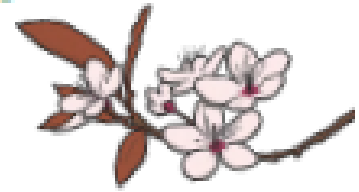




# 100 Fun Outdoor Activity Ideas



- 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.

---

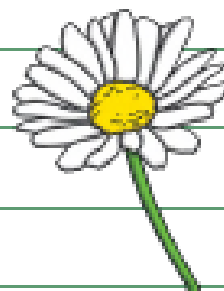
- 13 Spot a rainbow. Can you learn the colours in the correct order?

---

- 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.

---

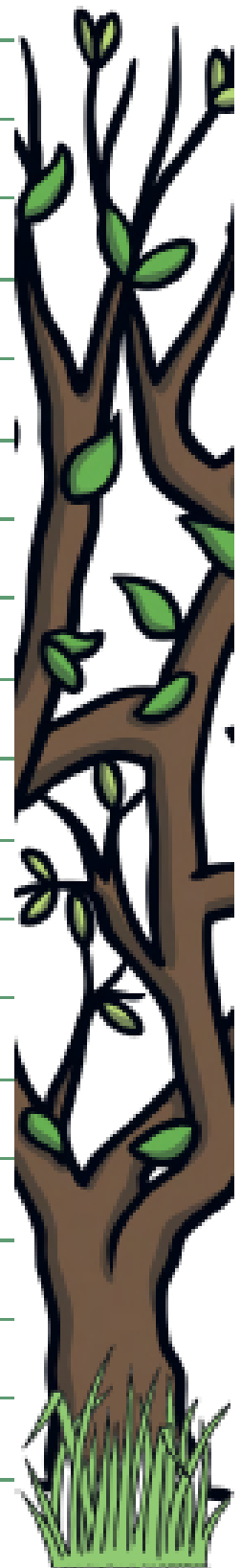
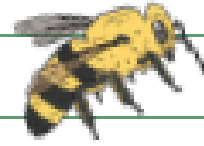
- 34 Watch the sunrise.

---

- 35 Follow some animal tracks.

---

- 36 Identify some trees by looking at their leaves.





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



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



- 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.
- 
- 74 Make a nature video. You can pretend to be a TV presenter or just video your nature walk.
- 
- 75 Visit a local park or nature reserve at different times of year. Record how it changes as the seasons do.
- 
- 76 Go on a sensory walk. Explore what different trees and plants smell like.
- 
- 77 Visit a local landmark, like a monument or ruin. Find out more about it.
- 
- 78 Make a musical instrument using things that you find outside. You could use sticks, stones, plant pots or anything else you can find.
- 
- 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.
- 
- 80 Ask an adult to show you how to wash their car.
- 
- 81 Hide some treasure in your garden. Make a map for someone else to find it.
- 
- 82 Lie on your back and watch the clouds. What shapes can you see? Do any of the clouds look like animals or objects?
- 
- 83 Go for a woodland walk and count how many different types of trees you can find.
- 
- 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.

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.

87 Using petals and water can you make your own perfume? Try using different petals to make different smells.

88 Grow a beanstalk. Keep a record of how tall it grows. Don't forget to pick, cook and eat your beans.

89 Plant a sunflower seed. Have a competition with a friend to see who can grow the tallest sunflower.

90 After your sunflower has died, can you take the seeds out using tweezers? You could plant them to grow a new sunflower!

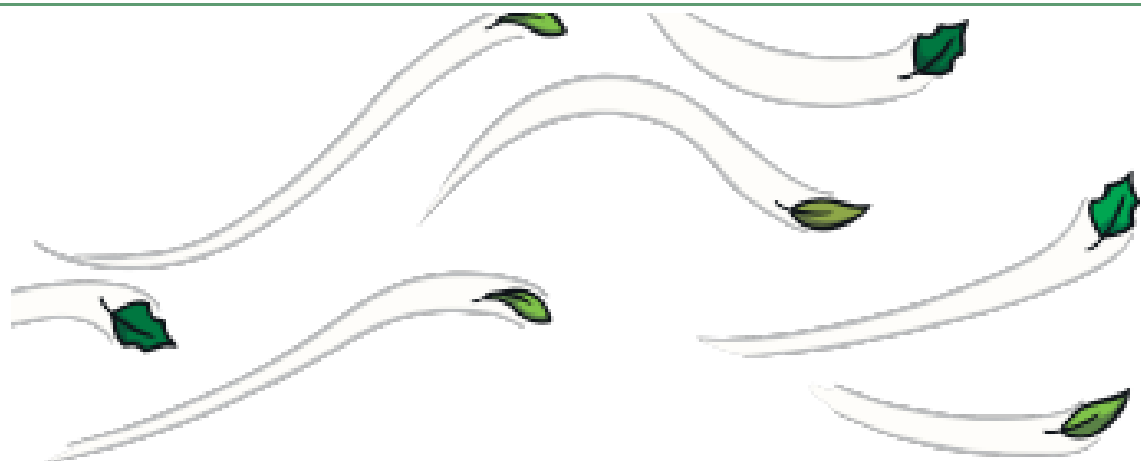
91 Go sledging.

92 Build a snowman or a snow creature.

93 Try painting on snow with different coloured water.

94 Find a spider's web and look at it through a magnifying glass. You could take a photograph or draw a picture.

95 Grow a pumpkin. Make it into a lantern for Halloween.



- 96 Explore a new outdoor place that you haven't been to before.
- 
- 97 Draw a maze using chalk for a friend to follow. If you have one nearby, you could visit a maze too.
- 
- 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.
- 
- 99 Find the biggest and smallest leaf that you can.
- 
- 100 Find the longest stick that you can. Measure how long it is.

