

## Things to do outside – 30 activities

1. Read a book outside.



2. Lie on the ground and watch the clouds. What shapes can you see?

<https://www.nationaltrust.org.uk/features/no-33-go-cloud-watching>



3. Listen to the birdsong. How many birds can you hear? Are they all the same type of bird? What do you think they are saying?

<https://www.woodlandtrust.org.uk/blog/2019/04/identify-bird-song/>



4. Eat a meal outside.

5. Make a natural picture out of leaves, twigs or flowers – remember not to pick anything growing without asking a grown-up first.



6. Take a senses walk in your garden or in the park. What looks best? Smells best? Sounds best? Feels best? Think about what food you would like to grow that would taste best.



7. Make a kite and fly it!

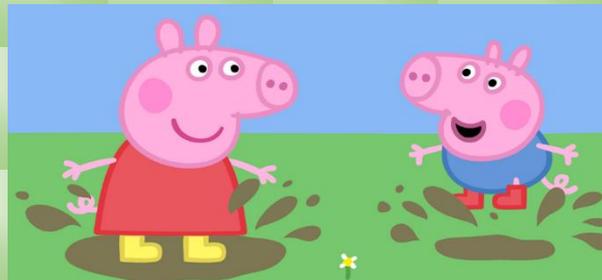
<https://www.youtube.com/watch?v=t96s74TKkMo>

8. Make a den – for yourself or a toy.



9. Make an obstacle course.

10. Jump up and down in muddy puddles!



11. Make a nature diary. Record the weather, what animals you can see, what plants you can see and note any changes.

<https://www.nationaltrust.org.uk/features/no-48-keep-a-nature-diary>

12. Play 'the duplication game'. Collect a selection of natural objects from your garden. Challenge someone in your house to find objects that are the same.



## OUTDOOR ADVENTURE HUNT

- Something colorful.
- A pinecone.
- An acorn.
- Something smooth.
- Something rough.
- Two kinds of leaves.
- Two kinds of sticks.
- Something bumpy.
- A flat rock.
- Something fuzzy.
- Something pretty.
- A chewed leaf.
- A flower or petal.
- A piece of litter.
- Something you think is a treasure.



13. Make an outdoor treasure hunt for your family.

14. Play in the rain! Put on your wellies, grab an umbrella and have fun in the rain!

<https://www.nationaltrust.org.uk/features/no-6-go-welly-wandering>



15. Play 'guess what it is?' Find the strangest thing in the garden and challenge your family to work out what it is!

16. Take crayons and paper into the garden and make leaf and bark rubbings.



17. Plan an outdoor family workout!



18. Make a bird feeder.



<https://www.thesprucecrafts.com/bird-feeders-for-kids-to-make-2764688>

19. Make a bee hotel.

<https://www.opalexplornature.org/Beehotels#/0>



20. Make a spider web catcher.

<https://gardeningwithchildrenblog.co.uk/tag/make-a-stick-spiders-web-catcher/>



21. Make a wormery.



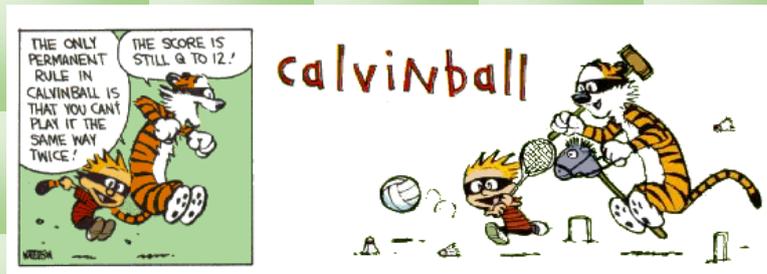
<https://schoolgardening.rhs.org.uk/Resources/Activity/Mini-wormery>

22. Have a snail race! Make a track and see whose snail wins the race!



<https://www.nationaltrust.org.uk/features/no-17-set-up-a-snail-race>

23. Invent a new game! Make up the rules and teach them to your family.



24. Practice throwing and catching a ball. Can you bounce the ball against the wall and catch it?

25. Make a wild crown. Stick leaves and flowers on paper to make the crown or try to make a daisy chain.



<https://www.nationaltrust.org.uk/features/no-16-wear-a-wild-crown>

26. Make a mud creation. You could make a creature and add features with sticks, leaves and stones.

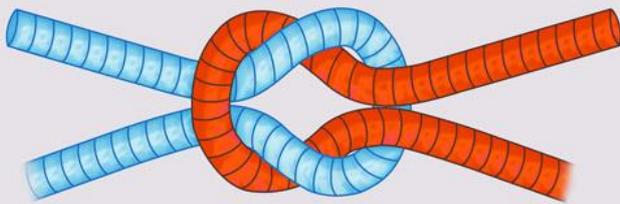


<https://www.nationaltrust.org.uk/features/no-13-make-a-mud-creation>

27. Have a go at learning to skip. If you don't have a skipping rope, use a bit of old washing line/rope. Challenge your family to see who can skip the longest!



## Square (Reef) Knot



101KNOTS

28. Take a piece of string or rope outside and learn to tie a square/reef knot. (Then learn to tie your show laces!)

<https://www.animatedknots.com/square-knot>



29. Plant some seeds and look after them, make sure the produce is edible then you get rewarded with eating the fruits of your labour!

<https://www.nationaltrust.org.uk/features/no-41-help-a-plant-grow>

30. Make a pond for frogs and newts in your garden/backyard.



<https://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/createaminipond/>