

Nature at Night

a family guide for 2025

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Contents

Sunset and Beyond	01
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Adventures at Night	02
----------------------------	-----------

Stargazing	03
-------------------	-----------

Lunar Events	04
---------------------	-----------

Nocturnal Discoveries	05
------------------------------	-----------

Contact Us	06
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SUNSET AND BEYOND



Start Small

If you're looking to get out as a family and explore nature at night, make it easy on yourself.

For families needing to fit in a little more time together, pick one evening and have an adventure. Depending on your location you need as little as 15 minutes to look up and discover how vast the universe is.

Focus on Fun

Children of all ages can enjoy the sunset, but there is more to nature at night than just the sky.

Creature counting at night allows you to experience new animals, birds, and insects.

Older children, teens, and adults can enjoy flashlight or glowstick games, nighttime photography, and full moon or celestial event celebrations.

ADVENTURES AT NIGHT



**Pick and choose from each category.
What works for your family?**

ACTIVITY	SNACK	LOCATION
Watch the sunset	Popcorn	Backyard
Sit under the stars	Star themed snacks	Nearby park
Play flashlight games	Practice cooking outside	Forest
Find planets or celestial bodies	Apples or dried fruit	Highest point you can walk to
Have a camp out	Trail mix	Beach
Visit a dark sky preserve	S'mores	Nature preserve
Explore tidal pools	Hot cocoa, tea, or cider	Travel destination

STARGAZING



The Night Sky for All Ages

Spending some time together in the evening can be a great way to wind down and reconnect. Choose one night a week to watch the sunset together, or wait until dark to sit under the stars and talk about the universe.

Adventures at night can fit all families and interests:

- bring binoculars or a telescope
- identify the sounds of nocturnal animals
- discover natural sources of night light (the moon and stars, fireflies, bioluminescence, and aurorae)
- identify the constellations or make up your own

Meteor Shower Peak Dates

April 17-26: Lyrids • Full moon during the peak

August 8-29: Perseids • Often brightest of the year

October 2-November 12: Orionids • Fireball possibilities

October 20-November 20: Southern Taurids

October 28-December 7: Leonids • Quite bright

December 1-21: Geminids • Colorful

December 13-24: Ursids • Full moon will block most of them

LUNAR EVENTS



Track the full moon and use it as a reason to have fun.

Start noticing the lunar cycle as a family.

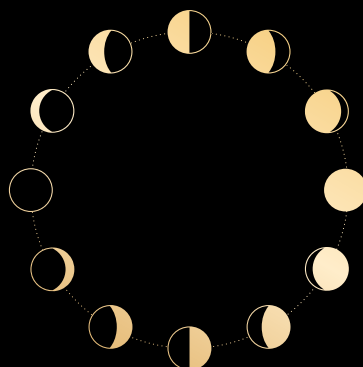
Go wild and howl at the moon!

Find the features of the moonscape with binoculars or a telescope.

Use the brightness of the moon to set up a scavenger hunt for your family.



Did you know:
waxing and waning moons are opposites in the northern and southern hemisphere



Full Moon Fun

February 12

March 14

April 12

May 12

June 11

July 10

August 9

September 7

October 6

November 5

December 4

For families who love music, the full moon is a great time to have an **outdoor concert or dance party!**

NOCTURNAL DISCOVERIES



Identify what **owls** are in your location. Often you can hear them before you see them.



Glow Fun

Have a glow-stick dance party or use glow in the dark paint to get creative. Or play catch with a glow in the dark ball.



Plant or visit a **moon garden** to see the flowers, insects, and animals that only come out at night.



Safety Tips

1 Stay Together

2 Wear Bright Clothes

3 Be Aware of Wildlife

0-3 years old should be at arms reach (or in arms) at all times

3-5 are still small and should be, at minimum, within eyesight.

5-10 depends on age and abilities, start to let them take the lead.

10+ partners in adventure, encourage safe independence.



CONTACT INFORMATION

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Disclaimer: All activities pose different risk levels that require personal awareness and responsibility. The information in this guide is for entertainment purposes only. You are solely responsible for your family's safety.