

75 Things To Do Outside



1. Listen for birds early in the morning.
2. Have breakfast outside.
3. Play Leap Frog.
4. Pull weeds.
5. Spin around in the grass and get dizzy.
6. Fly a kite.
7. Start a nature collection.
8. Wash the car.
9. Have a paper airplane flying contest.
10. Make up a new game.
11. Play Statues.
12. Have a wheelbarrow race.
13. Get a magnifying glass and study a crack in the sidewalk.
14. Throw water balloons.
15. Hula hoop.
16. Ride your bike.
17. Paint with water on the sidewalk.
18. Lie in a hammock.
19. Decorate a tree.
20. Roll down a hill.
21. Build a fort or pitch a tent.
22. Lie on your back and look at the stars.
23. Make a sun dial.
24. Play marbles.
25. Create a new game with a ball.
26. Practice writing your name or words with sidewalk chalk.
27. Have a three-legged race.
28. Hug a tree.
29. Make a rainbow with a hose.
30. Play Hide and Seek.
31. Take a sculpture out of sticks.
32. Lie on your back and look for shapes and pictures in the clouds.
33. Build a sand castle.
34. Jump rope.
35. Kick a ball around.
36. Make a house for a bug.

37. Run through a lawn sprinkler.
38. Ride your scooter.
39. Blow bubbles.
40. Play hopscotch.
41. Sketch a picture of a tree or flower.
42. Set up an obstacle course to run.
43. Read under a tree.
44. Play Frisbee.
45. Plant an herb garden in a small wheelbarrow.
46. Rake leaves.
47. Take photographs of nature.
48. Write your name or words in sand.
49. Play Tag.
50. Jump in a puddle.
51. Start a Nature Journal.
52. Watch the sun set.
53. Melt old crayons outside in silicone molds to make new crayons.
54. Make your own water table out of an old plastic container.
55. Make a nature collage.
56. Catch fireflies, then let them go.
57. Eat watermelon and have a seed spitting contest.
58. Roast marshmallows.

59. Make wishes on dandelions.
60. Make a boat out of junk and sail in your kiddie pool.
61. Go berry picking.
62. Visit a park you have never visited.
63. Make a family time capsule and bury it.
64. Make homemade popsicles and eat them outside.
65. Make a crown out of twigs, leaves and flowers.
66. Make a rain gauge.
67. Write in a nature journal.
68. Play Duck, Duck, Goose.
69. Play Monkey in the Middle.
70. Make a fairy garden.
71. Make your own backyard beach with a sandbox, shells, and beach towels.
72. Have a potato or egg and spoon race.
73. Make a list of all the sounds you hear outside.
74. Grab a piece of yarn 3 ft. long and make a circle in the grass, and use a magnifying glass to have a micro-hunt. What did you find in your circle?
75. Do yoga in your backyard.