

GET ACTIVE OUTDOORS!

31 THINGS TO DO IN JULY



- Go for a bike ride with your family
- Play in the mud.
- Roll down a hill.
- Fly a kite.
- Throw a frisbee in the park
- Have a picnic outdoors.
- Go paddling.
- Go on a hunt for mini-beasts.
- Climb a tree.
- Camp out in your garden.
- Fly a kite.
- Jump in puddles
- Dance in the rain.
- Climb a hill.
- Explore a rock pool.
- Make a daisy chain.
- Build a sandcastle.
- Look for wild animal tracks.
- Go bird watching.
- Go on a scavenger hunt.
- Make a bird feeder.
- Cook on a camp fire.
- Explore a habitat, e.g. woodland, beach or river.
- Plant some seeds & watch them grow.
- Lie on the grass & watch the clouds. What can you see?
- Lie on the grass & look up at the trees. Can you draw them from this perspective?
- Go on a nature walk & collect bits & pieces with which to make a piece of art.
- Stay up late & do some star gazing.
- Get up early & watch the sun rise.
- Watch the sun set.
- Dry some flower petals & make a scented bag.