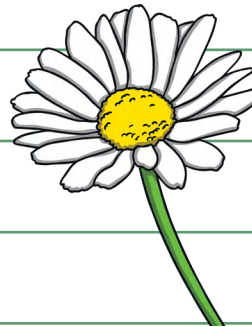


# 100 Fun Outdoor Activity Ideas



- 1 Roll down a hill. Don't forget to look first!
- 2 Build a den in your garden or outdoor space if permitted.
- 3 Skim stones across a lake.
- 4 Paddle in the sea.
- 5 Eat a picnic in your garden, a park or at the beach.
- 6 Go on a welly walk. Don't forget to splash in muddy puddles!
- 7 Build an obstacle course.
- 8 Invent a new ball game.
- 9 Play hopscotch.
- 10 Learn how to skip or hula-hoop.
- 11 Ask an adult to teach you how to cross the road safely and make a poster about it.
- 12 Fill a plastic container with petals, then top up with water. Put it in the freezer to make some ice art.
- 13 Spot a rainbow. Can you learn the colours in the correct order?
- 14 Find a variety of balls and test them to see which bounces the highest. You could experiment with different sizes and materials.
- 15 Navigate using a map.

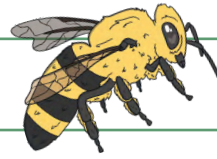


16 Bounce on a spacehopper or trampoline.

17 Build a bridge over a stream or puddle.

18 Grow some vegetables or herbs.

19 Plant some bee friendly flowers.



20 Make a wormery.

21 Paint a mud picture.

22 Race sticks under a bridge.

23 Play conkers.

24 Make a nature sculpture.

25 Cook on a campfire or BBQ, with an adult's help.

26 Feed some ducks or swans.

27 Make a bird feeder for the garden.

28 Go pond dipping.

29 Climb over some big rocks

30 Climb a big hill.



31 Build a hedgehog house.

32 Go on a minibeast hunt

33 Watch the sunset.

34 Watch the sunrise.

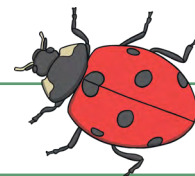
35 Follow some animal tracks.

36 Identify some trees by looking at their leaves.





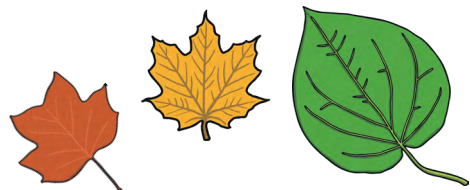
- 37 Put up a tent in your garden.
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- 38 Explore on a bike or a scooter.
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- 39 Make a fairy garden using small toys, pebbles or shells.
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- 40 Write your name with water and a brush on your house or outdoor space if permitted.
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- 41 Do some leaf or bark rubbings, using wax crayons.
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- 42 Make a simple rain gauge to see how much rain falls in a week.
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- 43 Build a bug hotel.
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- 44 Draw a picture of a tree or plant.
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- 45 Make a stick man or woman, using actual sticks!
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- 46 Build a sandcastle.
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- 47 Collect some shells and make a seaside picture.
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- 48 Go stargazing.
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- 49 Fly a kite.
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- 50 Make a mud kitchen using old pans, bowls and spoons.
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- 51 Create some mud pies or cakes.
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- 52 Go geocaching.
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- 53 Explore some rockpools.
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- 54 Go on a night time walk with an adult.
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- 55 Take your books, a picnic blanket and cushions into the garden and create a cosy reading area.



- 56 Keep a nature diary.
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- 57 Observe some tadpoles as they turn into frogs.
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- 58 Do a scavenger hunt.
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- 59 Make a nature crown using leaves.
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- 60 Make a nature necklace using things you find outside.
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- 61 Paint some stones. Can you leave some for someone to find?
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- 62 Make a trail of sticks and stones for a friend to follow.
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- 63 Go birdwatching and count how many different types of birds you can find.
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- 64 Make a 'nature monster' out of natural materials.
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- 65 Build a tall tower by balancing stones. How many stones can you stack before the tower falls?
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- 66 Use some sticks and string to make a broom. Can you pretend to fly on it?
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- 67 Listen carefully for one minute. Make a record of what sounds you can hear.
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- 68 Observe the weather and keep a weather diary for a week.
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- 69 Make a magic wand using a stick, wool and ribbon.
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- 70 Make a wind chime using sticks, wool and old cutlery.
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- 71 Do some yoga outside.
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- 72 Make up your own exercise routine. You could video it for your friends to try too.



- 73 Go on a photo walk. Take a camera, phone or tablet and take photos of anything interesting you see. You could print them or send them to friends and family. If you prefer, you could take a sketchbook to record what you spot.
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- 74 Make a nature video. You can pretend to be a TV presenter or just video your nature walk.
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- 75 Visit a local park or nature reserve at different times of year. Record how it changes as the seasons do.
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- 76 Go on a sensory walk. Explore what different trees and plants smell like.
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- 77 Visit a local landmark, like a monument or ruin. Find out more about it.
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- 78 Make a musical instrument using things that you find outside. You could use sticks, stones, plant pots or anything else you can find.
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- 79 Ask an adult if they can teach you to do any garden jobs. You might be able to do some weeding, raking, sweeping or watering.
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- 80 Ask an adult to show you how to wash their car.
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- 81 Hide some treasure in your garden. Make a map for someone else to find it.
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- 82 Lie on your back and watch the clouds. What shapes can you see? Do any of the clouds look like animals or objects?
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- 83 Go for a woodland walk and count how many different types of trees you can find.
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- 84 Build a nature rainbow using different coloured leaves and petals.



- 85 Find a log, bench or rock and use it to practise keeping your balance.
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- 86 Can you find or make an outdoor stage? You could use a rock, a wooden box or just mark out an area of grass. Put on a show for your friends or family.
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- 87 Using petals and water can you make your own perfume? Try using different petals to make different smells.
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- 88 Grow a beanstalk. Keep a record of how tall it grows. Don't forget to pick, cook and eat your beans.
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- 89 Plant a sunflower seed. Have a competition with a friend to see who can grow the tallest sunflower.
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- 90 After your sunflower has died, can you take the seeds out using tweezers? You could plant them to grow a new sunflower!
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- 91 Go sledging.
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- 92 Build a snowman or a snow creature.
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- 93 Try painting on snow with different coloured water.
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- 94 Find a spider's web and look at it through a magnifying glass. You could take a photograph or draw a picture.
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- 95 Grow a pumpkin. Make it into a lantern for Halloween.
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- 96 Explore a new outdoor place that you haven't been to before.
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- 97 Draw a maze using chalk for a friend to follow. If you have one nearby, you could visit a maze too.
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- 98 Using some leaves and some googly eyes, make a leaf person by sticking the leaves and eyes on to paper. You could make a whole family.
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- 99 Find the biggest and smallest leaf that you can.
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- 100 Find the longest stick that you can. Measure how long it is.
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