

Build a Den

Whether you're creating a den using cushions and blankets or branches and bracken den building is fun for all the family.

Make your Own Adventure Play

Create an obstacle course around your garden or in your local park. 'Tightrope Walk' along a skipping rope outstretched on the ground. Hop through hula-hoops, commando crawl under a bed sheet, use bean bags to knock down stacked up tin cans.

Why not time your run around the course and challenge your friends and family to beat it.

Go Birdwatching

Go for a walk and see how many different types

of birds you can spot. The RSPB website has a great step-by-step guide to birdwatching for beginners. <https://www.rspb.org.uk/fun-and-learning/for-families/family-wild-challenge/activities/go-birdwatching/>

Nature Craft

Make a self-portrait using materials you can find in your garden or local park. Use, sticks, leaves, berries, stones, grass cuttings, feathers, conkers and moss to create your masterpiece.

Puddle Jumping

Get out whatever the weather. Pull on your wellies and go splash about in puddles.

Don't forget to protect eyes from the sun's damaging rays whenever UV levels reach three or more.



KIDS' ACTIVITY GUIDE

Outdoor play ideas for the under 8s

Spending time outdoors during childhood has been shown to lower the risk of developing myopia (short-sightedness) and may also slow the progression of the condition.

Time outside is especially important for younger children as their eyes continue to develop until they reach around eight years of age – you should aim for at least a couple of hours each day.

Here are some ideas for outdoor fun in your garden or local area

Go on a Garden Bug Hunt
How many creatures can you find hiding in your garden? Try counting how many different species you can find.

Grab a magnifying glass to take a closer look – how many legs has the bug got? Is it hairy?

Draw pictures of what you find and create a colourful gallery of mini-beasts.

You could even make a bug hotel! The Woodland Trust has some great ideas to help you build the perfect pad for visiting insects and mini-beasts *woodlandtrust.org.uk/blog/2019/09/how-to-build-a-bug-hotel/*

Collect Conkers

Who can find the biggest, smallest, shiniest?

Challenge your friends or family to a ‘conker and spoon’ race

Decorate your haul with colourful patterns or make some cute conker characters.

Play Eye Spy on a walk around your local area. Can you ‘spy’ a double decker bus, tree, post box, dog, green door, church, blue car, bird, falling leaf, taxi, pair of glasses, hat, zebra crossing...

Enjoy a Bike Ride.

Whether you’re going for a ride around your local park or travelling along part of the 13,500 miles that make up the National Cycle Network, cycling is a great way to enjoy the outdoors. For more on the National Cycle Network: *sustrans.org.uk/national-cycle-network*

Don’t forget to wear your helmet.

Cook up a Feast in a Mud Kitchen

All you need to make a basic mud kitchen are some old pots and pans, a couple of spoons, a patch of earth or bucket of mud (top soil is great) and water.

Kids can while-away hours getting messy mixing up mud pies and foraging for decorative toppings.

Put on Show in Your Own Garden Theatre

Open out an old cardboard

box and set it on the ground to create a stage. Encourage your little ones to put on a show. They could perform their own play or simply showcase their favourite talent, it could be singing a song, dancing or even telling a joke.

Grow Your Own

Nothing tastes better than fruit and veg you’ve grown yourself so whether you sew a few cress seeds in an old yoghurt pot or create your very own garden allotment you can enjoy the tasty rewards of time spent outdoors tending to your crops.

Roll Play

Make action dice from cube-shaped cardboard boxes. Draw or write a forfeit or action on each side of the cardboard box eg, do a roly poly, jump like a frog, run a lap of the garden, floss! Then, roll or throw the dice and follow the action.