper. Label the directions: North, East, South, West.

Remember directions with Adventure Buddy's trick: Never Eat Soggy Waffles!

Step 5: Treasure Hunt Time!

Use your compass outside to find the hidden treasure! Follow the directions you marked on your map!

Adventure Journal:

Write or draw about the treasure you found!

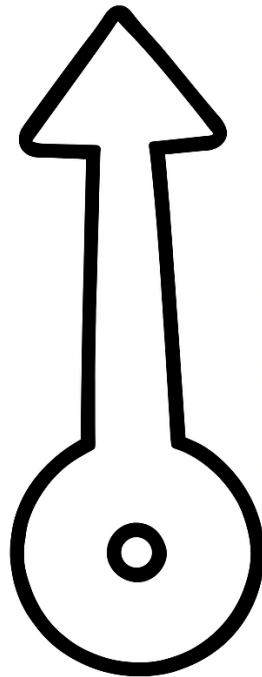
- Treasure Found: _____ Congratulations, Explorer!

You are now a real Adventure Buddy Compass Explorer - My Favorite Part: _____

Action 13 Weather Watcher

Track the weather for 7 days. Make a weather dial or draw what each day looked liked. Cut & Connect:

- Cut out the weather dial base and the arrow.
- Use the brad to attach the arrow to the center of the dial so it can spin.



Action 14 Wildlife Detective

Spot animal tracks, nests, or feathers. Use a field journal to sketch your discoveries.

Action 15 Nature Artist

Use leaves, twigs, grass, flowers(ones that have fallen off the stem), dirt, or even mud to create art outdoors. Try bark rubbings to draw like a pencil. Have fun outside

Action 16 Creative Camper

Build a fort, tent, or pretend campsite. Bonus: create your own "campfire story." What did you use to build a fort ?

Action 17 Master Mapper

Draw a real or pretend map. Add an X where treasure is hidden and landmarks like trees or rocks.

Action 18 Bug Safari Boss

Go on a bug hunt! Look under logs, leaves, or rocks or under anything in your backyard. Draw your favorite bug with Adventure Buddy. What bugs did you find?

Lady bug

Rollie Polie

Snail

Beetle

Slug

Worm

Action 19 Rockin' Rock Hound

Collect 3 cool rocks. Sort them by size or color, and invent silly "rock names" for each. Draw what they look like and put names on them .

Action 20 Trail Tail Tracker

Go on a short nature walk. Leave a "silly trail" using sticks or yarn, or follow animal clues left behind.

Geocaching* with Adventure Buddy BONUS

(Adult needed)

****Bonus Adventure: Geocache Quest****

***Outdoor Treasure Hunting with Your
Adventure Buddy***

This bonus activity introduces your child to ****geocaching**** — a modern-day treasure hunt using GPS or map clues to find hidden containers ("caches") in parks, trails, and neighborhoods. It's a fun way to build problem-solving, navigation, and observation skills while spending quality time outdoors.

How to Get Started:

1. ****Download Geocaching app****
2. ****Create a free account**** and search for caches near you.

3. ****Pick a beginner-friendly cache**** nearby and bring your Adventure Buddy along!
4. ****Pack a small treasure**** to leave behind (optional, but fun!).
5. ****Use the app's map or clues**** to locate the cache, sign the logbook, and celebrate your discovery!

Encourage your child to document their find in the Adventure Buddy journal. You can even create your own family-friendly cache and hide it with your child for others to find!

Pro tip: Look for caches labeled "small" or "regular" size and rated easy for beginners.

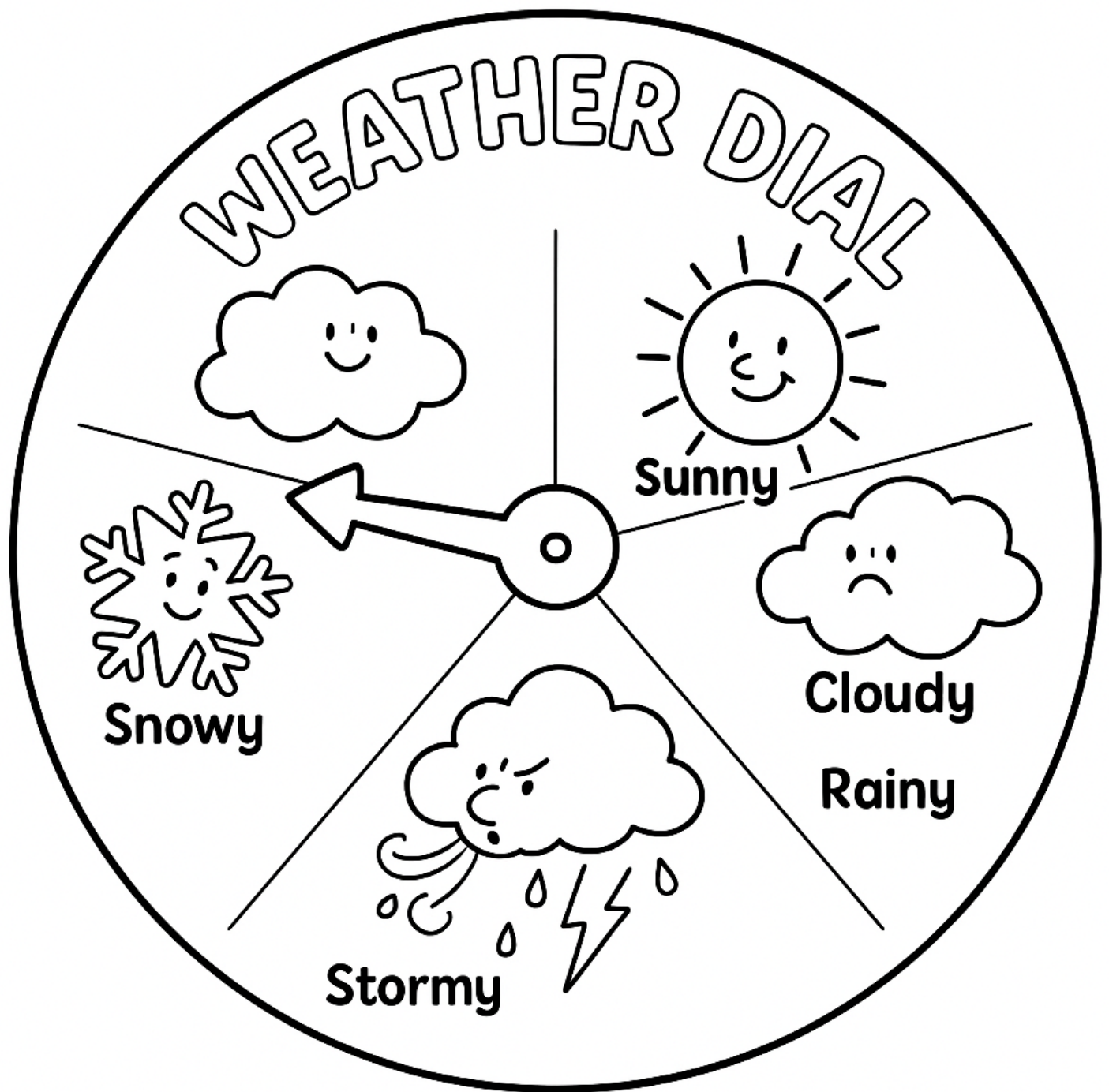
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Let's turn every walk into an exciting mission. Get up, Get out, and Explore — the world is full of hidden surprises!

Don't forget to tag

- Adventure Buddy



Hi . Im Debbie Bamsey, AKA Bamsey, Im a passionate mom, entrepreneur, and adventurer based in Huntington Beach, California. A proud homeschooling parent for over a decade, I created Adventure Buddy to help families unplug, get outside, and rediscover the magic of everyday adventures. Inspired by my own kids, Hayden and Makena, the project comes straight from the heart. The curriculum isn't perfect —it's a work in progress, just like all of us. So, thank you for your patience, your support, and for joining the journey. Let's raise a generation of brave, muddy, curious explorers together.

Remember a family that plays together
Stays together

- Adventure Buddy

**Turn screen time
into ADVENTURE time
with, Adventure Buddy.
Adventure Buddy gets your
kids outside, learning, laughing,
and building real-world
confidence with every
adventure.**

-ADVENTURE BUDDY

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