

Play Outside!

- ☼ Draw and play a game of hopscotch
- ☼ Play a game of street hockey. First to 5 goals wins
- ☼ Shoot hoops for 30 minutes at Centennial Park
- ☼ Pick a trail at Charleston Lake Park and complete it
- ☼ Play at the Jerry Park splash-pad for 20-30 minutes
- ☼ Collect three different kinds of leaves from your backyard or a park. See if you can identify what tree they belong to
- ☼ Blow bubbles and see if you can catch 10 without popping them
- ☼ Play badminton and hit the birdie over the net 15 times each
- ☼ Play a game of lawn darts to 15
- ☼ Play a game of can-jam to 11 points
- ☼ Throw a football with someone for 20 minutes
- ☼ Go for a 2km bike ride
- ☼ Build a sand castle at Kendrick's Park
- ☼ Go swimming at Kendrick's Park
- ☼ Go down the slide 10 times at one of the Township parks (Jerry, Centennial, Kendricks, or Jonas St.)
- ☼ Skip for 15 minutes. Don't forget to take a couple breaks
- ☼ Create a sidewalk chalk masterpiece. Maybe draw your favourite book character
- ☼ Fly a kite for 20-30 minutes
- ☼ Play frisbee. Spread out and try to throw the frisbee back and forth 10 times without dropping it
- ☼ Play volleyball. Try to get the ball over the net 10 times each
- ☼ Try lacrosse. Pass the ball 20 times each
- ☼ Play catch with a baseball for 20 minutes. Throw some pop-flys and ground balls
- ☼ Go to a baseball diamond with a bat and hit as many balls as you can in a row. Try to beat your score
- ☼ Have a water gun fight. Everyone gets 5 lives. If you get sprayed, you lose a life
- ☼ Go for a 30-60 minute canoe or kayak paddle
- ☼ Play a game of leap-frog. Make sure everyone completes at least 15 leaps
- ☼ Play a game of toilet tag for 15 minutes
- ☼ Kick a soccer ball around. Can you play keep up?
- ☼ Catch a firefly and then set it free
- ☼ Make a nature symphony. Collect sticks, pine cones, stumps, acorns, etc. to make sounds
- ☼ Play 3 games of What Time Is It Mr. Wolf

- ☼ Play 10 ends of bocce ball
- ☼ Go cloud watching. What do you see in the clouds?
- ☼ Make a race track for a dinky car
- ☼ Watch Canada Day Fireworks
- ☼ Have a water balloon fight
- ☼ Jump in puddles. Who can make the biggest splash?
- ☼ Go star gazing. Find the big dipper
- ☼ Go to Landon Bay for Public Swim with your free pass
- ☼ Try playing tennis. See how many times can you hit it over the net
- ☼ Try 5 yoga positions
- ☼ Build an inukshuk out of rocks
- ☼ Play 3 games of hot potato
- ☼ Challenge yourself to do a handstand, cartwheel, or somersault
- ☼ Find 2 geocaches. You can use a GPS from the library
- ☼ Identify three different birds outside
- ☼ Go for a 15-30 minute walk in your neighbourhood or one of the villages
- ☼ Visit a farm. If a friend or family doesn't live on one, you can go to Wendy's Country Market
- ☼ Race sticks in a creek or stream with an adult. Who had the fastest stick?
- ☼ Have a three legged race by tying yours and a friends opposite foot together
- ☼ Play three games of tug-o-war
- ☼ Play fetch with a dog
- ☼ Watch a sunset
- ☼ Watch a sunrise
- ☼ Play disc golf
- ☼ Play a game of giant jenga
- ☼ Make up a dance routine
- ☼ Play a game of ladder ball
- ☼ Play 3-5 rounds of kick-the-can
- ☼ Go fishing
- ☼ Have an egg and spoon race
- ☼ Play street hockey. Take 20 shots or play a game to 5

- ☼ Make a fort out of pillows, blankets or whatever the adults say you can use
- ☼ Plant your wild flowers
- ☼ Make a paper airplane
- ☼ Help make dinner
- ☼ Read a book for 30-60 minutes
- ☼ Write about your day. Maybe even start a journal
- ☼ Colour a picture of your favourite place
- ☼ Make a rock pet. Sharpies, paint, googly eyes or whatever crafts you have
- ☼ Write a letter to a friend or family
- ☼ Play ministics for 20-30 minutes
- ☼ Play a board game from start to finish
- ☼ Interview your parents about what they used to play when they were your age
- ☼ Interview your grandparents about what they used to play when they were your age
- ☼ Make potato stamps and try them out
- ☼ Make a bridge out of marshmallows and toothpicks
- ☼ Make playdough
- ☼ Make a bird feeder
- ☼ Make three different shadow puppets
- ☼ Play a game of cards (go fish, crazy eights, etc)
- ☼ Put something thin under paper and colour over it to reveal an imprint
- ☼ Make a card for someone special
- ☼ Make ghost mud
- ☼ Write an acrostic poem about a family member or friend
- ☼ Make mud pies
- ☼ Rearrange your bedroom
- ☼ Make goop
- ☼ Turn on some music and have a dance party
- ☼ Make up a special handshake with someone
- ☼ Make sock puppets
- ☼ Learn how to spell your name in sign language
- ☼ Draw your family tree
- ☼ Make a sundial
- ☼ Try to knock something over blowing q-tips out of a straw
- ☼ Build a house of cards at least two storeys high
- ☼ Glue nature items to paper to spell your name
- ☼ Make each letter of the alphabet with your body
- ☼ Complete a mad-lib
- ☼ Have a tic-tac-toe tournament
- ☼ Write a short story
- ☼ Bake something

Turn Off the Screen!

