

50 outdoor ACTIVITIES

FOR BUSY FAMILIES



... be outside and grow ...

Try these simple activities that we all know about and sometimes forget. Each day, check them off as you go along. Send me your favorites and new activities for the next 50 at rebecca@rebeccaplants.com! - Rebecca P. Cohen



LOW TO NO-COST FAMILY ACTIVITIES ANY TIME OF THE YEAR

- 1. Blow bubbles
- 2. Have a picnic in the yard
- 3. Pitch a tent in the yard or basement (rent it from a local shop)
- 4. Take a bike ride (what's close so you can bike instead of drive?)
- 5. Take a walk after a meal and notice/talk about the signs of the season
- 6. Plant a vegetable, flower or bulb garden
- 7. Find a different playground (mix it up)
- 8. Play in the sprinkler (and water the flowers)
- 9. Have a birthday party at the park
- 10. Use sidewalk chalk (make a maze or draw lines and have a relay or bike race.
- 11. Fly a kite



- 12. Make a spot where kids can dig
- 13. Keep a pair of binoculars and a magnifying glass by the door
- 14. Have a hot cocoa outside
- 15. Fill a bird feeder to watch when you have breakfast
- 16. Ride the bus or train somewhere
- 17. Take coloring book/paper and crayons, or read a book outside in the grass
- 18. Join a sports team
- 19. Jump rope
- 20. Sack or relay race
- 21. Kick a ball or play catch
- 22. Keep an extra set of clothes, shoes, and water in the car for spontaneous hikes (or a blanket for spontaneous picnics)



- 23. Look at cloud shapes
- 24. Play "I spy"
- 25. Climb a tree
- 26. Climb some rocks
- 27. Play "Follow the Leader"
- 28. Play outside before school
- 29. Collect sticks, leaves or seeds/nuts and build something make-believe
- 30. Draw a letter/shape on the other person's back and guess what it is
- 31. Sit on the stoop: what do you see and hear?
- 32. Collect leaves
- 33. Look for bugs
- 34. Build a temporary indoor or outdoor fort with what you have around
- 35. Have a play-date at the playground
- 36. Find worms and let them race



- 37. Race sticks in a stream
- 38. Roll down hill
- 39. See how quiet you can be a look and listen for animals or signs of them (nests, tracks, etc.)
- 40. Play tag
- 41. Play hide and seek
- 42. Play "rock, paper, scissors" or "thumb war"
- 43. Pick weeds (see who can pick the most)
- 44. Collect seeds from fruit, vegetables, and flowers
- 45. Walk in the rain; splash in the puddles
- 46. Look in puddles and creeks
- 47. Find a new walking path together
- 48. Talk about each of you likes about being outside
- 49. Talk about each of your ideas for spending time outside together
- 50. Plan your next outdoor activity with your kids



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