

101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds