

GO PLAY OUTSIDE

activity jar

1. Print out activity ideas sheet
2. Cut
3. Throw slips of paper in a jar
4. Have your kids add some additional ideas
5. Pick an activity and go play outside!
6. Have fun



Parks and Recreation

Go play with bubbles

Go for a ride (bike, scooter, skateboard, roller skates)

Go birdwatching

Go on an insect hunt

Take a leisurely stroll

Go play in a creek, pond, puddle, or pool

Draw with sidewalk chalk

Have a game of catch or kick a ball around

Go play at the park

Go fly a kite or throw a Frisbee

Take your paints outside to paint some rocks

Make animals from leaves, sticks, rocks, and grass

Go for a flower walk and admire the neighbor's gardens

Scavenger hunt: Find something hard, smelly, soft, orange, and prickly

Go on a garbage hunt (bring gloves and a bag)

Go play with squirt guns, wet sponges, or in the sprinkler